# THIS WEEK May 13th - May 17th scan here for more



#### FLIK 6 NATIONAL always 6.00 MONDAY PAN ASIAN TUESDAY Teriyaki Chicken Thighs MON-FRI Hariyali Chicken Kabob Fried Rice | Crispy Beef Vindaloo Cauliflower Daal Kichdi | Daal Vada Salisbury Steak | Onion WEDNESDAY Gravy | Mash Potato CINCO **Brazilian Week Steamed Green Peas** MON-FRI THURSDAY Shrimp Alfredo **Brazillian Grilled** Garlic Spinach Pasta Sausage **Roasted Parsnips** ston MONDAY Seafood Paella WEEKLY SPECIALS Vegetable Paella TUESDAY Beef Pot Roast Chicken Shawarma Tofu Pot Roast Lamb Kofta WEDNESDAY Classic Cuban Sandwich Baked Falafel Blackened Catfish THURSDAY Chickpea Salad Sandwich Blackened Mushroom Steak Curried Chicken Salad Wrap FRIDAY Honey Baked Salmon Honey Baked Cauliflower

## FARM

#### Heirloom Tomato and Mozzarella Arugula, Tomatoes, Mozzarella, Balsamic

Kale Caesar Kale, Garlic Croutons, Parmesan Cheese

### Greek Chicken

Romaine, Tomatoes, Cucumbers, Kalamata Olives, Red Onions, Basil



#### **MON-FRI**

Sushi & Poke Bowls

Sangria Braised Brisket



WEEKLY SOUPS	
MON	Tomato Basil Soup
TUES	Beef Chili
WED	She Crab Soup
THURS	Chicken Noodle Soup
FRI	Vegetable Minestrone
WEEKLY COMPOSED SALADS	
Quinoa   Cucumber Olives   Tomatoes   Sunflower Seed	r   Caesar Salad

Southern Potato Salad

Watercress & Spinach

Salad