

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Baked Ziti , ziti pasta, mozzarella , parmesan, basil, diced canned tomatoes, garlic, olive oil, pepper, sea salt, sweet yellow onions, tomato paste,	Lemon Roasted Seitan , Seitan, olive oil, salt, pepper, lemon juice,	Gorilla Grilled Cheese , cheese, whole grain bread, butter	Sweet Tofu Curry , Tofu, cumin, celery, onions, garlic, ginger, apple, curry, salt, pepper, cinnamon, flour, butter, brown sugar, veggie broth	Falafel Bites , chickpeas, parsley, garlic, onion, baking soda, salt pepper
	Local Green Beans	Sweet Potato Wedges , sweet potatoes, brown sugar, olive oil	Peas & Carrots	Fresh Cauliflower	Squash Moons
	Orange Slices Whole Grain Bread	Banana Halves Whole Grain Bread	Cantaloupe/Honedew	Seedless Watermelon Naan bread	Applesauce , apples, cinnamon Whole Grain Pita

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	Seitan Sloppy Joes , seitan, tomato sauce (tomato, onion, salt, pepper, Italian seasoning), onion, ketchup, brown sugar, garlic, mustard	Buttered Noodles , elbow macaroni, parmesan cheese, butter, salt	Veggie Burgers , onion, garlic, cumin, coriander, carrot, red lentils, peas, salt, ground flax, black beans	Potato Latkes , potato, egg, olive oil, salt, pepper,
	Local Green Beans	Mashed Sweet Potatoes , brown sugar, butter, nutmeg, sea salt, sweet potato	Spring Peas	Roasted Cauliflower	Steamed Broccoli
	Tangelo Slices Whole Grain Bread	Fresh Melon Whole Grain Bread	Fresh Watermelon Whole Grain Bread/ Garlic Breadsticks	Fruit Salad Whole Grain Bread	100% Fruit Puree Whole Grain Bread

WEEK 3	Pasta with Cheesy Tomato Sauce , basil, diced canned tomatoes, garlic, olive oil, pepper, sea salt, bowtie pasta, sugar, sweet yellow onions, tomato paste, vegetable stock, parmesan cheese	Bean Burgers , onion, garlic, cumin, coriander, carrot, red lentils, peas, salt, ground flax, black beans	Cheesy Quesadillas , cheddar cheese, Monterey jack cheese, flour tortillas	BBQ Seitan , Seitan, bbq sauce (onion, garlic, tomato sauce, molasses, apple cider vinegar, cane sugar, chili powder, salt, pepper)	Three Cheese Pizza , tomato, whole wheat flour, hi pro unbleached flour, cinnamon, onion, salt, garlic, olive oil, mozzarella cheese, yeast, water, italian seasoning
	Carrots & Peas	Cabbage	Local Green Beans	Sweet Potato Fries , sweet potato, olive oil, salt	Fresh Broccoli
	Orange Slices	Fresh Pear Slices	Lowfat Sour Cream	Fruit Salad	Fresh Apple Slices
	Whole Grain Bread	Whole Grain Buns	Mango Salsa , mangos, tomatoes, cilantro, agave nectar, salt Pineapple	Whole Grain Buns Fruit Salad	

WEEK 4	Mac & Cheese , butter, cheddar cheese, dijon mustard, elbow pasta, flour, milk, parmesan cheese, sea salt, vegetable broth	Tandoori Tofu w/ Yogurt , tofu, yogurt, tandoori spice, salt pepper, onion, garlic, olive oil	White Bean Chili, served w/ Shredded Cheese , cannellini beans, vegetable stock, carrots, celery, onion, garlic, salt, pepper, tomato, 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	Veggie Shephard's Pie w/ Whipped Potato Crust , potato, vegetable stock, garlic, salt, pepper, milk,butter, seitan, tomato paste, carrots, diced tomato
	Spring Peas	Fresh Broccoli	Maple Roasted Sweet Potatoes , sweet potatoes, maple syrup,	Sticky Rice	Steamed Carrots
	Tangelo Slices Whole Grain Bread	Mango Fruit Puree Lassi (non dairy) Naan Bread	Watermelon Homemade Cornbread	Asian Veggies Pineapple	Apple BerrySauce , apples, mixed berries