

*****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 Lasagna with Meatless Meat Sauce Italian Green Beans Corn	2 Faux Fish Fillet Cannelloni Beans Mixed Veggies	3 Plant-Based Sweet and Sour Chicken over Brown Rice Asian Blend Veggies Peas
4 Macaroni & Meatless Meat Casserole Succotash Broccoli	5 Plant-Based Chicken Alfredo over Whole Wheat Penne Pasta Peas Carrots	6 Plant-Based Beef Burgundy over Noodles Carrots Cannelloni Beans	7 Plant-Based Chicken Curry over Brown Rice Mixed Veggies Cauliflower	8 Vegetarian Cheese Cannelloni Kidney Beans Italian Green Beans	9 Swedish Meatless Meatballs over Egg Noodles Spinach Carrots	10 Plant-Based Chicken Strips w/ Gravy Sweet Potatoes Scandanavian Veggies
11 Vegetarian Spinach Lasagna Lima Beans Carrots	12 Battered Faux Fish Fillet over Brown Rice Corn Green Beans	13 Spaghetti & Meatless Meat Sauce Peas Corn	14 Plant-Based Chicken Alfredo over Whole Wheat Penne Pasta Peas Carrots	15 Plant-Based Beef Burgundy over Noodles Carrots Cannelloni Beans	16 Plant-Based Roast Beef & Gravy Mashed Potatoes Collard Greens	17 Macaroni & Meatless Meat Casserole Succotash Broccoli
18 Plant-Based Chick'n & Cheese Macaroni Casserole Spinach Corn	19 Faux Fish Fillet Cannelloni Beans Mixed Veggies	20 Vegetarian Cheese Cannelloni Kidney Beans Italian Green Beans	21 Plant-Based Beef Stroganoff over Egg Noodles Peas Carrots	22 Plant-Based Beef Burgundy Mashed Potatoes Green Beans	23 Plant-Based Sweet and Sour Chicken over Brown Rice Asian Blend Veggies Peas	24 Vegetarian Spinach Lasagna Carrots Lima Beans
25 Plant-Based Chicken Chow Mein over Brown Rice Peas Corn	26 Plant-Based Chicken Strips w/ Gravy Sweet Potatoes Scandanavian Veggies	27 Plant-Based Beef Burgundy over Noodles Carrots Cannelloni Beans	28 Rotini & Meatless Meat Sauce Italian Green Beans Cauliflower	29 Plant-Based Chicken Alfredo over Whole Wheat Penne Pasta Peas Carrots	30 Vegetarian Cheese Cannelloni Kidney Beans Italian Green Beans	