

December 2022 Monthly Vegetarian Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Home-Style Veggie Shepherd's Pie Vegetable of the Day Homemade Bread	2 Pasta w/ Tomato Sauce Beyond Sausage Link Vegetable of the Day Homemade Bread
5 Baked Veggie Burger Roasted Potato Vegetable of the Day Homemade Roll	6 Beyond Burger "Meat" Loaf Mashed Potatoes Vegetable of the Day Homemade Bread	7 Broccoli Alfredo Pasta Vegetable of the Day Homemade Bread	8 Vegan California Meatballs with Sauce & Pasta Vegetable of the Day Homemade Bread	9 Chic Pea Salad Hard Boiled Eggs Garden Salad Homemade Salad Dressing Homemade Bread
12 Beyond "Beef" Taco Steamed Rice Vegetable of the Day Salsa Soft Taco	13 Vegetarian Egg Bake Vegetable of the Day Homemade Bread	14 Mushroom Cacciatore Noodles Vegetable of the Day Homemade Bread	15 Plant Protein Veggie Stew Steamed Rice Vegetable of the Day Homemade Bread	16 American Mac & Cheese Vegetable of the Day Homemade Bread
19 Bean & Veggie Chili Steamed Rice Vegetable of the Day Homemade Corn Bread	20 Plant Protein Teriyaki Steamed Rice Vegetable of the Day Homemade Bread	21 Veggie Tomato Sauce Pasta Vegetable Of The Day Homemade Bread	22 Vegetarian Egg Bake Vegetable of the Day Homemade Bread	23 Veggie Cutlet Parm Pasta with Pesto Sauce Vegetable of the Day Homemade Bread
26 Christmas Observed No Meal	27 Bean & Cheese Burri- to Steamed Rice Vegetable of the Day Homemade Bread	5th Plant Protein Stew Steamed Rice Vegetable of the Day Homemade Bread	29 Home-Style Veggie Shepherd's Pie Vegetable of the Day Homemade Bread	30 Pasta w/ Tomato Sauce Beyond Sausage Link Vegetable of the Day Homemade Bread

Seniors 60 years of age or older - Suggested donation \$3.00. All contributions are returned to the community toward the cost of nutrition programs and services. 700-800 calories/meal 1000-1500mg sodium/meal Fat Content NOT TO EXCEED 30-35% All meals include soy milk - Calories and sodium from dressing not included. Nutrition information provided is not exact but will help guide . **Menu subject to change**

