



# Vegetarian Menu

## July 2018

Mon	2	<b>PLAIN OMELET W/SALSA</b> , Tri-Cut Potatoes, Imperial Blend Vegetables, Garden Salad w/French Dressing, Apple
Tue	3	<b>BROCCOLI-TOMATO QUICHE</b> , Mixed Vegetables, Spinach Salad w/Ranch Dressing, Fruit Cocktail
Wed	4	<b>CLOSED FOR INDEPENDENCE DAY HOLIDAY</b>
Thu	5	<b>BEAN STEW AND BROWN RICE</b> , Imperial Blend Vegetables, Garden Salad w/1000 Island Dressing, Chocolate Zucchini Cake
Fri	6	<b>TOFU CURRY STIR FRY</b> , Brown Rice, Sunshine Carrots, Indian Slaw, Pear
Mon	9	<b>VEGGIE JOE W/ POTATOES</b> , Hamburger Bun, Sliced Carrots, Spinach Salad w/French Dressing, Banana
Tue	10	<b>PLAIN OMELET W/SALSA</b> , Tri-Cut Potatoes, Imperial Blend Vegetables, Garden Salad w/French Dressing, Apple
Wed	11	<b>VEGETARIAN MEATLOAF</b> , Mashed Potatoes, Sliced Carrots, Spinach Salad w/ Ranch Dressing, Orange
Thu	12	<b>SPINACH LASAGNA</b> , Garden Blend Vegetables, Boston Bean Salad, Orange
Fri	13	<b>CHEESE RAVIOLI</b> , Italian Blend Vegetables, Navy Bean Salad, Bread Pudding
Mon	16	<b>BEAN &amp; CHEESE BURRITO</b> w/Salsa, Green Beans, Santa Fe Salad, Orange
Tue	17	<b>GARDEN BURGER</b> , Edamame Vegetable, Lettuce and Tomato, Apple

Wed	18	<b>VEGETARIAN PENNE PASTA</b> , Scandinavian Vegetables, Rainbow Spinach Salad w/Rainbow Dressing, Apple
Thu	19	<b>Spring Pasta w/Tofu, Scandinavian Blend Vegetables, Navy Bean Salad, Banana</b>
Fri	20	<b>TOFU CURRY STIR FRY</b> , Brown Rice, Sunshine Carrots, Indian Slaw, Pear
Mon	23	<b>PLAIN OMELET W/SALSA</b> , Tri-Cut Potatoes, Imperial Blend Vegetables, Garden Salad w/French Dressing, Apple
Tue	24	<b>VEGETARIAN MEATLOAF</b> , Mashed Potatoes, Sliced Carrots, Spinach Salad w/ Ranch Dressing, Orange
Wed	25	<b>BROCCOLI-TOMATO QUICHE</b> , Mixed Vegetables, Spinach Salad w/Ranch Dressing, Fruit Cocktail
Thu	26	<b>BEAN STEW AND BROWN RICE</b> , Imperial Blend Vegetables, Garden Salad w/1000 Island Dressing, Chocolate Zucchini Cake
Fri	27	<b><i>Pumpkin Enchilada Casserole, Flavor Fiesta Vegetables, Creamy Cucumber Salad, Citrus Cake</i></b>
Mon	30	<b>VEGETARIAN PENNE PASTA</b> , Scandinavian Vegetables, Rainbow Spinach Salad w/Rainbow Dressing, Apple
Tues	31	<b>GARDEN BURGER</b> , Edamame Vegetable, Lettuce and Tomato, Apple