



## Vegetarian Menu

October 2018

Mon	1	<b>BAKED PENNE PASTA</b> , Scandinavian Vegetables, Rainbow Spinach Salad w/1000 Dressing, Apple
Tues	2	<b>VEGETARIAN MEATLOAF</b> , Mashed Potatoes, Sliced Carrots, Spinach Salad w/ Ranch Dressing, Orange
Wed	3	<b>SPINACH LASAGNA</b> , Garden Blend Vegetables, Boston Bean Salad, Pear
Thu	4	<b>BEAN &amp; CHEESE BURRITO</b> w/Salsa, Green Beans, Santa Fe Salad, Orange
Fri	5	<b>PUMPKIN CASEROLE</b> , Venetian Blend, Navy Bean Salad, Orange
Mon	8	<b>Southwest Quiche, Mixed Vegetables, Spinach Salad w/ Ranch Dressing, Fruit Cocktail</b>
Tue	9	<b>BLACK BEANS AND BROWN RICE</b> , Imperial Blend Vegetables, Garden Salad w/1000 Island Dressing, Apple
Wed	10	<b>TOFU STIR FRY</b> , Brown Rice, Sunshine Carrots, Indian Slaw, Pear
Thu	11	<b>PLAIN OMELET W/ SALSA</b> , Potatoes, Imperial Blend Vegetables, Garden Salad w/ French, Apple
Fri	12	<b>GARDEN BURGER</b> , Whole Wheat Roll, Edamame Vegetable, Lettuce and Tomato, Apple

Mon	15	<b>VEGGIE JOE W/ POTATOES</b> , Hamburger Bun, Sliced Carrots, Spinach Salad w/French Dressing, Banana
Tues	16	<b>PUMPKIN CASERROLE</b> , Venetian Blend, Navy Bean Salad, Orange
Wed	17	<b>SPINACH LASAGNA</b> , Garden Blend Vegetables, Boston Bean Salad, Pear
Thu	18	<b>BEAN &amp; CHEESE BURRITO</b> w/Salsa, Green Beans, Santa Fe Salad, Orange
Fri	19	<b>CHEESE RAVIOLI</b> , Italian Blend Vegetables, Navy Bean Salad, Fruit Cocktail
Mon	22	<b>GARDEN BURGER</b> , Whole Wheat Roll, Edamame Vegetable, Lettuce and Tomato, Apple
Tue	23	<b>BAKED PENNE PASTA</b> , Scandinavian Vegetables, Rainbow Spinach Salad w/1000 Dressing, Apple
Wed	24	<b>SOUTHWEST QUICHE</b> , Mixed Vegetables, Spinach Salad w/ Ranch Dressing, Fruit Cocktail
Thu	25	<b>Spring Pasta w/Tofu, <i>Scandinavian Blend Vegetables, Navy Bean Salad, Banana</i></b>
Fri	26	<b>PLAIN OMELET W/ SALSA</b> , Potatoes, Imperial Blend Vegetables, Garden Salad w/ French, Apple
Mon	29	<b>VEGGIE JOE W/ POTATOES</b> , Hamburger Bun, Sliced Carrots, Spinach Salad w/French Dressing, Banana
Tue	30	<b>VEGETARIAN MEATLOAF</b> , Mashed Potatoes, Sliced Carrots, Spinach Salad w/ Ranch Dressing, Orange
Wed	31	<b>CHEESE RAVIOLI</b> , Italian Blend Vegetables, Navy Bean Salad, Fruit Cocktail