

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

November 2019 Luther Vegan Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Vegan-veggie Burgers Carrot Sticks Apples
4 Vegan Pizza Fresh Fruit Fresh Vegetable	5 Tofu Tocos Tomatoes Fresh Fruit	6 Tator Tot Hot Dish Whole Wheat Bread Mixed Veggies Fresh Fruit	7 Veggie Patties Whole Wheat Bread Potatoes Fresh Fruit	8 Bean and Veg Soup Fresh Fruit Crackers
11 Vegan Pizza Fresh Fruit Fresh Vegetable	12 Vegan Enchilada Corn Fresh Fruit	13 Pasta and Non-meat Sauce Peas Fresh Fruit	14 Chana Masala Basmati Rice Green Beans Fresh Fruit	15 Veggie Burgers French Fries Carrots Fresh Fruit
18 Vegan Pizza Fresh Fruit Fresh Vegetable	19 Vegan "Beef" Tacos Tomatoes Fresh Fruit	20 Vegan Sloppy Joes Mixed Veggies Fresh Fruit	21 Thai Peas and Sweet Potato Curry Basmati Rice Fresh Fruit	22 Tomato Soup Vegan Grilled Cheese Fresh Fruit
25 Vegan Pizza Fresh Fruit Fresh Vegetable	26 Dahl Basmati Rice Green Beans Fresh Fruit	27 Pasta and Vegan "Meatballs" Corn Fresh Fruit	28 SonShine Closed	29 SonShine Closed