**TRANSFAT FREE VEGETARIAN HOT LUNCH MENU**

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| HOT LUNCH SELECTIONS  **WEEK 1**  MONDAY  Whole Wheat or Vegetable Pasta  Cheese sauce  Cucumber and Carrot Sticks  Quinoa Crisp Bread  Fresh Fruit, Milk  TUESDAY  Beans Stew  Rice Pilaf  Green Salad, Dressing  Garlic Bun  Fresh Fruit, Milk  WEDNESDAY  Spinach Quiche  Couscous  Ketchup  Asparagus and Baby Corn  Whole Wheat Bread  Fresh Fruit, Milk  THURSDAY  Whole Wheat or Vegetable Pasta  Beans in Tomato Sauce  Parmesan Cheese  Baby Carrots  Whole Wheat Villaggio Bread  Fresh Fruit, Milk  FRIDAY  Veggie Nuggets  Roast Potatoes  Ketchup  Celery Stick and Cauliflower Floret  Whole Wheat Rolls  Fresh Fruit, Milk  **Veggie sticks and Bread may change without notice based on availability.** | HOT LUNCH SELECTIONS  **WEEK 2**  MONDAY  Whole Wheat or Vegetable Pasta  Chickpea and Spinach in Tomato Sauce  Parmesan Cheese  Pepper and Cucumber Sticks  Pumpernickel Bread  Fresh Fruit, Milk  TUESDAY  Pepper and Feta Quiche  Rice and Peas  Ketchup  Baby Carrots  Garlic Bun  Fresh Fruit, Milk  WEDNESDAY  Vegetarian Burger  Hash brown  Burger Sauce  Broccoli Floret and Tomato wedge  Hamburger Bun  Fresh Fruit, Milk  THURSDAY  Whole Wheat or Vegetable Pasta  Ricotta Tomato Sauce  Green and Yellow Beans  Corn Bread  Fresh Fruits, Milk  FRIDAY  Curried Tofu with Vegetables  Fried Rice  Green Salad, Dressing  Whole Wheat Bread  Fresh Fruits, Milk |

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| HOT LUNCH SELECTIONS  **WEEK 3**  MONDAY  Whole Wheat or Vegetable Pasta  Chickpea in Tomato sauce  Parmesan Cheese  Pepper and Cucumber Sticks  Multigrain Bread  Fresh Fruit, Milk  TUESDAY  Vegetarian Burger  Rice Pilaf  Ketchup  Baby Carrots  Whole Wheat Flat Bread  Fresh Fruits, Milk  WEDNESDAY  Minestrone Soup  Cheese Submarine  Cauliflower Floret and Tomato Wedge  Sausage Bun, Mustard  Fresh Fruits, Milk  THURSDAY  Ricotta Spinach Lasagna  Green salad , Dressing  Quinoa Crisp Bread  Fresh Fruit, Milk  FRIDAY  Whole Wheat or Vegetable Pasta  Primavera Sauce  Parmesan Cheese  Asparagus and Celery Stick  Garlic Bread  Fresh Fruit, Milk  **Veggie sticks and Bread may change without notice based on availability** | HOT LUNCH SELECTONS  **WEEK 4**  MONDAY  Beans and Tofu Stirfry  Rice Pilaf  Cucumber and Pepper Sticks  Garlic Flat Bread  Fresh Fruit, Milk  TUESDAY  Vegetarian Hotdog  Quinoa  Ketchup  Carrot and Celery Sticks  Onion Roll  Fresh Fruits, Milk  WEDNESDAY  Whole Wheat or Vegetable Pasta  Lentil Bolognese  Parmesan Cheese  Green and Yellow Beans  Rye Bread  Fresh Fruit, Milk  THURSDAY  Chickpea Chowder  Spinach Rice  Broccoli Floret and Tomato Wedge  Whole Wheat Roll  Fresh Fruit, Milk  FRIDAY  Vegetarian Burger  Corn Niblets, Ketchup  Sliced Cheddar  Hamburger Bun  Fresh Fruit, Milk |