

VEGETARIAN



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		7/1	7/2	7/3
		Pinto Beans Valencia w/Brown Rice C Brussels Sprouts <u>Bean Medley</u> FRUIT/DESSERT	Bean & Cheese Burrito w/Enchilada Sauce & Cheese C <u>Fiesta Vegetables</u> Mexicali Corn FRUIT/DESSERT	INDEPENDENCE DAY
7/6	7/7	7/8	7/9	7/10
Garden Burger w/Lettuce, Tomato, Onion, Mayo, & Mustard on a Whole Grain Bun Green Beans C w/Red Peppers Stewed Tomatoes FRUIT/DESSERT	Chana Masala w/Brown Rice C Broccoli <u>Key Largo Vegetables</u> FRUIT/DESSERT	Cannellini Cacciadore w/Penne Pasta <u>Italian Vegetables</u> Harvard Beets C Orange Juice FRUIT/DESSERT	Tofu Pad Thai C Stir Fry Vegetables C Cauliflower Whole Wheat Roll w/Butter FRUIT/DESSERT	Veggie Meatballs w/Hawaiian Sauce Brown Rice <u>Peas & Carrots</u> C Winter Vegetables FRUIT/DESSERT
7/13	7/14	7/15	7/16	7/17
Lentil Stew w/Brown Rice <u>Carrots</u> C Winter Vegetables FRUIT/DESSERT	Spaghetti & Veggie Meatballs with Marinara Sauce Green Beans C w/Red Peppers <u>Scandinavian Veggies</u> FRUIT/DESSERT	Curry Tofu over Whole Grain Noodles C California Vegetables Green Peas FRUIT/DESSERT	Pinto Beans Valencia w/Brown Rice C Brussels Sprouts <u>Bean Medley</u> FRUIT/DESSERT	Bean & Cheese Burrito w/Enchilada Sauce & Cheese C <u>Fiesta Vegetables</u> Mexicali Corn FRUIT/DESSERT
7/20	7/21	7/22	7/23	7/24
Veggie Meatballs w/Hawaiian Sauce Brown Rice <u>Peas & Carrots</u> C Winter Vegetables FRUIT/DESSERT	Garden Burger w/Lettuce, Tomato, Onion, Mayo, & Mustard on a Whole Grain Bun Green Beans C w/Red Peppers Stewed Tomatoes FRUIT/DESSERT	Chana Masala w/Brown Rice C Broccoli <u>Key Largo Vegetables</u> FRUIT/DESSERT	Cannellini Cacciadore w/Penne Pasta <u>Italian Vegetables</u> Harvard Beets C Orange Juice FRUIT/DESSERT	Tofu Pad Thai C Stir Fry Vegetables C Cauliflower Whole Wheat Roll w/Butter FRUIT/DESSERT
7/27	7/28	7/29	7/30	7/31
Bean & Cheese Burrito w/Enchilada Sauce & Cheese C <u>Fiesta Vegetables</u> Mexicali Corn FRUIT/DESSERT	Lentil Stew w/Brown Rice <u>Carrots</u> C Winter Vegetables FRUIT/DESSERT	Spaghetti & Veggie Meatballs with Marinara Sauce Green Beans C w/Red Peppers <u>Scandinavian Veggies</u> FRUIT/DESSERT	Curry Tofu over Whole Grain Noodles C California Vegetables Green Peas FRUIT/DESSERT	Pinto Beans Valencia w/Brown Rice C Brussels Sprouts <u>Bean Medley</u> FRUIT/DESSERT

**All meals served with
lowfat milk.**

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

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.