



# Vegetarian Menu

## January 2019

Tue	1	<b>CENTERS CLOSED FOR NEW YEAR'S DAY HOLIDAY</b>
Wed	2	<b>OMELET W/SALSA</b> , Tri-Cut Potatoes, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple
Thu	3	<b>VEGETABLE QUICHE</b> , Mixed Vegetable, Spinach Salad w/Ranch, Orange
Fri	4	<b>GARDEN BURGER</b> , Whole Wheat Roll, Edamame Vegetable, Lettuce/ Tomato, Apple
Mon	7	<b>SOUTHWEST QUICHE</b> , Mixed Vegetables, Spinach Salad w/ Ranch Dressing, Fruit Cocktail
Tue	8	<b>BLACK BEANS AND BROWN RICE</b> , Imperial Blend Vegetables, Garden Salad w/1000 Island Dressing, Apple
Wed	9	<b>TOFU STIR FRY</b> , Brown Rice, Capri Mix Vegetables, Indian Slaw, Pear
Thu	10	<b>BAKED PENE CASSEROLE</b> , Scandinavian Vegetables, Rainbow Salad w/ 1000 Island Dressing, Apple
Fri	11	<b>BEAN &amp; CHEESE BURITO</b> , Green Beans, Santa Fe Salad, Orange
Mon	14	<b>VEGETERIAN SLOPPY JOE</b> , Tri-Cut Potatoes, Sliced Carrots, Spinach Salad w/French Dressing, Banana
Tues	15	<b>PLAIN OMELET W/ SALSA</b> , Potatoes, Imperial Blend Vegetable, Garden Salad w/ French Dressing, Apple

Wed	16	<b>SPINACH LASAGNA</b> , Garden Blend Vegetables, Boston Bean Salad, Pear
Thu	17	<b>GARDEN BURGER</b> , Whole Wheat Roll, Edamame Vegetable, Lettuce/ Tomato, Apple
Fri	18	<b>CHEESE RAVIOLI</b> , Spaghetti Sauce, Italian Blend Vegetables, Navy Bean Salad, Fruit Cocktail
Mon	21	<b>CENTERS CLOSED FOR MARTIN LUTHER KING, JR. HOLIDAY</b>
Tues	22	<b>BAKED PENNE CASSEROLE</b> , Scandinavian Vegetable, Rainbow Salad w/1000 Island Dressing, Apple
Wed	23	<b>SOUTHWEST QUICHE</b> , Mixed Vegetables, Spinach Salad w/Ranch Dressing, Fruit Cocktail
Thu	24	<b>SPRING PASTA W/TOFU</b> , Scandinavian Blend Vegetables, Navy Bean Salad, Banana
Fri	25	<b>BLACK BEANS</b> , Brown Rice, Imperial Blend Vegetables, Green Salad w/1000 Island, Apple
Mon	28	<b>VEGETERIAN SLOOPY JOE</b> , Tri-Cut Potatoes, Sliced Carrots, Spinach Salad w/ French Dressing, Banana
Tues	29	<b>PUMPKIN CASSEROLE</b> , Flavor Fiesta Vegetables, Creamy Cucumber Salad, Sliced Peaches
Wed	30	<b>CHEESE RAVIOLI</b> , Spaghetti Sauce, Italian Blend Vegetable, Navy Bean Salad, Fruit Cocktail
Thu	31	<b>VEGETERIAN MEATLOAF</b> , Mashed Potatoes, Sunshine Carrots, Spinach Salad w/Ranch Dressing, Apple