

TRANSFAT FREE VEGETARIAN HOT LUNCH MENU

HOT LUNCH SELECTIONS

1

MONDAY

Whole Wheat or Vegetable Pasta
Cheese Sauce
Pepper and Cucumber Sticks
Whole Wheat Bread
Fresh Fruits, Milk

TUESDAY

Veggie Nuggets
Rice Pilaf
Ketchup
Baby Carrots
Onion Bun
Fresh Fruits, Milk

WEDNESDAY

Veggie Burger
Couscous with Roasted Carrots
Tartar Sauce
Green Beans and Tomato Wedge
Pumpnickel Bun
Fresh Fruits, Milk

THURSDAY

Veggie Meatball in Tomato Sauce
Whole Wheat or Vegetable Pasta
Parmesan Cheese
Asparagus and Baby Corn
Garlic Pita Bread
Fresh Fruits, Milk

FRIDAY

Tofu and Mushroom Stirfry
Rice Pilaf
Cabbage and Mixed Green salad, Dressing
Whole Wheat Villaggio Bread
Fresh Fruits, Milk

HOT LUNCH SELECTIONS

2

MONDAY

Chickpea Cacciatore
Whole Wheat or Vegetable Pasta
Parmesan Cheese
Pepper and Cucumber Sticks
Garlic Bun
Fresh Fruits, Milk

TUESDAY

Beans and Vegetable Stirfry
Rice Pilaf
Mixed Green Salad, Dressing
Marble Rye Bread
Fresh Fruits, Milk

WEDNESDAY

Veggie Nuggets
Roast Potatoes
Ketchup
Broccoli Floret and Yellow Beans
Whole Wheat Bun
Fresh Fruits, Milk

THURSDAY

Whole Wheat or Vegetable Pasta
Ricotta Tomato sauce
Parmesan Cheese
Cauliflower Floret and Celery Sticks
Challah Bread
Fresh Fruits, Milk

FRIDAY

Crestless Quiche
Masala Rice
Green and Yellow Beans
Dinner Roll
Fresh Fruits, Milk

Veggie sticks and Bread may change without notice based on availability.

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HOT LUNCH SELECTIONS

3

MONDAY

Veggie Meatball in Tomato Sauce
Whole Wheat or Vegetable Pasta
Parmesan Cheese
Carrot and Cucumber Sticks
Corn Bread
Fresh Fruits, Milk

TUESDAY

Lentil Soup
Cheese Submarine
Mustard
Sausage Bun
Fresh Fruits, Milk

WEDNESDAY

Red Curry with Chickpea
Rice Pilaf
Yellow Bean and Celery stick
Whole Wheat Bun
Fresh Fruits, Milk

THURSDAY

Spinach Ricotta Lasagna
Mixed Green Salad, Dressing
Whole Wheat Bread
Fresh Fruits, Milk

FRIDAY

Baked Tofu with Vegetables
Rice Pilaf
Baby carrots
Pull Apart Bun
Fresh Fruits, Milk

HOT LUNCH SELECTIONS

4

MONDAY

Chickpea Bolognese
Whole Wheat or Vegetable Pasta
Parmesan Cheese
Pepper and Cucumber Sticks
Pumpnickel Bread
Fresh Fruits, Milk

TUESDAY

Spinach and Pepper Quiche
Quinoa
Baby Carrots
Whole Wheat Bun
Fresh Fruits, Milk

WEDNESDAY

Veggie Burger
Fried Rice
Burger Sauce
Cauliflower Floret and Baby Corn
Burger Bun
Fresh Fruits, Milk

THURSDAY

Lentil Tacos
Lettuce, Sour Cream
Cheese
Whole Wheat Flour Tortillas
Fresh Fruits, Milk

FRIDAY

Vegetarian Hotdog
Roast Potatoes and Bell Peppers
Ketchup
Hotdog Bun
Fresh Fruits, Milk

**Veggie sticks and bread may change without
notice based on availability**

