





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage choice: soymilk, juice, or bottled water. Menu subject to change.					1 Lentil Sloppy Joe Potato Salad Fruit Muffin	2 Cheese Sandwich with Hummus Veggie Blend Cup Fruit Peach Yogurt
3 Italian Tortellini Pasta w/Olives & Tomatoes Zucchini Cup Fruit	4 Chinese Tofu Salad Carrots Fruit Fortune Cookie	5 Barley and Wild Rice with Roasted Tofu Tangy Coleslaw Fruit Cookie	6 Mediterranean Sandwich Veggie Salad w/Mint Fruit Muffin	7 Traditional Vegetarian Cobb Salad Fruit Cookie	8 Chickpea Salad Sand. 3-Bean Salad Fruit Muffin	9 Soup of the Day 1/2 Mediterranean Sandwich Cucumber & Jicama Fruit
10 Cilantro Lime Rice Bowl with Beans Baby Carrots Fruit	11 Mediterranean Orzo Bowl with Tofu Beet Cup Fruit Cookie	12 Barley & Kale Bowl with Beans Potato Salad Fruit Cookie	13 Cheese Cucumber Sub Sandwich Tangy Coleslaw Fruit Muffin	14 Black Bean Mango Couscous Jicama & Cucumber Fruit Cookie	15 Chickpea Salad Sandwich Confetti Broccoli Cup Fruit Cookie	16 Veggie Pesto Sandwich Pepper/Bean Cup Fruit Cookie
17 Italian Tortellini Pasta w/Olives & Tomatoes Zucchini Cup Fruit	18 Caesar Salad 3-Bean Salad Fruit Cookie	19 Veggie Sub Sandwich Baby Carrots Fruit Carrot Muffin	20 Southwest Salad w/Black Beans Celery Parsley Cup Fruit	21 Asian Slaw with Teriyaki Tofu Strips Jicama & Cucumber Fruit Muffin	22 Chickpea Salad Sand 3-Bean Salad Fruit Cookie	23 Cheese Sandwich with Hummus Veggie Blend Cup Fruit Cookie
24 Soup of the Day & 1/2 sandwich Blk Bean Corn Salad Fruit	25 Asian Noodle Veggie Bowl w/Tofu Beet Cup Fruit Cookie	26 Mediterranean Sandwich Carrot Raisin Salad Fruit Muffin	27 Barley Kale Bowl with White Beans Potato Salad Fruit Cookie	28 Orange Tofu with Udon Noodles and Edamame Jicama/Cucumber Fruit	