



## Vegetarian lunch – October, 2019

	10/1 Avocado chickpea salad cups Peas Whole wheat bread /butter Fresh fruit	10/2 Gluten free spaghetti & tomato sauce w/ soy Spinach salad Fresh fruit	10/3 Picadillo Zucchini & yellow squash Whole wheat bread/butter Fresh fruit	10/4 Lentil taco w/ corn tortilla Corn Fresh fruit
10/7 Black bean tortilla soup Spinach salad Whole wheat bread/butter Fresh fruit	10/8 Buffalo chickpea taquitos Mashed sweet potatoes Whole wheat bread/butter Fresh fruit	10/9 Vegetarian dirty brown rice, vegetables & quinoa Apple cole slaw Fresh fruit	10/10 Enchilada casserole With corn tortilla Green beans Fresh fruit	10/11 French lentils with thyme Tossed salad Fresh fruit
10/14 Spicy black bean wrap Corn tortilla Tossed salad Fresh fruit	10/15 Veg out chili Broccoli salad Whole wheat bread/butter Fresh fruit	10/16 Vegan jambalaya Peas Fresh fruit	10/17 Black bean burger Bean medley Whole wheat roll Fresh fruit	10/18 Mushroom stroganoff California blend vegetables Whole wheat bread/butter Fresh fruit
10/21 Chickpea curry with potatoes Corn & edamame Whole wheat roll Fresh fruit	10/22 Gluten free cheese melt Tomato alphabet soup Fresh fruit	10/23 Vegan shepherd's pie Pineapple/Mango Coleslaw Whole wheat bread/butter Fresh fruit	10/24 Lentil loaf Sugar snaps & carrots Whole wheat bread/butter Fresh fruit	10/25 Penne macaroni, vegan cheese & white beans Mixed vegetables Fresh fruit
10/28 White bean mushroom soup Spinach salad Fresh fruit	10/29 Gluten free pizza Garden salad Fresh fruit	10/30 Asian salad with baked tofu Whole wheat bread/butter Fresh fruit	10/31 Moroccan sweet potato lentil soup Carrots Whole wheat bread/butter Fresh fruit	

**All entrees are vegan and gluten free**

Soups are not vegan

Salad dressings are not vegan

Butter is not vegan

Sweet potatoes are not vegan

Bread is not gluten free or vegan



## Vegetarian lunch – November, 2019

				11/1 Beans & Brown rice Tossed salad Corn tortilla Fresh fruit
11/4 Vegan pasta alfredo Salad Fresh fruit	11/5 Avocado chickpea salad cups Peas Whole wheat bread /butter Fresh fruit	11/6 Gluten free spaghetti & tomato sauce w/ soy Spinach salad Fresh fruit	11/7 Picadillo Zucchini & yellow squash Whole wheat bread/butter Fresh fruit	11/8 Lentil taco w/ corn tortilla Corn Fresh fruit
11/11 Black bean tortilla soup Spinach salad Whole wheat bread/butter Fresh fruit	11/12 Buffalo chickpea taquitos Mashed sweet potatoes Whole wheat bread/butter Fresh fruit	11/13 Vegetarian dirty brown rice, vegetables & quinoa Apple cole slaw Fresh fruit	11/14 Enchilada casserole With corn tortilla Green beans Fresh fruit	11/15 French lentils with thyme Tossed salad Fresh fruit
11/18 Spicy black bean wrap Corn tortilla Tossed salad Fresh fruit	11/19 Veg out chili Broccoli salad Whole wheat bread/butter Fresh fruit	11/20 Vegan jambalaya Peas Fresh fruit	11/21 Black bean burger Bean medley Whole wheat roll Fresh fruit	11/22 THANKSGIVING DINNER Mushroom stroganoff Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit
11/25 Chickpea curry with potatoes Corn & edamame Whole wheat roll Fresh fruit	11/26 Gluten free cheese melt Tomato alphabet soup Fresh fruit	11/27 Vegan shepherd's pie Pineapple/Mango Coleslaw Whole wheat bread/butter Fresh fruit	11/28 ***** CLOSED FOR THANKSGIVING HOLIDAY *****	11/29 ***** CLOSED FOR THANKSGIVING HOLIDAY *****

**All entrees are vegan and gluten free**

Soups are not vegan

Salad dressings are not vegan

Butter is not vegan

Sweet potatoes are not vegan

Bread is not gluten free or vegan



## Vegetarian lunch – December, 2019

12/2 White bean mushroom soup Spinach salad Fresh fruit	12/3 Gluten free pizza Garden salad Fresh fruit	12/4 Asian salad with baked tofu Whole wheat bread/butter Fresh fruit	12/5 Moroccan sweet potato lentil soup Carrots Whole wheat bread/butter Fresh fruit	12/6 Beans & Brown rice Tossed salad Corn tortilla Fresh fruit
12/9 Vegan pasta alfredo Salad Fresh fruit	12/10 Avocado chickpea salad cups Peas Whole wheat bread /butter Fresh fruit	12/11 Gluten free spaghetti & tomato sauce w/ soy Spinach salad Fresh fruit	12/12 Picadillo Zucchini & yellow squash Whole wheat bread/butter Fresh fruit	12/13 Lentil taco w/ corn tortilla Corn Fresh fruit
12/16 Black bean tortilla soup Spinach salad Whole wheat bread/butter Fresh fruit	12/17 Buffalo chickpea taquitos Mashed sweet potatoes Whole wheat bread/butter Fresh fruit	12/18 Vegetarian dirty brown rice, vegetables & quinoa Apple cole slaw Fresh fruit	12/19 Enchilada casserole With corn tortilla Green beans Fresh fruit	12/20 French lentils with thyme Tossed salad Fresh fruit
12/23 Spicy black bean wrap Corn tortilla Tossed salad Fresh fruit	12/24 Veg out chili Broccoli salad Whole wheat bread/butter Fresh fruit	12/25 ***** CLOSED FOR CHRISTMAS DAY *****	12/26 Vegan jambalaya Peas Fresh fruit	12/27 Mushroom stroganoff California blend vegetables Whole wheat bread/butter Fresh fruit
12/30 Chickpea curry with potatoes Corn & edamame Whole wheat roll Fresh fruit	12/31 Gluten free cheese melt Tomato alphabet soup Fresh fruit			

**All entrees are vegan and gluten free**

Soups are not vegan

Salad dressings are not vegan

Butter is not vegan

Sweet potatoes are not vegan

Bread is not gluten free or vegan