

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Baked Ziti , gluten free pasta, vegan mozzarella, parmesan, basil, diced canned tomatoes, garlic, olive oil, pepper, sea salt, sweet yellow onions, tomato paste,		Quinoa w/ Mixed Veggies ,Basil, tofu, diced tomatoes, garlic, lemon juice, olive oil, parsley, quinoa, red onion, sea salt, squash, zuchinni	Sweet Tofu Curry , Tofu, cumin, celery, onions, garlic, ginger, apple, curry, salt, pepper, cinnamon, veggie broth	Falafel Bites , chickpeas, parsley, garlic, onion, baking soda, salt pepper
	Local Green Beans	Lemon Roasted Tofu Tofu, olive oil, salt, pepper, lemon juice,	Peas & Carrots	Fresh Cauliflower	Squash Moons
	Orange Slices	Banana Halves	Cantaloupe/Honedew	Seedless Watermelon	Applesauce , apples, cinnamon

WEEK 2	Rotini Pasta Primavera , basil, carrots, peas, diced canned tomatoes, garlic, olive oil, pepper, sea salt, rotini pasta, sugar, sweet yellow onions, tomato paste, vegetable stock			Veggie Burgers , onion, garlic, cumin, coriander, carrot, red lentils, peas, salt, ground flax, black beans	Potato Latkes , potato, olive oil, salt, pepper,
	Local Green Beans	Grilled tofu , tofu, olive oil, salt, pepper Mashed Sweet Potatoes , brown sugar, sea salt, sweet potato, soy milk	Cheesy Noodles , gluten free macaroni, vegan cheese, salt Spring Peas	Roasted Cauliflower	Steamed Broccoli
	Tangelo Slices	Fresh Melon	Fresh Watermelon	Fruit Salad	100% Fruit Puree

WEEK 3	Pasta with Cheesy Tomato Sauce , basil, diced canned tomatoes, garlic, olive oil, pepper, sea salt, gluten free pasta, sugar, sweet yellow onions, tomato paste, vegetable stock,	Bean Burgers , onion, garlic, cumin, coriander, carrot, red lentils, peas, salt, ground flax, black beans	Cheesy Quesadillas , vegan cheddar cheese, corn tortillas	BBQ Seitan , Tofu, bbq sauce (onion, garlic, tomato sauce, molasses, apple cider vinegar, cane sugar, chili powder, salt, pepper)	Quinoa w/ Mixed Veggies ,Basil, tofu, diced tomatoes, garlic, lemon juice, olive oil, parsley, quinoa, red onion, sea salt, squash, zuchinni
	Carrots & Peas	Cabbage	Local Green Beans	Sweet Potato Fries , sweet potato, olive oil, salt	Fresh Broccoli
	Orange Slices	Fresh Pear Slices	Mango Salsa , mangos, tomatoes, cilantro, agave nectar, salt Pineapple	Fruit Salad	Fresh Apple Slices

WEEK 4	Mac & Cheese , Gluten free pasta, vegan cheese, soy milk, salt, pepper,	Tandoori Tofu tofu, tandoori spice, salt pepper, onion, garlic, olive oil	White Bean Chili, served w/ Shredded Vegan Cheese , cannellini beans, vegetable stock, carrots, celery, onion, garlic, salt, pepper, tomato, vegan cheddar cheese	Sweet & Sour Tofu , tofu, peas, carrots, onions, red peppers, garlic, ginger, brown sugar, white sugar, rice, salt, pepper, vinegar, ketchup, corn flour, cornstarch, water, paprika	Shephard's Pie w/ Whipped Potato Crust , tomato paste, diced tomato, carrots, peas, ground, garlic, salt, pepper, potatoes, soy milk
	Spring Peas	Fresh Broccoli	Maple Roasted Sweet Potatoes , sweet potatoes, maple syrup,	Sticky Rice	Steamed Carrots
	Tangelo Slices	Mango Fruit Puree Lassi (non dairy)	Watermelon	Asian Veggies Pineapple	Apple BerrySauce , apples, mixed berries