

**Food2You Catering**  
January, February & March 2015  
**VEGETARIAN DINING MENU**

WEEK 1	1/5 2/2 3/2 3/30	1/6 2/3 3/3 3/31	1/7 2/4 3/4	1/8 2/5 3/5	1/9 2/6 3/6
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Brkfst</b>	Cheerios Fresh Apples <sup>3</sup> Organic Milk	Wheat Pancakes with Peach Puree Fresh Oranges <sup>2</sup> Organic Milk	Scrambled Eggs Hash Browns Fresh Pears Organic Milk	Wheat Bagels Cream Cheese Fresh Apples <sup>3</sup> Organic Milk	Banana Muffins Fresh Honeydew Organic Milk
<b>Lunch</b>	<b>Tofu</b> Parmesan Wheat Pasta Green Beans Fresh Bread Melon Salad	<b>Blackbean Patties</b> Steamed Carrots Mashed Potatoes Watermelon	<b>Cheese Quesadillas</b> Brown Rice Veggie Mix Fresh Bananas	<b>Veggie Chili</b> Cauliflower Fresh Bread Fresh Cantaloupe	Cheese Pizza Mixed Veggies Fresh Pears
<b>Snack</b>	String Cheese Fresh Pears Water	Vanilla Bean Yogurt Fresh Bananas Water	Roasted Vegetable Whole Wheat Pasta Salad Organic Milk	Mediterranean Hummus Whole Wheat Pita Water	Homemade Granola Bars Fresh Bananas Water
WEEK 2	1/12 2/9 3/9	1/13 2/10 3/10	1/14 2/11 3/11	1/15 2/12 3/12	1/16 2/13 3/13
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Brkfst</b>	Corn Flakes Fresh Pears Organic Milk	Wheat French Toast with Peach Puree Fresh Apples <sup>3</sup> Organic Milk	Homemade Granola Fresh Bananas Organic Milk	Cheese Biscuits Fresh Apples <sup>3</sup> Organic Milk	Poppysseed Muffins Fresh Bananas Organic Milk
<b>Lunch</b>	Pasta <b>Tofu</b> Alfredo Streamed Broccoli Fresh Bread Watermelon	<b>Caprese Panini</b> Vegetarian Stuffing Green Beans Fresh Honeydew	<b>Veggie Quesadillas</b> Spanish Rice Steamed Carrots Melon Salad	<b>Blackbean Burgers</b> Mashed Potatoes Green Beans Fresh Cantaloupe	Mac N' Cheese Sweet Peas Fresh Pears
<b>Snack</b>	Rice Cakes Fresh Bananas Water	Fresh Zucchini Tzatziki Sauce Water	Red Pepper Hummus Whole Wheat Pita Water	Zucchini Bread Fresh Oranges <sup>2</sup> Water	Fresh Apples <sup>3</sup> Soy Butter Water
WEEK 3	1/19 2/16 3/16	1/20 2/17 3/17	1/21 2/18 3/18	1/22 2/19 3/19	1/23 2/20 3/20
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Brkfst</b>	Whole Grain Chex Fresh Pineapple <sup>3</sup> Organic Milk	Wheat Waffles with Pear Puree Fresh Honeydew Organic Milk	Egg & Cheese Breakfast Pizza Fresh Oranges <sup>2</sup> Organic Milk	Biscuits & Peach Puree Fresh Apples <sup>3</sup> Organic Milk	Banana Muffins Fresh Pears Organic Milk
<b>Lunch</b>	Tri-Color Cheese Tortellini Green Beans Fresh Bread Fresh Pears	<b>Veggie Chili</b> Cauliflower Fresh Bread Fresh Apples <sup>3</sup>	<b>BBQ Tofu</b> Sweet Peas & Carrots Brown Rice Fresh Pineapple <sup>4</sup>	<b>Falafel</b> Parmesan Wheat Pasta Steamed Broccoli Melon Salad	Swedish <b>Tofu</b> Egg Noodles Green Beans Fresh Cantaloupe
<b>Snack</b>	Blackbean Dip Roasted Tomato Tortillas Water	Vanilla Bean Yogurt Fresh Bananas Water	Spinach & Cheese Wheat Roll-Ups Water	Warm Apple Crisp Organic Milk	Cottage Cheese Fresh Apples <sup>3</sup> Water
WEEK 4	1/26 2/23 3/23	1/27 2/24 3/24	1/28 2/25 3/25	1/29 2/26 3/26	1/30 2/27 3/27
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Brkfst</b>	Corn Flakes Fresh Apples <sup>3</sup> Organic Milk	Homemade Granola Fresh Bananas Organic Milk	Cheese Biscuits Fresh Melon Organic Milk	Wheat French Toast with Peach Puree Turkey Bacon Fresh Bananas Organic Milk	Carrot Muffins Honeydew Organic Milk
<b>Lunch</b>	Wheat Rigatoni Parmesan Cheese Sweet Peas Fresh Bread Fresh Cantaloupe	<b>Veggie Spring Rolls</b> Steamed Broccoli Brown Rice Fresh Oranges <sup>2</sup>	Roasted Tofu Carrots & Peas Mashed Potatoes Fresh Apples <sup>3</sup>	<b>Blackbean Patties</b> Wheat Noodles Steamed Peas Fresh Pineapple <sup>4</sup>	Grilled Cheese Steamed Broccoli Fresh Apples <sup>3</sup>
<b>Snack</b>	Fresh Cucumber Tzatziki Sauce Water	String Cheese Fresh Pears Water	Mediterranean Hummus Whole Wheat Pita Water	Zucchini Bread Fresh Pears Organic Milk	Fresh Bananas Soy Butter Water

*This menu has been reviewed and approved by Registered Dietitian Sharon Josefson, R.D., L.D.N.*

*Infant & toddlers fruit substitutions: 1=Bananas, 2=Peach Puree, 3=Applesauce, 4=Pear Puree, 5=Banana Bread, 6=Cantaloupe*

**\*\* ALL LUNCHES SERVED WITH CERTIFIED ORGANIC MILK \*\***