

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

January 2020
Luther Vegan Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
30 Pizza Fresh Fruit Fresh Veggie	31 Veggie Patties Rice Green Beans Fresh Fruit	1 CLOSED FOR NEW YEARS	2 Vegan Burgers Whole Wheat Bun Fries Fresh Fruit	3 Meatless Chilli Whole Wheat Bread Fresh Fruit
6 Pizza Fresh Fruit Fresh Veggie	7 Tuscan White Beans Carrot Sticks Fresh Fruit Breadstick	8 Pasta & Meatless Sauce Peas Fresh Fruit	9 Tater Tot Hotdish Whole Wheat Bread Mixed Veggies Fresh Fruit	10 Vegan "Beef" Tacos Tomatoes Fresh Fruit
13 Pizza Fresh Fruit Fresh Veggie	14 Aloo Matar Gobi (curried potatoes, peas, and cauliflower) Rice Fresh Fruit	15 Vegan Sloppy Joes Whole Wheat Bread Corn Fresh Fruit	16 Vegan Burgers Whole Wheat Bun Broccoli Fruit	17 Vegan "Beef" Tacos Tomatoes Fresh Fruit
20 Pizza Fresh Fruit Fresh Veggie	21 Vegan Burgers Whole Wheat Bun Green Beans Fresh Fruit	22 Tofu Lasagna Casserole Carrots Fresh Fruit	23 Broccoli Bean Casserole Whole Wheat Bread Fresh Fruit	24 Chilli Crackers Fresh Fruit
27 Pizza Fresh Fruit Fresh Veggie	28 Mild Kidney Bean Vindaloo Rice Peas Fresh Fruit	29 Black Beans and Rice Peas Fresh Fruit	30 Dahl Rice Green Beans Fresh Fruit	31 Tomato Soup Three Bean Salad Crackers Fresh Fruit