



# Vegetarian Dinner Menu - October 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>*We will be closed on Indigenous Peoples' Day (Monday, October 13th). Meals typically delivered on that day will be delivered ahead of the holiday.</b>	<b>1</b> <b>Smothered Garden Meatballs</b> Whipped Potatoes Green Beans Whole Wheat Roll Fresh Apple Margarine	<b>2</b> <b>Hoppin John</b> Broccoli Florets Whole Wheat Roll Diced Pears Margarine	<b>3</b> <b>Plant-Based BBQ Chicken</b> Caramelized Onion Jam WG Macaroni and Cheese Mixed Vegetables Fresh Orange	<b>4</b> <b>Tofu with Mango BBQ Sauce</b> Baked Beans Collard Greens Whole Wheat Roll Applesauce Margarine	<b>5</b> <b>Sloppy Joe w/Lentils</b> Roasted Diced Potatoes Capri Vegetable Blend Whole Wheat Hamburger Bun Diced Peaches
<b>6</b> <b>Curry Chickpea</b> Coconut Brown Rice Green Peas Cauliflower Fresh Apple	<b>7</b> <b>Garden Meatballs</b> Mornay Sauce Lentil Vegetable Pilaf California Vegetable Blend Multi-Grain Bread Mixed Fruit Margarine	<b>8</b> <b>Lentil Stew</b> Whipped Potatoes Garden Vegetable Blend Whole Wheat Bread Mandarin Oranges Margarine	<b>9</b> <b>Plant-Based Chicken Alfredo over Whole Grain Penne</b> Ratatouille Broccoli Florets Fresh Pear	<b>10</b> <b>Black Bean Burger</b> Tater Tots  Dilled Carrots Whole Wheat Hamburger Bun Mixed Fruit Ketchup Mustard	<b>11</b> <b>Pineapple Glazed Tofu</b> Roasted Sweet Potatoes Brussels Sprouts Whole Wheat Bread Diced Peaches Margarine	<b>12</b> <b>Tofu Al Pastor</b> Brown Rice Black Beans Whole Wheat Tortilla Fresh Orange
<b>13</b> <b>*Indigenous Peoples' Day</b> 	<b>14</b> <b>Bean Chili</b> Brown Rice Baby Carrots Broccoli Florets Mixed Fruit	<b>15</b> <b>Cheese Enchiladas</b> Enchilada Sauce Pinto Beans Fiesta Vegetable Blend Pineapple Tidbits	<b>16</b> <b>Bean Tamale Pie</b> Cilantro Lime Rice Southwest Corn Fresh Orange	<b>17</b> <b>Sloppy Joe</b> Tater Tots Green Beans Whole Grain Hamburger Bun Fresh Pear Ketchup	<b>18</b> <b>Pineapple Glazed Tofu</b> Confetti Brown Rice Brussels Sprouts Raisins	<b>19</b> <b>Vegetarian Swedish Meatballs</b> Whole Grain Penne Pasta Green Peas Sliced Carrots Applesauce
<b>20</b> <b>Tofu with Mornay Sauce</b> Whole Grain Penne Pasta Tuscany Vegetable Blend Applesauce	<b>21</b> <b>WG Vegetarian Fiesta Mac</b> Corn Casserole  Green Beans Fresh Orange	<b>22</b> <b>Caramelized Onion Beans</b> Whole Wheat Seasoned Couscous Broccoli Florets Fresh Pear	<b>23</b> <b>Apricot Mustard Tofu</b> Confetti Brown Rice Sliced Carrots Mixed Fruit	<b>24</b> <b>WG Bean &amp; Cheese Burrito</b> Enchilada Sauce Black Beans Fajita Vegetable Blend Tropical Fruit	<b>25</b> <b>Curry Chickpeas</b> Brown Rice Green Peas Cauliflower Fresh Orange	<b>26</b> <b>Vegetarian Meatballs w/Gravy</b> Mashed Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple Margarine
<b>27</b> <b>White Bean Alfredo</b> Whole Grain Rotini Pasta Ratatouille Green Beans Pineapple Tidbits	<b>28</b> <b>Tofu Al Pastor</b> Cilantro Lime Brown Rice Charro Beans Garden Vegetable Blend Fresh Apple	<b>29</b> <b>Northern Bean a la King</b> Whole Grain Egg Noodles Glazed Carrots Fresh Orange	<b>30</b> <b>Chickpea Vera Cruz</b> Garlic Parmesan Brown Rice Broccoli Florets Fresh Pear	<b>31</b> <b>Hungarian Tofu</b> <b>Oven Roasted Potatoes</b> Mixed Vegetables Whole Wheat Bread Mixed Fruit Margarine	<b>*Holiday Meal:</b> BBQ Tofu WG Macaroni & Cheese Seasoned Collard Greens Fresh Apple	<b>Beverage Choice:</b> Milk or Juice <b>Menu subject to change</b>  Denotes Sodium ≥ 1000 mg