

Vegetarian Meal Calendar
October, 2018

Mon	Tue	Wed	Thu	Fri	
1 Boca Burger/Sage gravy Mixed Vegetables Mashed potatoes Cranberry Bread Peaches Orange Juice Milk	2 Mac 'n Cheese Peas and Onions Carrots Blueberry Muffin Jello with Fruit Milk	3 Creamy Black Bean Pasta Salad Cucumber Salad Fruit Cocktail Wheat Bread Cheesecake Pudding Milk	4 Garden Burger- Pot Roast w/Veggies Potatoes Green Beans Cornbread Hot Fruit Salad Chocolate Pudding Milk	5 Veg. Lasagna Vegetable Blend Lima Beans Pears Cranberry Juice Milk	3
8 Pinto Beans Fiesta Corn Carrots Penne Pasta Wheat Bread Mandarin Oranges Milk	9 Boca Steak Spanish Rice Broccoli & Cheese Succotash Fruit Cup Grape Juice Milk	10 Mediterranean Black Beans & Orzo Carrot & Raisin Salad Kidney Bean Salad Tropical Fruit Cranberry Juice Milk	11 Baked Italian Boca/Pasta Green Beans White Roll Applesauce (hot) Orange Juice Milk	12 Garden Burger/Dressing w/gravy Mashed Potatoes Vegetable Blend Toss Salad Cranberry Sauce Milk	4
15 Black-eyed Peas Mashed Potatoes Spinach White Bread Applesauce Vanilla Wafers Milk	16 Vegetarian Western Egg Bake Bun Carrots Peas Cole Slaw Pineapple Milk	17 Orzo & Black Bean Salad 3 Bean Salad Tomato/Feta Salad Orange Sections Strawberry Shortcake Milk	18 Boca/Spinach LoMein Vegetable Blend Lima Beans Peaches Grape Juice Milk	19 Garden Burger/Wild Rice Green Beans Corn Tropical Fruit Vanilla Pudding w/ Black Cherries Milk	1
22 Hawaiian Garden Burger Vegetable Blend Peas Yellow Rice Wheat Bread Gingerbread Cookie Milk	23 Mediterranean Black Beans & Orzo Mixed Vegetables Succotash Tropical Fruit Grape Juice Milk	24 Hot Boca Taco Salad Carrots Collard Greens White bread Cheesecake Pudding Milk	25 Baked Boca/Pasta Spinach Stewed Apples Blueberry Muffin Cranberry Juice Milk	26 Garden Burger//Dressing w/gravy Green Beans Apple Juice Mashed Potatoes Cranberry Sauce Milk	2
29 Boca Burger/Sage gravy Mixed Vegetables Mashed potatoes Cranberry Bread Peaches Orange Juice Milk	30 Mac 'n Cheese Peas and Onions Carrots Blueberry Muffin Jello with Fruit Milk	31 Creamy Black Bean Pasta Salad Cucumber Salad Fruit Cocktail Wheat Bread Cheesecake Pudding Milk	1 Garden Burger- Pot Roast w/Veggies Potatoes Green Beans Cornbread Hot Fruit Salad Chocolate Pudding Milk	2 Veg. Lasagna Vegetable Blend Lima Beans Pears Cranberry Juice Milk	3

Meals on Wheels

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