

Vegetarian Meal Calendar July 2017

Mon	Tue	Wed	Thu	Fri	
3 Hawaiian Garden Burger Vegetable Blend Green Beans Yellow Rice Wheat Bread Gingerbread Cookie Milk	4 4th of July No Meal Delivery	5 *cold meal* Orzo & Black Bean Salad Beet/Chickpea salad Orange sections White Bread Cheesecake pudding Milk	6 Frittata Creamy Grits Stewed Apples w/raisins Blueberry Muffin Cranberry Juice Milk	7 Garden Burger//Dressing w/gravy Green Beans Apple Juice Mashed Potatoes Cranberry Sauce Milk	2
10 Boca Burger/Sage gravy Mixed Vegetables Scalloped Potatoes Cranberry Bread Pudding Orange Juice Milk	11 Black Bean Burger w/cheese on Bun Vegetable Blend Succotash Cheesecake Pudding Milk	12 Mac 'n Cheese Peas and Onions Carrots Blueberry Muffin Jello with Fruit Milk	13 Garden Burger- Pot Roast w/Veggies Potatoes Green Beans Cornbread Hot Fruit Salad Milk	14 Veg. Lasagna Vegetable Blend Lima Beans Pears Cranberry Juice Milk	3
17 Pinto Beans Fiesta Corn Carrots Beet/Orange Salad Wheat Bread Vanilla Wafers Milk	18 Boca Steak Rice and gravy Broccoli & Cheese Succotash Fruit Cup Grape Juice Milk	19 Mediterranean Black Beans & Orzo Cauliflower Peas Tropical Fruit Cranberry Juice Milk	20 Baked Spaghetti Green Beans White Bread Applesauce(hot) Orange Juice Milk	21 Garden Burger/Dressing w/gravy Mashed Potatoes Vegetable Blend Toss Salad Cranberry Sauce Milk	4
24 Black Eye Peas & Mashed Potatoes Spinach White Bread Applesauce Milk	25 Western Vege Egg Bake Carrots Peas Cole Slaw Pineapple Milk	26 Mac 'n Cheese Broccoli Lima Beans Orange Slices Strawberry Shortcake Milk	27 Black Beans & Couscous Zucchini/Squash Cauliflower Wheat Roll Peaches Milk	28 Garden Burger w/Wild Rice Green Beans Corn Tropical Fruit Oatmeal Creme Cookie Milk	1