

VEGETARIAN



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10/1 Tofu Bolognese w/Whole Grain Spaghetti Carrots Green Beans C w/Red Peppers FRUIT/DESSERT	10/2 Garbanzo Bean Stew over Brown Rice C Winter Vegetables Spinach FRUIT/DESSERT	10/3 Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	10/4 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT
10/7 Vegetarian Lentil Stew Brown Rice Zucchini C Fiesta Vegetables FRUIT/DESSERT	10/8 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	10/9 + Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	10/10 Curry Tofu Brown Rice Carrots Broccoli C FRUIT/DESSERT	10/11 Cheese Enchilada Bake C California Vegetables Spinach FRUIT/DESSERT
10/14 INDIGENOUS PEOPLES DAY	10/15 Macaroni & Cheese <u>Peas & Carrots</u> C California Vegetables FRUIT/DESSERT	10/16 Tofu Bolognese w/Whole Grain Spaghetti Carrots Green Beans C w/Red Peppers FRUIT/DESSERT	10/17 Garbanzo Bean Stew over Brown Rice C Winter Vegetables Spinach FRUIT/DESSERT	10/18 Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT
10/21 Cheese Enchilada Bake C California Vegetables Spinach FRUIT/DESSERT	10/22 Vegetarian Lentil Stew Brown Rice Zucchini C Fiesta Vegetables FRUIT/DESSERT	10/23 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	10/24 + Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	10/25 Curry Tofu Brown Rice Carrots Broccoli C FRUIT/DESSERT
10/28 Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	10/29 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	10/30 Macaroni & Cheese <u>Peas & Carrots</u> C California Vegetables FRUIT/DESSERT	10/31 Tofu Bolognese w/Whole Grain Spaghetti Carrots Green Beans C w/Red Peppers FRUIT/DESSERT	

All meals served with
lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(CHEF'S SALAD).

— Vitamin A
C Vitamin C

+ Higher in sodium