

VEGETARIAN



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

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

All meals served with lowfat milk. **2 DAILY ALTERNATIVE ENTRÉE CHOICES: VEGETARIAN OR FEATURED ENTRÉE SALAD (CRANBERRY WALNUT CHICKEN WITH BALSAMIC VINAIGRETTE).** Vitamin A **+** Higher in sodium
C Vitamin C

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.