



Vegetarian Menu - November 2018

Thu	1	BEAN & CHEESE BURRITO w/Salsa, Green Beans, Santa Fe Salad, Orange
Fri	2	PUMPKIN ENCHILADA CASSEROLE , Broccoli, Creamy Cucumber Salad, Sliced Peaches
Mon	5	BAKED PENNE PASTA , Scandinavian Vegetables, Rainbow Spinach Salad w/Rainbow Dressing, Apple
Tues	6	SOUTHWEST QUICHE , Mixed Vegetables, Spinach Salad w/ Ranch Dressing, Fruit Cocktail
Wed	7	SRING PASTA W/TOFU , Scandinavian Blend Vegetables, Navy Bean Salad, Banana
Thu	8	GARDEN BURGER , Whole Wheat Roll, Edamame Vegetable, Lettuce and Tomato, Apple
Fri	9	VEGGIE JOE W/ POTATOES , Hamburger Bun, Sliced Carrots, Spinach Salad w/French Dressing, Banana
Mon	12	CENTERS CLOSED FOR VETERAN'S DAY HOLIDAY
Tue	13	BEAN & CHEESE BURRITO w/Salsa, Green Beans, Santa Fe Salad, Orange
Wed	14	TOFU STIR FRY , Brown Rice, Sunshine Carrots, Indian Slaw, Pear
Thu	15	OMELET W/SALSA , Tri-Cut Potatoes, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple
Fri	16	HOLIDAY MEAL! TURK'Y CUTLET w/Gravy and Cranberry Relish, Golden and Sweet Potato Mash, Brussel Sprouts, Tossed Salad w/ Italian Dressing, Seasonal Fruit
Mon	19	<i>Southwest Quiche, Mixed Vegetables, Spinach Salad w/ Ranch Dressing, Orange</i>
Tue	20	BLACK BEANS AND BROWN RICE , Imperial Blend Vegetables, Garden Salad w/1000 Island Dressing, Apple

Wed	21	VEGETARIAN MEATLOAF , Mashed Potatoes, Sliced Carrots, Spinach Salad w/ Ranch Dressing, Orange
Thu	22	CENTERS CLOSED FOR THANKSGIVING HOLIDAY
Fri	23	CENTERS CLOSED FOR THANKSGIVING HOLIDAY
Mon	26	BEAN & CHEESE BURRITO w/Salsa, Green Beans, Santa Fe Salad, Orange
Tues	27	OMELET W/SALSA , Tri-Cut Potatoes, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple
Wed	28	CHEESE RAVIOLI , Italian Blend Vegetables, Navy Bean Salad, Fruit Cocktail
Thu	29	SPINACH LASAGNA , Garden Blend Vegetables, Boston Bean Salad, Pear
Fri	30	VEGGIE JOE W/ POTATOES , Hamburger Bun, Sliced Carrots, Spinach Salad w/French Dressing, Banana