



## Vegetarian lunch



March, 2019



|   |  |  |  |   |
|---|--|--|--|---|
|   |  |  |  | 3/1<br>+^Beans & Brown rice<br>Tossed salad<br>Tortilla<br>Fresh fruit  |
| 3 /4<br>Tri-color pasta alfredo<br>Salad<br>Fresh fruit                               | 3/5<br>Quiche – plain or broccoli<br>Peas<br>+Whole wheat bread /butter<br>Fresh fruit                 | 3/6<br>+^Lentil penne & tomato<br>sauce w/ soy<br>Grated cheese<br>Spinach salad<br>Fresh fruit                        | 3/7<br>Chix patty<br>Zucchini & yellow squash<br>+Whole wheat bread/butter<br>Fresh fruit                                | 3/8<br>+^Black bean and brown rice<br>burrito w/whole wheat tortilla<br>Corn<br>Grated cheese<br>Fresh fruit      |
| 3/11<br>#Cheese omelette<br>Spinach salad<br>+Whole wheat bread/butter<br>Fresh fruit | 3/12<br>#^French Lentils W/ Thyme<br>Mashed sweet potatoes<br>+Whole wheat bread/butter<br>Fresh fruit | 3/13<br>+^Vegetarian dirty brown rice<br>with cheese, vegetables,<br>quinoa & farrow<br>Apple cole slaw<br>Fresh fruit | 3/14<br>Black bean, corn, & cheese<br>quesadilla<br>+With whole wheat tortilla<br>Green beans<br>Fresh fruit             | 3/15<br>Lasagna<br>Tossed salad<br>Fresh fruit  |
| 3/18<br>^Teriyaki patty<br>Grated cheese<br>Tossed salad<br>Fresh fruit               | 3/19<br>#^Vegetarian chili<br>Broccoli & cheese salad<br>+Whole wheat bread/butter<br>Fresh fruit      | 3/20<br>Ravioli w/olive oil, tomato<br>sauce & fresh basil<br>Peas<br>Fresh fruit                                      | 3/21<br>Gardenburger<br>Bean medley<br>+Whole wheat roll<br>Fresh fruit  | 3/22<br>Quinoa, couscous, and parmesan<br>California blend vegetables<br>+Whole wheat bread/butter<br>Fresh fruit |
| 3/25<br>#^Vegetarian sloppy joe<br>Corn & edamame<br>+Whole wheat roll<br>Fresh fruit | 3/26<br>+Whole grain cheese melt<br>Tomato alphabet soup<br>Fresh fruit                                | 3/27<br>#^Picadillo<br>Pineapple/Mango Coleslaw<br>+Whole wheat bread/butter<br>Fresh fruit                            | 3/28<br>+^Broccoli & cheddar quinoa<br>w/brown rice<br>Sugar snaps & carrots<br>+Whole wheat bread/butter<br>Fresh fruit | 3/29<br>+Whole wheat macaroni &<br>cheese<br>Mixed vegetables<br>Fresh fruit                                      |

+Whole grain

# Entrée is Gluten Free

^ Entrée is Vegan