



Hot Foods Bar • January Menu • Available 11:30 am–8 pm • Dine in or Take out

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
1 Sunday Chicken	2 Kung Pao Tofu	3 Moroccan Lemon Chicken	4 Masala Chicken	5 Lentil Joes	6 Chicken Pot Pie	7 Pasta & Roasted Chicken
8 Sunday Chicken	9 Chick Pea Saag	10 Jambalaya	11 Braised Cabbage & Chicken	12 Vermont Cheddar n' Mac	13 Southwest Taco Bar	14 Pasta & Roasted Chicken
15 Sunday Chicken	 16 Smothered Pork Shoulder	17 Vegan Chik'n Parm	18 Lentil Moussaka	19 Chicken Stroganoff	20 Chicken Cacciatore	21 Pasta & Roasted Chicken
22 Sunday Chicken	 23 Happy Chinese New Year! Asian Hot Bar	24 Coq au Vin	25 Lasagna	26 Chicken Pot Pie	27 Chick Pea Saag	28 Pasta & Roasted Chicken
29 Sunday Chicken	30 Eggplant Stew	31 African Peanut Stew	1 Enchilada Casserole	 2 Groundhog (Beef) Burgundy	3 Vermont Cheddar n' Mac	4 Pasta & Roasted Chicken

Please inform a Wild Oats Prepared Foods Staff Member if a person in your party has a food allergy • Hot bar & salad bar \$7.99/lb • Soup \$2.79/cup • \$3.99/bowl • \$6.99/family size •