

Food2You Catering – VEGETARIAN DINING MENU

July, August & September 2016

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

