

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Home Style Veggie Shepherds Pie Vegetable of the Day Home Made Bread	2 Pasta W/ Tomato Sauce Beyond Sausage Link Vegetable of the Day Home Made Bread
5 Baked Veggie Burger Roasted Potato Vegetable of the day Home Made Bread	6 Beyond Burger “meat” loaf Mashed Potato Vegetable of the day Home Made Bread.	7 Broccoli Alfredo Pasta Vegetable of the day Home Made Bread	8 Vegan California Meatballs with Sauce and Pasta Vegetable of the day Home Made Bread	9 Chick Pea Salad Hard Boiled Eggs Garden Salad Home made Salad Dressing Home Made Bread
12 Beyond Beef Taco Steamed Rice Vegetable of the Day Salsa Soft Taco	13 Vegetarian Egg Bake Vegetable of the Day Home Made Bread	14 Mushroom Cacciatore Noodles Vegetable of the Day Home Made Bread	15 Plant Protein Veggie Stew Steamed Rice Vegetable of the Day Home Made Bread	16 American Mac and Cheese Vegetable of the Day Home Made Bread
19 Presidents Day No Meal	20 Baked Veggie Burger Roasted Potato Vegetable of the day Home Made Bread	21 Veggie Tomato Sauce Pasta Vegetable of the Day Home Made Bread	22 Vegetarian Egg Bake Vegetable of the Day Home Made Bread	23 Veggie Cutlet Parm Pasta with Pesto Sauce Vegetable of the day Home Made Bread
26 Chick Pea Salad Hard Boiled Eggs Garden Salad Home made Salad Dressing Home Made Bread	27 Bean & Cheese Burri- to Steamed Rice Vegetable of the Day Home Made Bread	28 Plant Protein Stew Steamed Rice Vegetable of the Day Home Made Bread	29 Home Style Veggie Shepherds Pie Vegetable of the Day Home Made 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 .

