**TRANSFAT FREE VEGETARIAN HOT LUNCH MENU**

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|  HOT LUNCH SELECTIONS**WEEK 1**MONDAYWhole Wheat or Vegetable PastaCheese sauceCucumber and Carrot SticksQuinoa Crisp BreadFresh Fruit, MilkTUESDAYBeans StewRice PilafGreen Salad, DressingGarlic BunFresh Fruit, Milk WEDNESDAYSpinach QuicheCouscousKetchupAsparagus and Baby CornWhole Wheat BreadFresh Fruit, MilkTHURSDAYWhole Wheat or Vegetable PastaBeans in Tomato SauceParmesan CheeseBaby CarrotsWhole Wheat Villaggio BreadFresh Fruit, MilkFRIDAYVeggie NuggetsRoast PotatoesKetchupCelery Stick and Cauliflower FloretWhole Wheat RollsFresh Fruit, Milk**Veggie sticks and Bread may change without notice based on availability.**  |  HOT LUNCH SELECTIONS**WEEK 2**MONDAYWhole Wheat or Vegetable PastaChickpea and Spinach in Tomato SauceParmesan CheesePepper and Cucumber SticksPumpernickel BreadFresh Fruit, MilkTUESDAYPepper and Feta QuicheRice and PeasKetchupBaby CarrotsGarlic BunFresh Fruit, MilkWEDNESDAYVegetarian Burger Hash brownBurger SauceBroccoli Floret and Tomato wedgeHamburger BunFresh Fruit, MilkTHURSDAYWhole Wheat or Vegetable PastaRicotta Tomato SauceGreen and Yellow BeansCorn BreadFresh Fruits, MilkFRIDAYCurried Tofu with VegetablesFried RiceGreen Salad, DressingWhole Wheat BreadFresh Fruits, Milk |

 **TRANSFAT FREE VEGETARIAN HOT LUNCH MENU**

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|  HOT LUNCH SELECTIONS **WEEK 3** MONDAYWhole Wheat or Vegetable PastaChickpea in Tomato sauceParmesan CheesePepper and Cucumber SticksMultigrain BreadFresh Fruit, MilkTUESDAYVegetarian BurgerRice PilafKetchupBaby CarrotsWhole Wheat Flat BreadFresh Fruits, MilkWEDNESDAYMinestrone SoupCheese SubmarineCauliflower Floret and Tomato WedgeSausage Bun, MustardFresh Fruits, MilkTHURSDAYRicotta Spinach LasagnaGreen salad , DressingQuinoa Crisp BreadFresh Fruit, MilkFRIDAYWhole Wheat or Vegetable PastaPrimavera Sauce Parmesan CheeseAsparagus and Celery Stick Garlic BreadFresh Fruit, Milk**Veggie sticks and Bread may change without notice based on availability** | HOT LUNCH SELECTONS **WEEK 4**MONDAYBeans and Tofu StirfryRice PilafCucumber and Pepper SticksGarlic Flat BreadFresh Fruit, MilkTUESDAYVegetarian HotdogQuinoaKetchupCarrot and Celery SticksOnion RollFresh Fruits, MilkWEDNESDAYWhole Wheat or Vegetable PastaLentil BologneseParmesan CheeseGreen and Yellow BeansRye BreadFresh Fruit, MilkTHURSDAYChickpea Chowder Spinach RiceBroccoli Floret and Tomato WedgeWhole Wheat RollFresh Fruit, Milk FRIDAYVegetarian BurgerCorn Niblets, KetchupSliced CheddarHamburger BunFresh Fruit, Milk  |