



# Vegetarian Menu

February 2019

Fri	1	<b>OMELET PLAIN W / SALSA</b> , Potatoes, Imperial Blend Vegetable, Garden Salad w/ French, Apple
Mon	4	<b>Baked Penne Pasta</b> , Scandinavian Vegetables, Rainbow Spinach Salad w/1000 Island Dressing, Apple
Tues	5	<b>VEGETABLE QUICHE</b> , Mixed Vegetables, Spinach Salad w / Ranch, Orange
Wed	6	<b>BEAN &amp; CHEESE BURRITO</b> , Green Beans, Santa Fe Salad, Orange, Orange
Thu	7	<b>GARDEN BURGER</b> , Whole Wheat Roll, Edamame Vegetable, Lettuce / Tomato, Apple
Fri	8	<b>TOFU STIR FRY</b> , Brown Rice , Capri Mix Vegetable, Indian Slaw, Pear
Mon	11	<b>OMELET PLAIN W / SALSA</b> , Potatoes, Imperial Blend Vegetable, Garden Salad w/ French, Apple
Tue	12	<b>VEGETERIAN SLOOPY JOE</b> , Tri Cut Potatoes, Sliced Carrots, Spinach Salad w/ French, Banana
Wed	13	<b>CHEESE RAVIOLI</b> , Spaghetti Sauce, Italian Blend Vegetable, Chickpea Salad, Fruit Cocktail
Thu	14	<b>SPRING PASTA W/TOFU</b> , Scandinavian Blend Vegetable, Navy Bean Salad, Banana

Fri 15 **BEANS**, Brown Rice, Imperial Blend Vegetable, Garden Salad w/ 1000 Island, Apple

Mon 18 **CENTERS CLOSED FOR PRESIDENT'S DAY HOLIDAY**

Tue 19 **SPINACH LASAGNA**, Garden Blend Vegetables, Boston Bean Salad, Pear and

Wed 20 **PUMPIKN CASSEROLE**, Flavor Fiesta Vegetable, Creamy Cucumber, Sliced peaches

Thu 21 **VEGETARIAN MEATLOAF**, Mashed Potatoes, Sunshine Carrots, Spinach Salad w/ Ranch Dressing, Apple

Fri 22 **GARDEN BURGER** , Whole Wheat Roll, Edamame Vegetable, Lettuce / Tomato, Apple

Mon 25 **SOUTHWEST QUICHE**, Mixed Vegetable, Navy Bean Salad, Salad w/ Ranch Dressing, Orange

Tues 26 **BEANS**, Brown Rice, Imperial Blend Vegetables, Garden Salad w/1000 Island Dressing, Apple

Wed 27 **TOFU STIR FRY**, Brown Rice, Capri Mix Vegetable , Indian Slaw, Pear

Thu 28 **BAKED PENNE CASSEROLE**, Scandinavian Vegetables, Rainbow Salad w / 1000 island, Apple