

October 2019 Vegetarian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tofu & Vegetable Stir Fry Wide Noodles Zucchini & Stewed Tomatoes Minestrone Soup Pumpnickel Bread Fruit Cup- Ind.	2 Toor Dal Lemon Rice Italian Blend Vegetables Mixed Greens W/ Cucumber Multigrain Bread Applesauce- Ind.	3 Gobhi Matar Saffron Rice Asian Blend Vegetables Carrot Ginger Soup Rye Bread Fresh Orange	4 Welcome Lunch Mushroom Ragout Mashed Potatoes French Green Beans Tossed Salad W/ Tomato Whole Wheat Bread Ice Cream- Ind.
7 Vegetable Korma Lemon Rice Toor Dal Tomato Barley Soup 6" Whole Wheat Tortilla Cookies- Ind.	8 Channa Masala Vegetable Biryani Mixed Vegetable Blend Green Bean Salad Whole Wheat Bread Fresh Orange	9 Tuna Salad Potato Salad Lettuce & Onion Vegetable Soup Club Roll- Sliced Fruit Cup- Ind.	10 Veggie Burger Baked Beans Mushrooms & Onions Mixed Greens W/ Artichoke Whole Wheat Hamburger Bun Jello- Ind.	11 Cheese Omelet Salsa Roasted Red Potatoes Ambrosia Salad Corn Muffin Yogurt- Ind. Orange Juice
14 CLOSED FOR COLUMBUS DAY	15 Vegetable Tagine Roasted Red Potatoes Carrots- Coined Vegetarian Soup Rye Bread Yogurt- Ind.	16 Gobhi Matar Saffron Rice Zucchini & Stewed Tomatoes Caesar Salad Pumpnickel Bread Italian Ice- Ind.	17 Crab Cake Autumn Stuffing Butternut Squash Chick Pea Salad Whole Wheat Dinner Roll Fruit Cup- Ind.	18 Toor Dal Lemon Rice Broccoli Vegetarian Split Pea Soup Multigrain Bread Fresh Orange
21 Channa Masala Vegetable Biryani Green Beans Mixed Greens W/ Tomato Club Roll- Sliced Jello- Ind.	October Celebration 22 Cheese Pizza HD: Manicotti W/ Cheese Peppers & Onions Spinach & Mushrooms Tossed Salad W/ Beets Whole Wheat Dinner Roll Birthday Cake	23 Vegetable Korma Lemon Rice Brussel Sprouts Vegetarian Soup Rye Bread Fresh Orange	24 Toor Dal Lemon Rice Cauliflower Florets Carrot Raisin Salad Whole Wheat Bread Yogurt- Ind.	25 Harvest Vegetable Ratatouille Mashed Sweet Potatoes Sweet Peas Lentil Soup Multigrain Bread Fruit Cup- Ind.
28 Veggie Burger Roasted Red Potatoes Peppers & Onions Tuscan Bean Soup Kaiser Roll- Sliced Fresh Orange	29 Gobhi Matar Saffron Rice Kale & Mushrooms Tomato & Cucumber Salad Multigrain Bread Applesauce- Ind.	30 Channa Masala Vegetable Biryani Baby Carrots Tossed Salad Whole Wheat Dinner Roll Yogurt- Ind.	31 Swiss Cheese Spiral Pasta Salad Lettuce & Onions Butternut Squash Soup Pumpnickel Bread- 2 Slices Halloween Cookie	Please note that all menus: -May change due to unforeseen circumstances. -Include 8oz. 1% milk and 4oz. 100% juice. -HD and diabetic clients will receive light or sugar-free desserts only.