

VEGETARIAN



MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9/1 Cannellini Cacciatore w/Penne Pasta <u>Italian Vegetables</u> Harvard Beets C Orange Juice FRUIT/DESSERT	9/2 Tofu Pad Thai C Stir Fry Vegetables C Cauliflower Whole Wheat Roll w/Butter FRUIT/DESSERT	9/3 Veggie Meatballs w/Hawaiian Sauce Brown Rice <u>Peas & Carrots</u> C Winter Vegetables FRUIT/DESSERT	9/4 Garden Burger w/Lettuce, Tomato, Onion, Mayo, & Mustard on a Whole Grain Bun Green Beans C w/Red Peppers Stewed Tomatoes FRUIT/DESSERT
9/7 LABOR DAY HOLIDAY	9/8 Curry Tofu over Whole Grain Noodles C California Vegetables Green Peas FRUIT/DESSERT	9/9 Pinto Beans Valencia w/Brown Rice C Brussels Sprouts <u>Bean Medley</u> FRUIT/DESSERT	9/10 Bean & Cheese Burrito w/Enchilada Sauce & Cheese C <u>Fiesta Vegetables</u> Mexicali Corn FRUIT/DESSERT	9/11 Lentil Stew w/Brown Rice <u>Carrots</u> C Winter Vegetables FRUIT/DESSERT
9/14 Garden Burger w/Lettuce, Tomato, Onion, Mayo, & Mustard on a Whole Grain Bun Green Beans C w/Red Peppers Stewed Tomatoes FRUIT/DESSERT	9/15 Chana Masala w/Brown Rice C Broccoli <u>Key Largo Vegetables</u> FRUIT/DESSERT	9/16 Cannellini Cacciatore w/Penne Pasta <u>Italian Vegetables</u> Harvard Beets C Orange Juice FRUIT/DESSERT	9/17 Tofu Pad Thai C Stir Fry Vegetables C Cauliflower Whole Wheat Roll w/Butter FRUIT/DESSERT	9/18 Veggie Meatballs w/Hawaiian Sauce Brown Rice <u>Peas & Carrots</u> C Winter Vegetables FRUIT/DESSERT
9/21 Lentil Stew w/Brown Rice <u>Carrots</u> C Winter Vegetables FRUIT/DESSERT	9/22 Spaghetti & Veggie Meatballs with Marinara Sauce Green Beans C w/Red Peppers <u>Scandinavian Veggies</u> FRUIT/DESSERT	9/23 Curry Tofu over Whole Grain Noodles C California Vegetables Green Peas FRUIT/DESSERT	9/24 Pinto Beans Valencia w/Brown Rice C Brussels Sprouts <u>Bean Medley</u> FRUIT/DESSERT	9/25 Bean & Cheese Burrito w/Enchilada Sauce & Cheese C <u>Fiesta Vegetables</u> Mexicali Corn FRUIT/DESSERT
9/28 Veggie Meatballs w/Hawaiian Sauce Brown Rice <u>Peas & Carrots</u> C Winter Vegetables FRUIT/DESSERT	9/29 Garden Burger w/Lettuce, Tomato, Onion, Mayo, & Mustard on a Whole Grain Bun Green Beans C w/Red Peppers Stewed Tomatoes FRUIT/DESSERT	9/30 Chana Masala w/Brown Rice C Broccoli <u>Key Largo Vegetables</u> FRUIT/DESSERT		

All meals served with
lowfat milk.

**2 DAILY ALTERNATIVE ENTRÉE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(CRANBERRY WALNUT CHICKEN SALAD
W/BALSAMIC VINAIGRETTE).**

Vitamin A

+ Higher in sodium

C Vitamin C

Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.