

*Soy milk served with every meal
 *Whole grain served daily

October 2019 Luther Vegan Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
30 Vegan Pizza Fresh Fruit Fresh Vegetable	1 Pinto Bean Tacos Tomatoes Vegan Cheese Oranges	2 Dahl Basmati Rice Mixed Veggies Mixed Fruit	3 White Bean and Veggie Pasta Apples Bread	4 Vegan Sloppy Joes Green Beans Melon
7 Vegan Pizza Fresh Fruit Fresh Vegetable	8 Tofu Tacos Tomatoes Vegan Cheese Fresh Fruit	9 Pasta with Vegan Meat Sauce Peas and Fresh Fruit	10 Vegan Burgers Zucchini Waffle Fries Fresh Fruit	11 Vegan Minestrone Soup Bread Fresh Fruit
14 Vegan Pizza Fresh Fruit Fresh Vegetable	15 Bean and Veggie Roll Up Tomatoes Fresh Fruit	16 Vegan Tator Tot Hot Dish Whole Wheat Bread Fresh Fruit	17 Chana Masala (Curried Chickpeas) Basmati Rice Carrot Sticks Fruit	18 Yam Carrot Apple and Red Lentil Soup Bread
21 Vegan Pizza Fresh Fruit Fresh Vegetable	22 Black Beans and Basmati Rice Sweat Potato Fresh Fruit	23 Pasta with Vegan Meat Sauce Fresh Fruit	24 Vegan Beef and Rice Hot Dish Mixed Veggies Fresh Fruit	25 Chilli Fresh Fruit Crackers
28 Vegan Pizza Fresh Fruit Fresh Vegetable	29 Misir Wat (Ethiopian Red Lentil Stew) Mixed Veggies Fresh Fruit Bread (Injera if Available)	30 Aloo Matar Gobi (potatoes, peas, and cauliflower) Naan Bread Fresh Fruit	31 Tofu Scramble Whole Wheat Bread Carrots Fresh Fruit	1 Curried Tofu Basmati Rice Green Beans Melon