

VEGETARIAN



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			10/1 Cannellini Cacciatore w/Penne Pasta <u>Italian Vegetables</u> Harvard Beets C Orange Juice FRUIT/DESSERT	10/2 Tofu Pad Thai C Stir Fry Vegetables C Cauliflower Whole Wheat Roll w/Butter FRUIT/DESSERT
10/5 Black Beans w/Salsa and Cheese with a Flour Tortilla Zucchini C <u>Fiesta Vegetables</u> FRUIT/DESSERT	10/6 Tofu Chow Mein C Stir Fry Vegetables C Cauliflower Black Beans Whole Wheat Roll w/Butter FRUIT/DESSERT	10/7 Kofta Meatballs over Brown Rice <u>Peas & Carrots</u> C Broccoli Florets FRUIT/DESSERT	10/8 Tofu Curry over Brown Rice C Brussels Sprouts <u>Bean Medley</u> FRUIT/DESSERT	10/9 + Pinto Bean Sloppy Joe on a Whole Grain Bun Harvard Beets <u>Italian Vegetables</u> C Orange Juice FRUIT/DESSERT
10/12 C INDIGENOUS PEOPLES' DAY	10/13 Spaghetti & Vegetarian Meatballs with Alfredo Sauce <u>Scandinavian Veggies</u> Green Beans with C Red Bell Peppers FRUIT/DESSERT	10/14 Vegetarian Burger w/Lettuce, Tomato, Onion, Mustard, and Mayonnaise on a Whole Grain Bun C Brussels Sprouts Stewed Tomatoes FRUIT/DESSERT	10/15 + Bean & Cheese Burrito w/Enchilada Sauce & Cheese C <u>Fiesta Vegetables</u> Mexicali Corn FRUIT/DESSERT	10/16 Vegetarian Chili <u>Glazed Carrots</u> C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT
10/19 + Pinto Bean Sloppy Joe on a Whole Grain Bun Harvard Beets <u>Italian Vegetables</u> C Orange Juice FRUIT/DESSERT	10/20 Black Beans w/Salsa and Cheese with a Flour Tortilla Zucchini C <u>Fiesta Vegetables</u> FRUIT/DESSERT	10/21 Tofu Chow Mein C Stir Fry Vegetables C Cauliflower Black Beans Whole Wheat Roll w/Butter FRUIT/DESSERT	10/22 Kofta Meatballs over Brown Rice <u>Peas & Carrots</u> C Broccoli Florets FRUIT/DESSERT	10/23 Tofu Curry over Brown Rice C Brussels Sprouts <u>Bean Medley</u> FRUIT/DESSERT
10/26 Vegetarian Chili <u>Glazed Carrots</u> C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	10/27 Hawaiian Tofu over Whole Grain Noodles C California Vegetables Green Peas FRUIT/DESSERT	10/28 Spaghetti & Vegetarian Meatballs with Alfredo Sauce <u>Scandinavian Veggies</u> Green Beans with C Red Bell Peppers FRUIT/DESSERT	10/29 Vegetarian Burger w/Lettuce, Tomato, Onion, Mustard, and Mayonnaise on a Whole Grain Bun C Brussels Sprouts Stewed Tomatoes FRUIT/DESSERT	10/30 + Bean & Cheese Burrito w/Enchilada Sauce & Cheese C <u>Fiesta Vegetables</u> Mexicali Corn FRUIT/DESSERT

All meals served with
lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(ASIAN CHICKEN).

— 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.