



2020 Virtual Changemakers Dinner Menu

Delivery available to addresses in greater Seattle, Burien, Des Moines, Tukwila, Bellevue, Kirkland, Redmond, and Mercer Island.

Select one of the following options:

- 1) Roasted lamb with summer squash and yam puree and a kale salad
gluten free, dairy free
- 2) Boneless chicken breast stuffed with crab and sitting on a bed of yellow rice pilaf and served with roasted veggies and a side of kale and quinoa salad
gluten free, dairy free
- 3) House made falafel served with quinoa tabbouleh and meze plate (hummus, baba ghanoush, tzatziki, pita, olives) and a side of Greek salad
vegetarian, gluten free, can be made dairy free
- 4) Smoked salmon pasta with end of summer vegetables and a side Caesar salad

All meals come with a raspberry Moscow Mule “mocktail”

Have questions or dietary restrictions? Let us know! Reach out to Melanie at melanie@opportunityinstitute.org or (206) 529-6350.

Thank you to chef Mulu Abate of Phresheats for providing our dinner!