



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



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				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 *****

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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
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