

*****All Proteins Plant Based Except for Eggs and Contain Soy Protein and Wheat Gluten*****

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage choice: milk, soymilk, juice, or bottled water. Menu subject to change.	1 Battered Faux Fish Fillet over Brown Rice Corn Green Beans	2 Spaghetti & Meatless Meat Sauce Peas Corn	3 Plant-Based Chicken Alfredo over Whole Wheat Penne Pasta Peas Carrots	4 Plant-Based Beef Burgundy over Noodles Carrots Cannelloni Beans	5 Plant-Based Roast Beef & Gravy Mashed Potatoes Collard Greens	6 Macaroni & Meatless Meat Casserole Succotash Broccoli
7 Plant-Based Chick'n & Cheese Macaroni Casserole Spinach Corn	8 Faux Fish Fillet Cannelloni Beans Mixed Veggies	9 Vegetarian Cheese Cannelloni Kidney Beans Italian Green Beans	10 Plant-Based Beef Stroganoff over Egg Noodles Peas Carrots	11 Plant-Based Beef Burgundy Mashed Potatoes Green Beans	12 Plant-Based Sweet and Sour Chicken over Brown Rice Asian Blend Veggies Peas	13 Vegetarian Spinach Lasagna Carrots Lima Beans
14 Plant-Based Chicken Chow Mein over Brown Rice Peas Corn	15 Plant-Based Chicken Strips w/ Gravy Sweet Potatoes Scandanavian Veggies	16 Plant-Based Beef Burgundy over Noodles Carrots Cannelloni Beans	17 Rotini & Meatless Meat Sauce Italian Green Beans Cauliflower	18 Plant-Based Chicken Alfredo over Whole Wheat Penne Pasta Peas Carrots	19 Vegetarian Cheese Cannelloni Kidney Beans Italian Green Beans	20 Swedish Meatless Meatballs over Egg Noodles Spinach Carrots
21 Plant-Based Beef Burgundy Mashed Potatoes Green Beans	22 Macaroni & Meatless Meat Casserole Succotash Broccoli	23 Vegetarian Huevos a la Mexicana Hash Browns Pinto Beans	24 Spaghetti & Meatless Meat Sauce Peas Corn	25 Plant-Based Roast Beef & Gravy Mashed Potatoes Collard Greens	26 Plant-Based Barbeque Chicken over Brown Rice Sweet Potatoes Spinach	27 Plant-Based Chicken Alfredo over Whole Wheat Penne Pasta Peas Carrots
28 Rotini & Meatless Meat Sauce Italian Green Beans Cauliflower	29 Faux Fish Fillet Mashed Potatoes Mixed Veggies	30 Meatless Teriyaki Meatballs over Brown Rice Green Beans Carrots	31 Plant-Based Chicken Noodle Casserole Spinach Broccoli			