

# Food2You Catering – VEGETARIAN DINING MENU

April, May & June 2016

WEEK 1	4/25 5/23 6/20	4/26 5/24 6/21	4/27 5/25 6/22	4/28 5/26 6/23	4/1 4/29 5/27 6/24
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Toasted Oats Fresh Bananas Organic Milk	Wheat Pancakes w/ Pear Puree Fresh Eggs Fresh Pineapple <sup>2</sup> Organic Milk	Scrambled Eggs Hash Browns Fresh Bananas Organic Milk	Wheat Bagels Fresh Eggs Fresh Oranges <sup>2</sup> Organic Milk	Banana Muffins Fresh Apples <sup>3</sup> Organic Milk
<b>Lunch</b>	Cheese Tortellini Marinara Sauce Peas & Carrots Fresh Bread Fresh Oranges <sup>2</sup>	Veggie Quesadillas Flour Tortillas Spanish Rice Green Beans Fresh Pears	Cheese Roll-Ups Pasta Salad Cucumbers Fresh Cantaloupe	Veggie Spring Rolls Israeli Couscous Steamed Broccoli Fresh Honeydew	Cheese Pizza Green Beans Fresh Fruit Salad
<b>Snack</b>	Rice Cakes Cucumber Slices Organic Milk	String Cheese Fresh Apples <sup>3</sup> Water	Mediterranean Hummus Ciabatta Sticks Organic Milk	Carrot Bread Fresh Pears Water	Vanilla Yogurt Fresh Bananas Water
WEEK 2	4/4 5/2 5/30 6/27	4/5 5/3 5/31 6/28	4/6 5/4 6/1 6/29	4/7 5/5 6/2 6/30	4/8 5/6 6/3
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Corn Flakes Fresh Bananas Organic Milk	Wheat French Toast w/ Applesauce Fresh Pineapple <sup>4</sup> Organic Milk	Cheese & Biscuit Sandwiches Fresh Bananas Organic Milk	Homemade Granola Vanilla Yogurt Fresh Oranges <sup>2</sup> Organic Milk	Poppysseed Muffins Fresh Apples <sup>3</sup> Organic Milk
<b>Lunch</b>	Organic Tofu Wheat Penne Pasta Olive Oil & Parmesan Fresh Bread Peas & Carrots Fresh Oranges <sup>2</sup>	Caprese Panini Israeli Couscous Green Beans Fresh Pears	Organic Tofu Sweet Potatoes Cauliflower Fresh Cantaloupe	Vegetarian Bean Burrito Bowl Cheese & Tortillas Steamed Broccoli Fresh Honeydew	Mac N' Cheese Green Beans Fresh Fruit Salad
<b>Snack</b>	Saltines String Cheese Water	Veggie Pasta Salad Organic Milk	Hawaiian Yogurt Salad Graham Crackers Water	Zucchini Bread Fresh Pears Water	Soy Butter Fresh Bananas Water
WEEK 3	4/11 5/9 6/6	4/12 5/10 6/7	4/13 5/11 6/8	4/14 5/12 6/9	4/15 5/13 6/10
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Puffed Rice Clusters Fresh Bananas Organic Milk	Wheat Waffles w/ Pear Puree Fresh Eggs Fresh Pineapple <sup>2</sup> Organic Milk	Egg & Cheese Breakfast Pizza Fresh Bananas Organic Milk	Biscuits & Jelly Fresh Eggs Fresh Oranges <sup>4</sup> Organic Milk	Carrot Muffins Fresh Apples <sup>3</sup> Organic Milk
<b>Lunch</b>	Whole Wheat Rotini Marinara Sauce Peas & Carrots Fresh Bread Fresh Oranges <sup>2</sup>	Cheese Roll-Ups Pasta Salad Cucumbers Fresh Pears	Red Beans & Rice Organic Tofu Cauliflower Fresh Cantaloupe	Caprese Panini Israeli Couscous Steamed Broccoli Fresh Honeydew	Veggie Quesadillas Spanish Rice Green Beans Fresh Fruit Salad
<b>Snack</b>	Graham Crackers Applesauce Water	Mediterranean Hummus Ciabatta Sticks Organic Milk	Homemade Granola Vanilla Yogurt Water	Spinach & Cheese Roll-ups Organic Milk	String Cheese Fresh Bananas Water
WEEK 4	4/18 5/16 6/13	4/19 5/17 6/14	4/20 5/18 6/15	4/21 5/19 6/16	4/22 5/20 6/17
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Corn Flakes Fresh Bananas Organic Milk	Wheat Pancakes w/ Applesauce Fresh Eggs Fresh Pineapple <sup>4</sup> Organic Milk	Cheese & Biscuit Sandwiches Fresh Bananas Organic Milk	Scrambled Eggs Hash Browns Fresh Oranges <sup>2</sup> Organic Milk	Spice Muffins Fresh Apples <sup>3</sup> Organic Milk
<b>Lunch</b>	Organic Tofu Alfredo Fresh Bread Peas & Carrots Fresh Oranges <sup>2</sup>	Organic Tofu Noodle Casserole Wheat Bread Cucumbers Fresh Pears	Blackbean Patties Mashed Potatoes Cauliflower Fresh Cantaloupe	Teriyaki Tofu Egg Noodles Steamed Broccoli Fresh Honeydew	Grilled Cheese Sandwiches Green Beans Fresh Fruit Salad
<b>Snack</b>	Cucumbers & Ranch Wheat Pita Water	Saltines Mixed Bean Salad Organic Milk	Graham Crackers Fresh Apples <sup>3</sup> Water	Zucchini Bread Fresh Pears Organic Milk	Soy Butter Fresh Bananas Water

Infant & toddlers fruit substitutions:

1 - Bananas, 2 - Peach Puree, 3 - Applesauce, 4 - Pear Puree

**\*\* ALL LUNCHES SERVED WITH 100% CERTIFIED ORGANIC MILK \*\***

**THIS MENU HAS BEEN REVIEWED BY A REGISTERED DIETICIAN**

