Friday Breakfast
Mediterranean Tofu Scramble
With Shredded Breakfast Potatoes and Mixed Fruit Salad

Saturday Breakfast
Continental Breakfast
With Whole Fruit

Sunday Breakfast
Southwest Tofu, Mushroom & Spinach Wrap
With Sweet Potato Hash w/ Shiitake & Onions and Mixed Fruit Salad

Monday Breakfast
Continental Breakfast
With Whole Fruit

Tuesday Breakfast
Tofu, Potato, Red Pepper & Spinach Scramble
With Lyonnaise Potatoes and Mixed Fruit Salad

Wednesday Breakfast
Continental Breakfast
With Whole Fruit

Thursday Breakfast
Tofu Chilaquiles
With Breakfast Potatoes w/ Garlic & Paprika and Mixed Fruit Salad

Reach us at isolationdining@email.wustl.edu
Friday Lunch
Mushroom & Squash Quinoa Burger
With Black Bean, Corn & Quinoa Salad and Roasted Potato Wedges

Saturday Lunch
Cherry Tomato, Shiitake, & Avocado Panini
With Isreali Style Cucumber & Garbanzo Salad and Roasted Zucchini & Yellow Squash

Sunday Lunch
Shawarma Style Tofu
With Edamame Hummus and Za’atar Spiced Cauliflower

Monday Lunch
Thai Green Curry Coconut Tofu Stir Fry
With Sichuan Soy Eggplant, Onions, & Peppers and Steamed Brown Rice

Tuesday Lunch
Tofu Tikka Masala
With Sabut Masoor Dal and Makai Pulao

Wednesday Lunch
Roasted Garlic White Bean Burger
With Cauliflower & Navy Bean Tabbouleh and Roasted Caribbean Jerk Cauliflower

Thursday Lunch
Malaysian Coconut Curry Tofu
With Pineapple Fried Rice and Stir Fried Bok Choy & Broccoli

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Friday Dinner
Tomato Salsa Quinoa Stuffed Bell Pepper
*With Grilled Zucchini & Squash w/ Tomatoes and Latin Spiced Black Beans*

Saturday Dinner
Potato & Chickpea Wat
*With Steamed Brown Rice and Sautéed Snow Peas & Carrots*

Sunday Dinner
Charred Cauliflower Steaks w/ Chimichurri
*With Quinoa Tabbouleh and Kachumbari Salad*

Monday Dinner
Sautéed Squash, Kale, & Oyster Mushrooms
*With Roasted Potato Wedges and Steamed Green Beans*

Tuesday Dinner
Rforaged Mushroom Ragou
*With Roasted Butternut Squash and Roasted Butternut Squash*

Wednesday Dinner
Red Pepper & Quinoa Stuffed Tomatoes
*With Warm Lemon, Navy Bean, & Chard Salad and Roasted Acorn Squash*

Thursday Dinner
Stewed Chipotle Chickpea Tostada
*With Squash, Red Bell Pepper & Pumpkin Seeds and Black Bean, Corn & Quinoa Salad*

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