

**Vegetarian Meal Calendar
February, 2018**

Mon	Tue	Wed	Thu	Fri	
29 Pinto Beans Fiesta Corn Carrots Beet/Orange Salad Wheat Bread Vanilla Wafers Milk	30 Boca Steak Rice and gravy Broccoli & Cheese Succotash Fruit Cup Grape Juice Milk	31 Mediterranean Black Beans & Orzo Cauliflower Peas Tropical Fruit Cranberry Juice Milk	1 Baked Spaghetti Green Beans White Bread Applesauce(hot) Orange Juice Milk	2 Garden Burger/Dressing w/gravy Mashed Potatoes Vegetable Blend Toss Salad Cranberry Sauce Milk	4
5 Black Eye Peas & Mashed Potatoes Spinach White Bread Applesauce Milk	6 Western Vege Egg Bake Carrots Peas Cole Slaw Pineapple Milk	7 Mac 'n Cheese Broccoli Lima Beans Orange Slices Strawberry Shortcake Milk	8 Black Beans & Couscous Zucchini/Squash Cauliflower Wheat Roll Peaches Milk	9 Garden Burger w/Wild Rice Green Beans Corn Tropical Fruit Vanilla Pudding Milk	1
10 Hawaiian Garden Burger Vegetable Blend Green Beans Yellow Rice Wheat Bread Gingerbread Cookie Milk	11 Boca/Spinach LoMein Vegetable Blend Grape Juice Pasta w/peas &onions Tropical Fruit Milk	12 Vegetarian Bean Chili/Rice Green Peas Cauliflower Corn Muffin Cheesecake Pudding Milk	13 Baked Boca/Pasta Zucchini/Squash Spinach Stewed Apples Blueberry Muffin Cranberry Juice Milk	14 Garden Burger//Dressing w/gravy Green Beans Apple Juice Mashed Potatoes Cranberry Sauce Milk	2
15 Boca Burger/Sage gravy Mixed Vegetables Scalloped Potatoes Cranberry Bread Pudding Orange Juice Milk	16 Black Bean Burger w/cheese on Bun Vegetable Blend Succotash Cheesecake Pudding Milk	17 Mac 'n Cheese Peas and Onions Carrots Blueberry Muffin Jello with Fruit Milk	18 Garden Burger- Pot Roast w/Veggies Potatoes Green Beans Cornbread Hot Fruit Salad Milk	19 Veg. Lasagna Vegetable Blend Lima Beans Pears Cranberry Juice Milk	3
20 Pinto Beans Fiesta Corn Carrots Beet/Orange Salad Wheat Bread Vanilla Wafers Milk	21 Boca Steak Rice and gravy Broccoli & Cheese Succotash Fruit Cup Grape Juice Milk	22 Mediterranean Black Beans & Orzo Cauliflower Peas Tropical Fruit Cranberry Juice Milk			4

Meals on Wheels

692-6693

Mon	Tue	Wed	Thu	Fri	
------------	------------	------------	------------	------------	--