



Vegetarian Menu

December 2018

Mon	3	TOFU STIR FRY , Brown Rice, Sunshine Carrots, Indian Slaw, Pear
Tue	4	BAKED PENNE PASTA , Scandinavian Vegetables, Rainbow Spinach Salad w/Rainbow Dressing, Apple
Wed	5	SOUTHWEST QUICHE , Mixed Vegetables, Spinach Salad w/ Ranch Dressing, Fruit Cocktail
Thu	6	<i>Spring Pasta w/Tofu, Scandinavian Blend Vegetables, Navy Bean Salad, Banana</i>
Fri	7	BLACK BEANS AND BROWN RICE , Imperial Blend Vegetables, Garden Salad w/1000 Island Dressing, Apple
Mon	10	VEGGIE JOE W/ POTATOES , Hamburger Bun, Sliced Carrots, Spinach Salad w/French Dressing, Banana
Tue	11	<i>Pumpkin Enchilada Casserole, Broccoli, Creamy Cucumber Salad, Banana</i>
Wed	12	CHEESE RAVIOLI , Italian Blend Vegetables, Navy Bean Salad, Fruit Cocktail
Thu	13	VEGETARIAN MEATLOAF , Mashed Potatoes, Sliced Carrots, Spinach Salad w/ Ranch Dressing, Orange
Fri	14	OMELET W/SALSA , Tri-Cut Potatoes, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple

Mon	17	Baked Penne Pasta , Scandinavian Vegetables, Rainbow Spinach Salad w/Rainbow Dressing, Apple
Tues	18	SOUTHWEST QUICHE , Mixed Vegetables, Spinach Salad w/ Ranch Dressing, Fruit Cocktail
Wed	19	BEAN & CHEESE BURRITO w/Salsa, Green Beans, Santa Fe Salad, Orange
Thu	20	Veggie Burger, Black Bean Soup, Capri Mix Vegetables, Four Bean Salad, Strawberry Pear Gelatin
Fri	21	TOFU STIR FRY , Brown Rice, Sunshine Carrots, Indian Slaw, Pear
Mon	24	Plain Omelet w/Salsa, Potatoes, Edamame Medley, Creamy Coleslaw, Apple
Tue	25	CENTER CLOSED FOR CHRISTMAS HOLIDAY
Wed	26	CHEESE RAVIOLI , Italian Blend Vegetables, Navy Bean Salad, Fruit Cocktail
Thu	27	SRING PASTA W/TOFU , Scandinavian Blend Vegetables, Navy Bean Salad, Banana
Fri	28	BLACK BEANS AND BROWN RICE , Imperial Blend Vegetables, Garden Salad w/1000 Island Dressing, Apple
Mon	31	VEGETARIAN MEATLOAF , Mashed Potatoes, Sliced Carrots, Spinach Salad w/ Ranch Dressing, Orange