Ramadan Dinner Week 1 Menu

All bags to include the following: 2 waters, fruit cup, side salad, Medjool Dates, candy, naan, dessert

Monday
Beef meatloaf with vegan mashed potatoes and sautéed green beans
Vegan- impossible meatloaf with vegan mashed potato and sautéed green beans

Tuesday
Lemon herb crusted whitefish with rice pilaf and mixed vegetables. Side of vegetable eggrolls.
Vegan- Jamaican Style Vegetable Stew with white rice and sweet potatoes

Wednesday
Stuffed shells with marinara and roasted broccoli
Vegan- Pasta primavera with marinara and roasted broccoli

Thursday
Butter chicken with basmati rice and roasted vegetables. Side of potato samosas
Curry tofu with basmati rice and roasted vegetables

Friday
Slow braised pot roast with mushroom, parsley potatoes and sautéed green beans
Braised tempeh with mushroom, parsley potatoes and sautéed green beans

Saturday
Chicken fried chicken/ pepper gravy, vegan whipped potatoes, glazed carrots
Fried tofu with pepper gravy, vegan whipped potatoes and glazed carrots
Sunday
Parmesan crusted chicken breast with mashed potatoes and green beans
Vegan- Mushroom tetrazzini

Ramadan Dinner Week 2 Menu
All bags to include the following: 2 waters, fruit cup, side salad, Medjool Dates, candy, naan, dessert

Monday
Kalbi braised beef brisket with jasmine rice, roasted squash and vegetable eggroll
Vegan- Tofu fried rice with stir fry vegetables

Tuesday
Blackened salmon with rice and peas and vegetable medley
Vegan-Jerk seitan, rice and peas and vegetable medley

Wednesday
Beef lasagna with roasted vegetables and potato samosas
Ranch trusted tofu with pasta marinara and vegetable medley

Thursday
BBQ chicken with macaroni and cheese and braised greens
BBQ seitan with vegan macaroni and cheese and braised greens

Friday
Mongolian beef with jasmine rice, stir fry vegetables and vegetable eggroll
Vegan- Black bean enchilada bake with cumin scented rice and chili lime roasted corn
Saturday
Beef shepherd’s pie with roasted broccoli and cauliflower
Vegan- Impossible Shepad’t’s pie with roasted broccoli and cauliflower

Sunday
Fried chicken with macaroni and cheese and braised greens
Vegan-Crispy tofu with pasta and peas