

JULY 2024 VEGETARIAN



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

MONDAY 7/1	TUESDAY 7/2	WEDNESDAY 7/3	THURSDAY 7/4	FRIDAY 7/5
+ Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	Kofta Meatballs w/Sauce over Brown Rice Carrots C Broccoli FRUIT/DESSERT	Cheese Enchilada Bake C California Vegetables Spinach FRUIT/DESSERT	INDEPENDENCE DAY HOLIDAY	MARTINEZ CAFÉ CLOSED
7/8 Tofu Bolognese w/Whole Grain Spaghetti <u>Carrots</u> Green Beans C w/Red Peppers FRUIT/DESSERT	7/9 Garbanzo Bean Stew over Brown Rice C Winter Vegetables <u>Spinach</u> FRUIT/DESSERT	7/10 Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	7/11 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	7/12 Macaroni & Cheese <u>Peas & Carrots</u> C California Vegetables FRUIT/DESSERT
7/15 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	7/16 + Cheesy Penne Bake <u>Scandinavian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	7/17 Kofta Meatballs w/Sauce over Brown Rice Carrots C Broccoli FRUIT/DESSERT	7/18 Cheese Enchilada Bake C California Vegetables <u>Spinach</u> FRUIT/DESSERT	7/19 Vegetarian Lentil Stew Brown Rice Zucchini C Fiesta Vegetables FRUIT/DESSERT
7/22 Macaroni & Cheese <u>Peas & Carrots</u> C California Vegetables FRUIT/DESSERT	7/23 Tofu Bolognese w/Whole Grain Spaghetti <u>Carrots</u> Green Beans C w/Red Peppers FRUIT/DESSERT	7/24 Garbanzo Bean Stew over Brown Rice C Winter Vegetables <u>Spinach</u> FRUIT/DESSERT	7/25 Vegetable Lasagna <u>Italian Vegetables</u> Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	7/26 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT
7/29 Vegetarian Lentil Stew Brown Rice Zucchini C Fiesta Vegetables FRUIT/DESSERT	7/30 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	7/31 + Cheesy Penne Bake <u>Scandinavian 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
(ITALIAN SALAD W/SALAMI,
PEPPERONCINIS, OLIVES, AND CHEESE).**

Vitamin A
C Vitamin C

+ Higher in sodium