

**TRANSFAT FREE VEGETARIAN HOT LUNCH MENU**  
**FALL/ WINTER 2025**

HOT LUNCH SELECTIONS	HOT LUNCH SELECTIONS
<p><b>WEEK 1</b> <b><u>MONDAY</u></b></p> <p>    Cheese Sauce Whole Wheat or Vegetable Pasta     Pepper &amp; Cucumber Sticks     Whole Wheat Bread     Fresh Fruits, Milk</p>	<p><b>WEEK 2</b> <b><u>MONDAY</u></b></p> <p>    Chickpea Cacciatore Whole Wheat or Vegetable Pasta     Parmesan Cheese     Pepper and Cucumber Sticks     Garlic Bun     Fresh Fruits, Milk</p>
<p><b><u>TUESDAY</u></b></p> <p>    Veggie Nuggets     Rice Pilaf     Ketchup     Baby Carrots     Onion Bun     Fresh Fruits, Milk</p>	<p><b><u>TUESDAY</u></b></p> <p>    Bean and Vegetable Stir-fry     Rice Pilaf     Mixed Green Salad, Dressing     Marble Rye Bread     Fresh Fruits, Milk</p>
<p><b><u>WEDNESDAY</u></b></p> <p>    Veggie Burger     Couscous with Roasted Carrots     Tartar Sauce     Green Beans &amp; Tomato Wedges     Pumpnickel Bun     Fresh Fruits, Milk</p>	<p><b><u>WEDNESDAY</u></b></p> <p>    Veggie Nuggets     Roast Potatoes     Ketchup     Broccoli Floret &amp; Yellow Beans     Whole Wheat Bun     Fresh Fruits, Milk</p>
<p><b><u>THURSDAY</u></b></p> <p>    Veggie Meatballs in Tomato Sauce     Whole Wheat or Vegetable Pasta     Parmesan Cheese     Asparagus &amp; Baby Corn     Garlic Pita Bread     Fresh Fruits, Milk</p>	<p><b><u>THURSDAY</u></b></p> <p>    Ricotta Tomato Sauce     Whole Wheat or Vegetable Pasta     Parmesan Cheese     Cauliflower Floret &amp; Celery Sticks     Challah Bread     Fresh Fruits, Milk</p>
<p><b><u>FRIDAY</u></b></p> <p>    Tofu and Mushroom Stir-Fry     Rice Pilaf     Cabbage and Mixed Green Salad,     Dressing     Whole Wheat Villaggio Bread     Fresh Fruits, Milk</p>	<p><b><u>FRIDAY</u></b></p> <p>    Crustless Quiche     Masala Rice     Green &amp; Yellow Beans     Dinner Roll     Fresh Fruits, Milk</p>

**\*\*Veggie sticks and bread may change without notice based on availability.**

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<b>HOT LUNCH SELECTIONS</b>	<b>HOT LUNCH SELECTIONS</b>
<p><b>WEEK 3</b> <b><u>MONDAY</u></b></p> <p>Veggie Meatball in Tomato Sauce Whole Wheat or Vegetable Pasta Parmesan Cheese Carrot &amp; Cucumber Sticks Corn Bread Fresh Fruits, Milk</p>	<p><b>WEEK 4</b> <b><u>MONDAY</u></b></p> <p>Chickpea Bolognese Whole Wheat or Vegetable Pasta Parmesan Cheese Pepper &amp; Cucumber Sticks Pumpnickel Bread Fresh Fruits, Milk</p>
<p><b><u>TUESDAY</u></b></p> <p>Lentil Soup Cheese Submarine Mustard Sausage Bun Fresh Fruits, Milk</p>	<p><b><u>TUESDAY</u></b></p> <p>Spinach and Pepper Quiche Quinoa Baby Carrots Whole Wheat Bread Fresh Fruits, Milk</p>
<p><b><u>WEDNESDAY</u></b></p> <p>Red Curry with Chickpeas Rice Pilaf Yellow Beans &amp; Celery Sticks Whole Wheat Bun Fresh Fruits, Milk</p>	<p><b><u>WEDNESDAY</u></b></p> <p>Veggie Burger Fried Rice Burger Sauce Cauliflower Floret &amp; Baby Corn Burger bun Fresh Fruits, Milk</p>
<p><b><u>THURSDAY</u></b></p> <p>Spinach Ricotta Lasagna Mixed Green Salad, Dressing Whole Wheat Bread Fresh Fruits, Milk</p>	<p><b><u>THURSDAY</u></b></p> <p>Lentil Tacos Lettuce, Sour Cream Cheese Whole Wheat Flour Tacos Fresh Fruits, Milk</p>
<p><b><u>FRIDAY</u></b></p> <p>Baked Tofu with Vegetables Rice Pilaf Baby Carrots Pull Apart Bun Fresh Fruits, Milk</p>	<p><b><u>FRIDAY</u></b></p> <p>Vegetarian Hotdog Roast Potatoes and Bell Peppers Ketchup Hotdog Bun Fresh Fruits, Milk</p>

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