

Menu

Kale salad

Black rice salad

Shepard's Pie

Enchiladas Red/Green

Chili w/wo beans

Beans: Black Eyed Peas, Black, Lima, Kidney Beans, 15 Bean mix

Greens: Collards, Mustard, and Turnips

Succotash

Lasagna

Pasta Alfredo

Spinach salad (variations)

Roasted vegetables

Baked fried chicken/fish

Tri-tip roast

Crustaceans

Corn Chowder

Gumbo

Jambalaya

Mediterranean fare

Special restrictions: Raw, specific ingredients, Dr. Sebi.

This is a sampling of items; your specific menu can be executed.

All items can be prepared Vegan and using animal proteins.

See article in USPCA magazine for community service