



Vegetarian Lunch Menu - November 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Beverage Choice: Milk or Juice Menu subject to change					Greek Chickpea Salad with Balsamic Vinaigrette Italian Cucumber Salad Naan Bread Dippers Pineapple Tidbits	French Bistro Bean Salad* <i>*Northern Beans, Red Onion, Parsley, Corn, and a French Dressing</i> Venetian Pasta Salad Whole Grain Breadstick 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> Fresh Orange	Tofu & Pineapple Farro Bowl* <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fresh Pear	Egg Salad on Whole Wheat Bread Mixed Green Salad w/Dressing Fresh Apple	Cranberry Pecan White Bean Salad on Brioche Roll Coleslaw Diced Peaches	Greek Chickpea Salad with Balsamic Vinaigrette Naan Bread Dippers Pasta Salad Raisins	Black Bean Patty on Whole Wheat Bread Lettuce/Tomato/Onion Black-Eyed Pea Salad Tropical Fruit	Chef Salad with Tofu with Ranch Dressing Three Bean Salad Whole Wheat Roll Mixed Fruit
Hummus w/Whole Grain Crackers Italian Cucumber Salad Mixed Fruit	Chickpea Caesar Salad with Caesar Dressing Coleslaw Whole Grain Breadstick Tropical Fruit	Greek Chickpea Salad with Balsamic Vinaigrette Venetian Pasta Salad Whole Grain Breadstick Fresh Pear	Tofu & Pineapple Farro Bowl* <i>*Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, Avocado, and Vinaigrette</i> Fresh Orange	Harvest Tofu Bowl* <i>*Tofu, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Dijon Sauce</i> Applesauce	Black Bean Reuben Sandwich on Rye Bread* <i>*Black Bean Patty, Sauerkraut, Swiss, and Thousand Island</i> Coleslaw Diced Pears	Egg Salad on Whole Wheat Bread Broccoli Raisin Salad Fresh Apple
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 Vinaigrette Naan Bread Dippers 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> Applesauce	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