



Fresh Vegetarian Lunch Menu - October 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	We will be closed on Indigenous Peoples' Day (Monday, October 13th). Meals typically delivered on that day will be delivered ahead of the holiday.	Cottage Cheese & Fruit Venetian Pasta Salad Wheat Roll Mandarin Oranges	Egg Salad on Croissant Beet Salad Fresh Pear	Mediterranean Tofu Quinoa Bowl <i>*Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Mixed Fruit	Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i> Lemon Dijon Carrot Salad Diced Peaches	Black Bean Taco Salad* <i>*Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream</i> Whole Grain Tortilla Chips Fresh Orange
Tofu & Pineapple Farro Bowl* <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fresh Apple	Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Grain Crackers Mixed Fruit	Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Pineapple Tidbits	Cranberry Pecan White Bean Salad Coleslaw Whole Grain Corn Muffin Fresh Orange	Black Bean Patty on Whole Grain Bun Lettuce/Tomato/Onion Potato Salad Fresh Pear	Mediterranean Tofu Quinoa Bowl* <i>*Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Raisins	Greek Chickpea Salad with Balsamic Vinegarette Naan Bread Dippers Mandarin Beets w/Citrus Dressing Applesauce
Indigenous Peoples' Day 	Hummus w/Whole Grain Crackers Beet & Onion Salad Fresh Orange	Black Bean Patty on Whole Wheat Bread Lettuce/Tomato/Onion Italian Cucumber Salad Fresh Pear	Tofu & Pineapple Farro Bowl <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Mixed Fruit	Cranberry Pecan White Bean Salad on Brioche Roll Tuscany Vegetable Salad Tropical Fruit	Egg Salad Honey Lime Corn Salad Whole Grain Blueberry Muffin Fresh Orange	Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Wheat Roll Fresh Apple
Greek Chickpea Salad with Balsamic Vinegarette Black Bean & Rice Salad Pineapple Tidbits	Black Bean Taco Salad* <i>*Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream</i> Whole Grain Tortilla Chips Fresh Apple	Mediterranean Tofu Quinoa Bowl* <i>*Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Fresh Orange	Cranberry Pecan White Bean Salad Blueberry Muffin Coleslaw Fresh Pear	Deviled Egg Salad on Whole Wheat Bread Mixed Green Salad w/Dressing Mixed Fruit	Tofu & Pineapple Farro Bowl* <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Raisins	Pesto Black Bean Patty Lettuce/Tomato/Onion Mandarin Beets w/Citrus Dressing Applesauce
Harvest Tofu Bowl* <i>*Tofu, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce</i> Fresh Orange	Deviled Egg Salad w/Whole Grain Crackers Carrot Raisin Salad Fresh Apple	Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Grain Blueberry Muffin Mixed Fruit	Black Bean Patty on Kaiser Roll Lettuce/Tomato/Onion Three Bean Salad Tropical Fruit	Mediterranean Tofu Quinoa Bowl* <i>*Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt</i> Mixed Fruit	*Holiday Meal Plant-Based Chicken Alfredo over Whole Grain Penne Ratatouille Broccoli Florets Fresh Apple	Beverage Choice: Milk or Juice Menu Subject to Change