### Vegetarian Lunch

<table>
<thead>
<tr>
<th></th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Chef’s Choice Soup and Salad with Chickpeas Fruit</td>
<td>3</td>
<td>Asian Noodle Veggie Bowl with Tofu Beet Cup Fruit Cookie</td>
<td>4</td>
<td>Cheese Cucumber Club Sandwich 3 - Bean Salad Fruit Cookie</td>
<td>5</td>
<td>Chickpea Harvest Sandwich Club Sandwich Cuke + Tomato Fruit Muffin</td>
</tr>
<tr>
<td>10</td>
<td>Chinese Tofu Salad with Carrots Asian Fruit Mix Muffin</td>
<td>11</td>
<td>Barley + Wild Rice with Roasted Tofu Tangy Coleslaw Fruit Cookie</td>
<td>12</td>
<td>Mediterranean Sandwich Green Bean Salad Chewey Granola Bar</td>
<td>13</td>
<td>Traditional Vegetarian Cobb Salad Fruit Muffin</td>
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<tr>
<td>16</td>
<td>Chef’s Choice Soup Salad with Chickpeas Fruit</td>
<td>17</td>
<td>Mediterranean Orzo Bowl with Tofu Beet Cup Fruit Cookie</td>
<td>18</td>
<td>Barley + Kale Bowl with Beans Potato Salad Fruit Cookie</td>
<td>19</td>
<td>Cheese Cucumber Sub Sandwich Tangy Coleslaw Fruit Jell-O</td>
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<tr>
<td>24</td>
<td>Caesar Salad 3-Bean Salad Fruit Jell-O</td>
<td>25</td>
<td>Veggie Sub Sandwich Baby Carrots Fruit Muffin</td>
<td>26</td>
<td>Southwest Salad with Black Beans Celery Parsley Cup Fruit</td>
<td>27</td>
<td>Asian Slaw with Teriyaki Tofu Strips Jicama + Cucumber Fruit Muffin</td>
</tr>
</tbody>
</table>

Beverage choice: milk, soymilk, juice or bottled water. Menu is subject to change.

January 2023

1 | Vegetarian Nutloaf Sandwich Mexican Macaroni Fruit Cookie
2 | Chinese Tofu Salad w/ Olives + Tomatoes Zucchini Cup Fruit
3 | 3 - Bean Salad Fruit Muffin
4 | 3 - Bean Salad Fruit Cookie
5 | 1/2 Caprese Sandwich Celery Parsley Cup Fruit
6 | 1/2 Caprese Sandwich Jell-O
7 | 3-Bean Salad Fruit Muffin
8 | Soup of the Day 1/2 Caprese Sandwich Veggie Blend Cup Fruit
9 | 3-Bean Salad Fruit Muffin
10 | 3-Bean Salad Fruit Muffin
11 | 3-Bean Salad Fruit Muffin
12 | 3-Bean Salad Fruit Muffin
13 | 3-Bean Salad Fruit Muffin
14 | 3-Bean Salad Fruit Muffin
15 | 3-Bean Salad Fruit Muffin
16 | 3-Bean Salad Fruit Muffin
17 | 3-Bean Salad Fruit Muffin
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25 | 3-Bean Salad Fruit Muffin
26 | 3-Bean Salad Fruit Muffin
27 | 3-Bean Salad Fruit Muffin
28 | 3-Bean Salad Fruit Muffin
29 | 3-Bean Salad Fruit Muffin
30 | 3-Bean Salad Fruit Muffin
31 | 3-Bean Salad Fruit Muffin