

MARCH VEGETARIAN



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				3/1 Vegetarian Southwest Spicy Pasta <u>Peas & Carrots</u> C California Vegetables FRUIT/DESSERT
3/4 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	3/5 + Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	3/6 Kofta Meatballs w/Sauce over Brown Rice <u>Carrots</u> C Broccoli FRUIT/DESSERT	3/7 Cheesy Enchilada Bake C California Vegetables <u>Spinach</u> FRUIT/DESSERT	3/8 Vegetarian Lentil Stew over Brown Rice C Fiesta Vegetables Zucchini FRUIT/DESSERT
3/11 Vegetarian Southwest Spicy Pasta <u>Peas & Carrots</u> C California Vegetables FRUIT/DESSERT	3/12 Vegetarian Meatballs w/Marinara Sauce and Whole Grain Spaghetti <u>Carrots</u> C Cauliflower FRUIT/DESSERT	3/13 Garbanzo Bean Stew over Brown Rice C Winter Vegetables <u>Spinach</u> FRUIT/DESSERT	3/14 Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	3/15 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT
3/18 Vegetarian Lentil Stew over Brown Rice C Fiesta Vegetables Zucchini FRUIT/DESSERT	3/19 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	3/20 + Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	3/21 Kofta Meatballs w/Sauce over Brown Rice <u>Carrots</u> C Broccoli FRUIT/DESSERT	3/22 Cheesy Enchilada Bake C California Vegetables <u>Spinach</u> FRUIT/DESSERT
3/25 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	3/26 Vegetarian Southwest Spicy Pasta <u>Peas & Carrots</u> C California Vegetables FRUIT/DESSERT	3/27 Vegetarian Meatballs w/Marinara Sauce and Whole Grain Spaghetti <u>Carrots</u> C Cauliflower FRUIT/DESSERT	3/28 Garbanzo Bean Stew over Brown Rice C Winter Vegetables <u>Spinach</u> FRUIT/DESSERT	3/29 Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT

All meals served with
lowfat milk.

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

Vitamin A
C Vitamin C

+ Higher in sodium