

All Proteins Plant-Based Except for Eggs

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