

APRIL VEGETARIAN



CALL 925-646-2598 BY NOON
AT LEAST ONE BUSINESS DAY
IN ADVANCE TO RESERVE A MEAL!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/1 Cheesy Enchilada Bake C California Vegetables <u>Spinach</u> FRUIT/DESSERT	4/2 Vegetarian Lentil Stew over Brown Rice C Fiesta Vegetables Zucchini FRUIT/DESSERT	4/3 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	4/4 + Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	4/5 Kofta Meatballs w/Sauce over Brown Rice <u>Carrots</u> C Broccoli FRUIT/DESSERT
4/8 Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	4/9 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	4/10 Vegetarian Southwest Spicy Pasta <u>Peas & Carrots</u> C California Vegetables FRUIT/DESSERT	4/11 Cheese Ravioli w/Marinara Sauce <u>Carrots</u> C Brussels Sprouts FRUIT/DESSERT	4/12 Garbanzo Bean Stew over Brown Rice C Winter Vegetables <u>Spinach</u> FRUIT/DESSERT
4/15 Kofta Meatballs w/Sauce over Brown Rice <u>Carrots</u> C Broccoli FRUIT/DESSERT	4/16 Cheesy Enchilada Bake C California Vegetables <u>Spinach</u> FRUIT/DESSERT	4/17 Vegetarian Lentil Stew over Brown Rice C Fiesta Vegetables Zucchini FRUIT/DESSERT	4/18 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	4/19 + Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT
4/22 Garbanzo Bean Stew over Brown Rice C Winter Vegetables <u>Spinach</u> FRUIT/DESSERT	4/23 Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	4/24 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	4/25 Vegetarian Southwest Spicy Pasta <u>Peas & Carrots</u> C California Vegetables FRUIT/DESSERT	4/26 Vegetarian Meatballs w/Marinara Sauce and Whole Grain Spaghetti <u>Carrots</u> C Cauliflower FRUIT/DESSERT
4/29 + Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	4/30 Cheese Ravioli w/Marinara Sauce <u>Carrots</u> C Brussels Sprouts FRUIT/DESSERT			

All meals served with
lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(ASIAN CHICKEN).

Vitamin A
C Vitamin C

+ Higher in sodium