

Food2You Catering
October, November & December 2014
VEGETARIAN DINING MENU

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