



# Vegetarian lunch



# December 2019



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
12/16 Black bean tortilla soup Spinach salad Whole wheat bread/butter Fresh fruit	12/17 Buffalo chickpea taquitos Mashed sweet potatoes Whole wheat bread/butter Fresh fruit	12/18 Vegetarian dirty brown rice, vegetables & quinoa Apple cole slaw Fresh fruit	12/19 Enchilada casserole With corn tortilla Green beans Fresh fruit	12/20 French lentils with thyme Tossed salad Fresh fruit
12/23 Spicy black bean wrap Corn tortilla Tossed salad Fresh fruit	12/24 Veg out chili Broccoli salad Whole wheat bread/butter Fresh fruit	12/25 ***** CLOSED FOR CHRISTMAS DAY *****	12/26 Vegan jambalaya Peas Fresh fruit	12/27 Mushroom stroganoff California blend vegetables Whole wheat bread/butter Fresh fruit
12/30 Chickpea curry with potatoes Corn & edamame Whole wheat roll Fresh fruit	12/31 Gluten free cheese melt Tomato alphabet soup 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