October 2019 Vegetarian Menu

10/01 Black Beans and Brown Rice
10/02 Cheese Ravioli
10/03 Vegetarian Sloppy Joe
10/04 Baked Penne Pasta

10/07 Omelet w/Mushroom Sauce, Tri-Cut Potatoes
10/08 Pumpkin Casserole
10/09 Tofu Spring Pasta
10/10 Garden Burger
10/11 Broccoli & Tomato Quiche

10/14 Tofu Stir Fry
10/15 Omelet Plain w/Salsa, Tri-Cut Potatoes
10/16 Bean and Cheese Burrito
10/17 Spinach Lasagna
10/18 Cheese Ravioli

10/21 Southwest Quiche
10/22 Vegetarian Sloppy Joe
10/23 Black Beans and Brown Rice
10/24 Garden Burger
10/25 Baked Penne Pasta

10/28 Tofu Stir Fry
10/29 Bean and Cheese Burrito
10/30 Broccoli & Tomato Quiche
11/01 Cheese Ravioli
11/02 Pumpkin Casserole