

# VEGETARIAN



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9/1</b>	<b>9/2</b>	<b>9/3</b>	<b>9/4</b>	<b>9/5</b>
<b>LABOR DAY HOLIDAY</b>	Tofu Bolognese over Whole Grain Spaghetti c California Vegetables <u>Spinach</u> FRUIT/DESSERT	Chana Masala over Lemon Rice c Brussels Sprouts Bean Medley FRUIT/DESSERT	+ Vegetarian Sloppy Joe w/Whole Grain Bun Harvard Beets <u>Italian Vegetables</u> c FRUIT/DESSERT	Tofu Crispy Pad Thai w/Noodles c Stir Fry Vegetables c Cauliflower Whole Wheat Roll w/Butter FRUIT/DESSERT
<b>9/8</b>	<b>9/9</b>	<b>9/10</b>	<b>9/11</b>	<b>9/12</b>
Vegetarian Burger w/Lettuce, Tomato, Onion, Mayo, & Mustard and a Whole Grain Bun c Brussels Sprouts Stewed Tomatoes FRUIT/DESSERT	Vegetarian Lentil Stew over Brown Rice c <u>Carrots</u> Winter Vegetables FRUIT/DESSERT	+ Bean & Cheese Burrito w/Enchilada Sauce & Cheddar Cheese c <u>Fiesta Vegetables</u> Mexicali Corn FRUIT/DESSERT	Curry Tofu over Noodles c California Vegetables Green Peas FRUIT/DESSERT	Spaghetti w/Vegetarian Meatballs & Marinara Sauce <u>Scandinavian Veggies</u> Green Beans c w/Red Peppers FRUIT/DESSERT
<b>9/15</b>	<b>9/16</b>	<b>9/17</b>	<b>9/18</b>	<b>9/19</b>
Tofu Crispy Pad Thai w/Noodles c Stir Fry Vegetables c Cauliflower Whole Wheat Roll w/Butter FRUIT/DESSERT	Vegetarian Meatballs w/Hawaiian Sauce over Brown Rice c <u>Peas &amp; Carrots</u> Broccoli Florets FRUIT/DESSERT	Tofu Bolognese over Whole Grain Spaghetti c California Vegetables <u>Spinach</u> FRUIT/DESSERT	Chana Masala over Lemon Rice c Brussels Sprouts Bean Medley FRUIT/DESSERT	+ Vegetarian Sloppy Joe w/Whole Grain Bun Harvard Beets <u>Italian Vegetables</u> c FRUIT/DESSERT
<b>9/22</b>	<b>9/23</b>	<b>9/24</b>	<b>9/25</b>	<b>9/26</b>
Spaghetti w/Vegetarian Meatballs & Marinara Sauce <u>Scandinavian Veggies</u> Green Beans c w/Red Peppers FRUIT/DESSERT	Vegetarian Burger w/Lettuce, Tomato, Onion, Mayo, & Mustard and a Whole Grain Bun c Brussels Sprouts Stewed Tomatoes FRUIT/DESSERT	Vegetarian Lentil Stew over Brown Rice <u>Carrots</u> c Winter Vegetables FRUIT/DESSERT	+ Bean & Cheese Burrito w/Enchilada Sauce & Cheddar Cheese c <u>Fiesta Vegetables</u> Mexicali Corn FRUIT/DESSERT	Curry Tofu over Noodles c California Vegetables Green Peas FRUIT/DESSERT
<b>9/29</b>	<b>9/30</b>			
+ Vegetarian Sloppy Joe w/Whole Grain Bun Harvard Beets <u>Italian Vegetables</u> c FRUIT/DESSERT	Tofu Crispy Pad Thai w/Noodles c Stir Fry Vegetables c Cauliflower Whole Wheat Roll w/Butter FRUIT/DESSERT			

All meals served with  
lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:  
VEGETARIAN OR FEATURED ENTRÉE SALAD  
(BBQ CHICKEN).

Vitamin A  
—  
c Vitamin C

+ Higher in sodium