

VEGETARIAN



**MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!
(925) 771-7641**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/3 Vegetarian Chili w/Beans Capri Vegetables C Fiesta Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	4/4 Egg Omelet w/Shredded Cheddar Cheese and Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	4/5 Vegetarian Lasagna <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	4/6 Tofu Curry over Brown Rice <u>Mixed Vegetables</u> C Broccoli FRUIT/DESSERT	4/7 Cheese Enchilada Bake C California Vegetables <u>Spinach</u> FRUIT/DESSERT
4/10 + Bean & Cheese Burrito w/Enchilada Sauce <u>Mixed Vegetables</u> C Fiesta Vegetables FRUIT/DESSERT	4/11 Vegetarian Southwest Spicy Pasta C California Vegetables Green Peas FRUIT/DESSERT	4/12 Tofu Bolognese w/Whole Grain Spaghetti <u>Carrots</u> C Broccoli FRUIT/DESSERT	4/13 Lentil Stew over Brown Rice C Winter Vegetables <u>Spinach</u> FRUIT/DESSERT	4/14 Cheesy Lasagna Roll Up w/Marinara Sauce Green Beans C w/Red Peppers <u>Scandinavian Vegetables</u> Whole Wheat Roll w/Butter FRUIT/DESSERT
4/17 Cheese Enchilada Bake C California Vegetables <u>Spinach</u> FRUIT/DESSERT	4/18 Vegetarian Chili w/Beans Capri Vegetables C Fiesta Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	4/19 Egg Omelet w/Shredded Cheddar Cheese and Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	4/20 Vegetarian Lasagna <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	4/21 Tofu Curry over Brown Rice <u>Mixed Vegetables</u> C Broccoli FRUIT/DESSERT
4/24 Cheesy Lasagna Roll Up w/Marinara Sauce Green Beans C w/Red Peppers <u>Scandinavian Vegetables</u> Whole Wheat Roll w/Butter FRUIT/DESSERT	4/25 + Bean & Cheese Burrito w/Enchilada Sauce <u>Mixed Vegetables</u> C Fiesta Vegetables FRUIT/DESSERT	4/26 Vegetarian Southwest Spicy Pasta C California Vegetables Green Peas FRUIT/DESSERT	4/27 Tofu Bolognese w/Whole Grain Spaghetti <u>Carrots</u> C Broccoli FRUIT/DESSERT	4/28 Lentil Stew over Brown Rice C Winter Vegetables Spinach FRUIT/DESSERT

NOTES

All meals served with lowfat milk.

— Vitamin A
C Vitamin C

+ Higher in sodium
^ Dessert of Choice