

JUNE 2024 VEGETARIAN



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/3 Cheesy Enchilada Bake C California Vegetables <u>Spinach</u> FRUIT/DESSERT	6/4 Vegetarian Lentil Stew over Brown Rice C Fiesta Vegetables Zucchini FRUIT/DESSERT	6/5 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	6/6 + Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	6/7 Kofta Meatballs w/Sauce over Brown Rice <u>Carrots</u> C Broccoli FRUIT/DESSERT
6/10 Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	6/11 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	6/12 Macaroni & Cheese <u>Peas & Carrots</u> C California Vegetables FRUIT/DESSERT	6/13 Tofu Bolognese w/Whole Grain Spaghetti <u>Carrots</u> Green Beans C w/Red Peppers FRUIT/DESSERT	6/14 Garbanzo Bean Stew over Brown Rice C Winter Vegetables <u>Spinach</u> FRUIT/DESSERT
6/17 Kofta Meatballs w/Sauce over Brown Rice <u>Carrots</u> C Broccoli FRUIT/DESSERT	6/18 Cheesy Enchilada Bake C California Vegetables <u>Spinach</u> FRUIT/DESSERT	6/19 JUNETEENTH HOLIDAY	6/20 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	6/21 + Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT
6/24 Garbanzo Bean Stew over Brown Rice C Winter Vegetables <u>Spinach</u> FRUIT/DESSERT	6/25 Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	6/26 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	6/27 Macaroni & Cheese <u>Peas & Carrots</u> C California Vegetables FRUIT/DESSERT	6/28 Vegetarian Meatballs w/Marinara Sauce and Whole Grain Spaghetti <u>Carrots</u> C Cauliflower FRUIT/DESSERT

All meals served with
lowfat milk.

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

Vitamin A

+ Higher in sodium

C Vitamin C