

VEGETARIAN



**MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE! BY 11:00AM
CALL (925) 771-7641**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/2 Lentil Stew Whole Kernel Corn C California Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	3/3 Cheese Enchiladas Black Beans C <u>Fiesta Vegetables</u> FRUIT/DESSERT	3/4 Chana Masala w/Brown Rice C <u>Collard Greens</u> Diced Beets FRUIT/DESSERT	3/5 Cheese Omelet w/Shredded Cheese <u>Spinach</u> C Cauliflower Whole Wheat Roll w/Butter FRUIT/DESSERT	3/6 Tofu Chow Mein w/Noodles C Asian Vegetables <u>Carrots</u> FRUIT/DESSERT
3/9 Bean & Cheese Burrito w/Enchilada Sauce & Shredded Cheese C <u>Fiesta Vegetables</u> Mexicali Corn FRUIT/DESSERT	3/10 Buffalo Tofu w/Brown Rice C Broccoli <u>Peas & Carrots</u> FRUIT/DESSERT	3/11 Spaghetti with Vegetarian Meatballs and Marinara Sauce <u>Mixed Vegetables</u> C Cauliflower FRUIT/DESSERT	3/12 Tofu Curry w/Brown Rice C Brussels Sprouts Stewed Tomatoes FRUIT/DESSERT	3/13 Vegetarian Chili w/Beans <u>Sweet Potatoes</u> Green Beans C w/Red Bell Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT
3/16 Tofu Chow Mein w/Noodles C Asian Vegetables <u>Carrots</u> FRUIT/DESSERT	3/17 Lentil Stew Whole Kernel Corn C California Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	3/18 Cheese Enchiladas Black Beans C <u>Fiesta Vegetables</u> FRUIT/DESSERT	3/19 Chana Masala w/Brown Rice C <u>Collard Greens</u> Diced Beets FRUIT/DESSERT	3/20 Cheese Omelet w/Shredded Cheese <u>Spinach</u> C Cauliflower Whole Wheat Roll w/Butter FRUIT/DESSERT
3/23 Vegetarian Chili w/Beans <u>Sweet Potatoes</u> Green Beans C w/Red Bell Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	3/24 Bean & Cheese Burrito w/Enchilada Sauce & Shredded Cheese C <u>Fiesta Vegetables</u> Mexicali Corn FRUIT/DESSERT	3/25 Buffalo Tofu w/Brown Rice C Broccoli <u>Peas & Carrots</u> FRUIT/DESSERT	3/26 Spaghetti with Vegetarian Meatballs and Marinara Sauce <u>Mixed Vegetables</u> C Cauliflower FRUIT/DESSERT	3/27 Tofu Curry w/Brown Rice C Brussels Sprouts Stewed Tomatoes FRUIT/DESSERT
3/30 Cheese Omelet w/Shredded Cheese <u>Spinach</u> C Cauliflower Whole Wheat Roll w/Butter FRUIT/DESSERT	3/31 Tofu Chow Mein w/Noodles C Asian Vegetables <u>Carrots</u> FRUIT/DESSERT			

All meals served with lowfat milk.

**2 DAILY ALTERNATIVE ENTRÉE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(ASIAN CHICKEN).**

— Vitamin A
C Vitamin C

+ Higher in sodium

Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.