

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 Shepard's pie with roasted broccoli and cauliflower

Sunday

Fried chicken with macaroni and cheese and braised greens

Vegan-Crispy tofu with pasta and peas