

**Food2You Catering**  
 April, May & June 2015  
**VEGETARIAN DINING MENU**

3WEEK 1	4/27 5/25 6/22	4/28 5/26 6/23	4/1 4/29 5/27 6/24	4/2 4/30 5/28 6/25	4/3 5/1 5/29 6/26
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>	Cheerios Fresh Apples <sup>3</sup> Organic Milk	Wheat Pancakes Pear Puree Fresh Bananas Organic Milk	Scrambled Eggs Hash Browns Fresh Pears Organic Milk	Wheat Bagels & Cream Cheese Fresh Bananas Organic Milk	Banana Muffins Fresh Peaches Organic Milk
<b>Lunch</b>	<b>Cheese Ravioli</b> Marinara Sauce Steamed Broccoli Fresh Bread Watermelon	<b>Cheese Roll-Ups</b> Wheat Pasta Salad Cucumber Slices Fresh Plums	<b>Cheese Quesadillas</b> Spanish Rice Veggie Mix Fresh Cantaloupe	<b>Asian Spring Rolls</b> Steamed Broccoli Couscous Watermelon	<b>Grilled Cheese</b> Green Beans Fresh Apples <sup>3</sup>
<b>Snack</b>	Blackbean Dip Roasted Tomato Tortillas Water	Vanilla Bean Yogurt Fresh Peaches Water	Spinach & Cheese Wheat Roll-Ups Water	Rice Cakes Organic Milk	Cottage Cheese Fresh Honeydew Water
WEEK 2	4/6 5/4 6/1 6/29	4/7 5/5 6/2 6/30	4/8 5/6 6/3	4/9 5/7 6/4	4/10 5/8 6/5
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>	Corn Flakes Fresh Pears Organic Milk	Wheat French Toast Peach Puree Fresh Bananas Organic Milk	Cheese Biscuits Fresh Peaches Organic Milk	Homemade Granola Fresh Bananas Organic Milk	Poppyseed Muffins Fresh Apples <sup>3</sup> Organic Milk
<b>Lunch</b>	Wheat Penne Pasta Olive Oil & Parmesan Green Beans Fresh Bread Fresh Peaches	<b>Blackbean Burgers</b> Wheat Buns Cauliflower Brown Rice Fresh Plums	<b>Organic Roasted Tofu</b> Sweet Potatoes Steamed Peas Fresh Apples <sup>3</sup>	<b>Fava Bean Falafel</b> Mashed Potatoes Steamed Carrots Melon Salad	<b>Organic Thai Tofu</b> Egg Noodles Steamed Broccoli Fresh Peaches
<b>Snack</b>	Fresh Cucumber Tzatziki Sauce Water	String Cheese Fresh Cantaloupe Water	Mediterranean Hummus Whole Wheat Pita Water	Zucchini Bread Fresh Pears Organic Milk	Fresh Bananas Soy Butter Water
WEEK 3	4/13 5/11 6/8	4/14 5/12 6/9	4/15 5/13 6/10	4/16 5/14 6/11	4/17 5/15 6/12
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>	Whole Grain Chex Fresh Pineapple <sup>2</sup> Organic Milk	Wheat Waffles Pear Puree Honeydew Melon Organic Milk	Egg & Cheese Breakfast Pizza Fresh Oranges <sup>2</sup> Organic Milk	Biscuits & Applesauce Fresh Peaches Organic Milk	Carrot Muffins Fresh Pears Organic Milk
<b>Lunch</b>	Whole Wheat Rotini Parmesan Cheese Green Beans Fresh Bread Fresh Oranges <sup>3</sup>	<b>Caprese Panini</b> on Wheat Bread Wheat Pasta Salad Cucumber Slices Fresh Plums	<b>Cheese Quesadillas</b> Peas & Carrots Couscous Watermelon	<b>Organic BBQ Tofu</b> Mashed Potatoes Steamed Broccoli Fresh Honeydew	Mac N' Cheese Peas & Carrots Fresh Plums
<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 Fresh Bananas Water
WEEK 4	4/20 5/18 6/15	4/21 5/19 6/16	4/22 5/20 6/17	4/23 5/21 6/18	4/24 5/22 6/19
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>	Corn Flakes Fresh Apples <sup>3</sup> Organic Milk	Wheat Pancakes Peach Puree Fresh Plums Organic Milk	Cheese Biscuits Fresh Melon Organic Milk	Egg & Cheese Breakfast Pizza Fresh Pears Organic Milk	Apple Muffins Fresh Bananas Organic Milk
<b>Lunch</b>	Tri Color Cheese Tortellini Green Beans Fresh Bread Fresh Pears	<b>Blackbean Burgers</b> Wheat Buns Ketchup & Cucumbers Mashed Potatoes Fresh Pineapple <sup>2</sup>	<b>Organic Teriyaki Tofu</b> Couscous Steamed Carrots Fresh Apples <sup>3</sup>	<b>Favabean Falafel</b> Egg Noodles Green Beans Fresh Watermelon	Cheese Pizza Mixed Veggies Fresh Peaches
<b>Snack</b>	Rice Cakes Fresh Bananas Water	Fresh Zucchini Tzatziki Sauce Water	Red Pepper Hummus Whole Wheat Pita Water	Banana Bread Fresh Oranges <sup>2</sup> Water	Fresh Apples <sup>3</sup> 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 \*\***