

VEGETARIAN



**MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE! BY 12:00PM
(925) 771-7641**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8/1 Vegetarian Bean Stew <u>Spinach</u> C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	8/2 Cheesy Lasagna Roll Up w/Marinara Sauce Green Beans C w/Red Peppers <u>Scandinavian Vegetables</u> Whole Wheat Roll w/Butter FRUIT/DESSERT	8/3 + Bean & Cheese Burrito w/Enchilada Sauce <u>Mixed Vegetables</u> C Fiesta Vegetables FRUIT/DESSERT	8/4 Vegetarian Southwest Spicy Pasta C California Vegetables Green Peas FRUIT/DESSERT
8/7 Egg Omelet w/Shredded Cheddar Cheese and Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	8/8 Vegetarian Lasagna <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	8/9 Tofu Curry over Brown Rice <u>Mixed Vegetables</u> C Broccoli FRUIT/DESSERT	8/10 Cheese Enchilada Bake C California Vegetables <u>Spinach</u> FRUIT/DESSERT	8/11 Vegetarian Chili w/Beans Capri Vegetables C Fiesta Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT
8/14 Vegetarian Southwest Spicy Pasta C California Vegetables Green Peas FRUIT/DESSERT	8/15 Tofu Bolognese w/Whole Grain Spaghetti Carrots C Broccoli FRUIT/DESSERT	8/16 Vegetarian Bean Stew <u>Spinach</u> C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	8/17 Cheesy Lasagna Roll Up w/Marinara Sauce Green Beans C w/Red Peppers <u>Scandinavian Vegetables</u> Whole Wheat Roll w/Butter FRUIT/DESSERT	8/18 + Bean & Cheese Burrito w/Enchilada Sauce <u>Mixed Vegetables</u> C Fiesta Vegetables FRUIT/DESSERT
8/21 Vegetarian Chili w/Beans Capri Vegetables C Fiesta Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	8/22 Egg Omelet w/Shredded Cheddar Cheese and Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	8/23 Vegetarian Lasagna <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	8/24 Tofu Curry over Brown Rice <u>Mixed Vegetables</u> C Broccoli FRUIT/DESSERT	8/25 Cheese Enchilada Bake C California Vegetables <u>Spinach</u> FRUIT/DESSERT
8/28 + Bean & Cheese Burrito w/Enchilada Sauce <u>Mixed Vegetables</u> C Fiesta Vegetables FRUIT/DESSERT	8/29 Vegetarian Southwest Spicy Pasta C California Vegetables Green Peas FRUIT/DESSERT	8/30 Tofu Bolognese w/Whole Grain Spaghetti Carrots C Broccoli FRUIT/DESSERT	8/31 Vegetarian Bean Stew <u>Spinach</u> C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	Cheesy Lasagna Roll Up w/Marinara Sauce Green Beans C w/Red Peppers <u>Scandinavian Vegetables</u> Whole Wheat Roll w/Butter FRUIT/DESSERT

NOTES

All meals served with lowfat milk.

— Vitamin A
C Vitamin C

+ Higher in sodium
^ Dessert of Choice