

Vegetarian Menu 2023



You may receive for MONDAYS:	You may receive for TUESDAYS:	You may receive for WEDNESDAYS:	You may receive for THURSDAYS:	You may receive for FRIDAYS:	You may receive for SATURDAYS:	You may receive for SUNDAYS:
Breakfast: Chuck's Cornbread Chuck's Blueberry Pancakes Savory Biscuit French Toast	Breakfast: Cereal Low Fat Milk Fruit	Breakfast: Cereal Low Fat Milk Fruit	Breakfast: Cereal Low Fat Milk Fruit	Breakfast: Vegetable Scramble Zucchini Egg Bake Vegetable Frittata Southwest Omelet	Breakfast: Cereal Low Fat Milk Fruit	Breakfast: Cereal Low Fat Milk Fruit
Soup/Salad: Cuban Black Bean/Basil Macaroni Cannellini Bean & Barley/Bulgur Wheat & Lentils Caramelized Onion Green Quinoa Curried Carrot/Farro Beet	Soup: Split Pea Soup Curried Red Beet Coconut Curry Corn Gazpacho	Soup/Salad: Puree of Mushroom /Roasted Chickpea Salad with Kale Smoky Three Bean /Couscous Salad with Mint & Sumac Puree of Parsnip/Asian Brown Rice & Edamame Salad Pureed Spinach /Black Lentil Herb Salad	Soup: Turmeric Lemongrass Puree of Summer Squash Butternut Squash Puree Quinoa Vegetable	Soup: Potato White Bean Lemony Lentil Curried Potato Smoky Eggplant	Soup: Celery & Roasted Garlic Potato Broccoli Vegetable Puree Black Bean & Hominy	Soup: Creole Vegetable Yellow Pea Black Eyed Peas & Collard Greens Vegan Sancocho
Whole Grain Roll	Whole Grain Roll	Whole Grain Roll	Whole Grain Roll	Whole Grain Roll	Whole Grain Roll	Whole Grain Roll
Entrée: Kale Burger Mashed Potatoes Mixed Vegetables Black & White Bean Stew White Rice Mixed Vegetables Vegetable Burger Bulgur Wheat Mixed Vegetables Chickpea Curry Couscous Mixed Vegetables	Entrée: Seasonal Vegetable Stir Fry White Rice Mixed Vegetables Beet & Spinach Stew Onion Rice Mixed Vegetables Local Vegetable Stew White Rice Mixed Vegetables Vegan Vegetable Casserole Mixed Vegetables	Entrée: Stuffed Pepper w Curry Sauce Mixed Vegetable Pasta Quinoa Bowl White Rice Mixed Vegetables Seasonal Vegetable Stew White Rice Mixed Vegetables Vegetable Gumbo Dirty Rice Mixed Vegetables	Entrée: Quinoa Corn Cake Tofu Crema Mixed Vegetables Stuffed Portobello Mushroom Mixed Vegetables Mushroom Barley Burger Mixed Vegetables Smoky Lentil Stew White Rice Mixed Vegetables	Entrée: Veggie Burger Pasta Mixed Vegetables Mushroom Risotto Pea Pesto Mixed Vegetables Pasta Primavera White Rice Mixed Vegetables Butternut Squash Risotto Mixed Vegetables	Entrée: Vegetable Stir Fry White Rice Mixed Vegetables Baked Tofu Pasta Mixed Vegetables Thai Veg Stew White Rice Mixed Vegetables BBQ Tofu Pasta Salad Mixed Vegetables	Entrée: Chunky Vegetable Chili White Rice Mixed Vegetables Lentil Dal White Rice Mixed Vegetables Moroccan Bean White Rice Mixed Vegetables Trumpet Mushroom Chili Quinoa Mixed Vegetables
Dessert: In-house Baked Cookie	Dessert: Fruit Cup	Dessert: Fruit Cup	Dessert: Crumb Cake	Dessert: Fruit Cup	Dessert: Fruit Cup	Dessert: Fruit Cup