

~CREW & CAST OFFERINGS~

Daily Cup-a-Soup

PF2U Old Fashion Chicken Noodle Soup- *organic & gluten free*
Vegan Spicy Cabbage Stew- *gluten & casein free*
White Bean Turkey- *gluten & casein free*
6 Bean Veggie Chili- *vegetarian*
Lamb Barley

Daily Green's Display

Michigan's finest produce presented in a farmer's market style with a variety of amazing accoutrements, organic products, beautiful vibrant color & texture allowing individuals to create their own salad on the fly!

Day One

Parmesan Chicken- *organic & gluten free*
Pulled Pork Samiches
Sprouted Lentil & Raw Veggies- *raw, gluten & casein free*
Mac & cheese Bake- *organic*
Steamed Seasonal Veggies with lemon basil
Pasta Salad

Day Two

BBQ Chicken Breast- *organic*
Tuna Nicoise Wrap- *organic*
Assorted Grilled Panini Sandwiches- *vegan & vegetarian options too*
Summer Pasta with veggies, blistered tomatoes, basil, garlic and virgin oil
Pine Nut Pilaf- *organic*
Corn Pancakes- *gluten free*

Day Three

Chicken Souvlaki wrapped in pita, yogurt sauce on the side- *organic*
Mediterranean fish bake
PF2U Spinach Pie
Almond Lemon Rice- *vegetarian*
Mjadara- *vegetarian, gluten & casein free*
Giant Greek Salad with our House Dressing

Day Four

Peanut Chicken Stir Fry
Spicy Shrimp over Veggie Rice
PF2U Thai Spring Roll- *vegan, gluten & casein free*
Thai Brown Rice Salad- *vegetarian, gluten & casein free*
Sweet & Sour Cole Slaw
Asian noodles

Day Five

Southwest Beef Strips & Chipotle Glazed Chicken Taco Bar
Vegan Enchiladas- *gluten & casein free*
Oodles of Fresh Toppings & House made Salsa's
Southwest Corn Salad- *vegan, gluten & casein free*
Soft Tortillas & Hard Shells
Long Grain Spanish Rice

Day Six

Ginger Braised Beef Tips
PF2U Turkey Parmesan
Heirloom Tomato Bake with zucchini, quinoa & goat cheese- *vegetarian*
Stir Fry Veggies with Rice- *gluten & casein free*
Red Skin Potatoes
Big Green Salad

Day Seven

Spa Chicken with Tomato Relish
Grilled Seafood Casserole
Black Bean Burger- *vegan, gluten & casein free*
Tomato Saffron Couscous
Farmers Market Greens
PF2U Wild Mushroom Pasta- *organic*

Day Eight

Double Baked Spicy Sausage Bake
PF2U Pizza- *vegetarian, gluten & casein free*
Garlic Pesto Chicken- *organic*
Big Tomato Salad
Caesar Salad
Garlic Stix's

Day Nine

Sweet Potato Vegan Chili bake- *vegan, gluten & casein free*
PF2U Southwestern Chicken Lasagna- *organic*
Detroit Dogs and Toppings
Sprouted Grain Pilaf- *vegan*
Marinated Veggie Salad
Caesar Salad

Day Ten

BLT Pita Wrap
Grilled Flank Steak
Heb Roasted Salmon
Green bean salad & blistered tomatoes
Fingering Salted Potatoes