



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