



Vegetarian Dinner Menu - October 2025



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