



# NOV. MENU



## November 1 – BEEF OR MUSHROOM PASTA BOLOGNESE

Pasta with beef or vegan mushroom Bolognese sauce.

**SIDES:** Garlic bread and organic green salad.

*Pasta and garlic bread contain gluten.*

## November 8 – CUBAN CHICKEN or TOFU

Chicken or tofu cubes simmered in a citrusy Cuban mojo sauce.

**SIDES:** Mango black bean salad and cilantro lime rice, made with organic black beans & rice.

*All made without gluten ingredients.*

## November 15 – TURKEY MEATLOAF or QUINOA CASHEW LOAF

Turkey loaf or quinoa cashew lentil loaf.

**SIDES:** Garlic mashed potatoes, vegan mushroom gravy, and cranberry pecan slaw.

*Vegan mushroom gravy contains gluten.*

## November 22 – We're off Thanksgiving Day. See you next week!

## November 29 – OVEN-FRIED CHICKEN or SOUTHERN FRIED TOFU

One of our most popular dishes!

**SIDES:** Baked beans, steamed greens

*All made without gluten ingredients.*

### EVERY THURSDAY 5-8pm

#### 1. Buy a \$5 Dinner TOKEN

Grab a drink and dessert while you're at it.

#### 2. Bring your token to the DELI HOT BAR

#### 3. Dinner is served!

You get one entrée portion and as much of our \$5 Dinner sides that will fit on your plate or takeout box.



Menu subject to change without notice. No substitutions

\$5 Dinners are a Co+op Basics item and no further discounts may be taken. Price is already as low as we can go.