

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

## May 2020 Luther Vegan Lunch Menu



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>4</b> Vegan Pizza Veggie Patty Fruit Vegetable	<b>5</b> Pinto Bean Vindaloo Vegetables Fresh Fruit	<b>6</b> Tofu Brown Rice Bell Peppers Fresh Fruit	<b>7</b> Black Beans Brown Rice Vegetables Fresh Fruit	<b>8</b> Wild Rice Casserole Brussel Sprouts Strawberries
<b>11</b> Vegan Pizza Veggie Patty Fresh Fruit Fresh Vegetable	<b>12</b> Tofu Rice Vegetables Fresh Fruit	<b>13</b> Black Bean Tacos Vegetables Fresh Fruit	<b>14</b> Vegetable Tofu Coconut Curry Quinoa Fresh Fruit	<b>15</b> Chana Masala Rice Fruit Veggie
<b>18</b> Vegan Pizza Veggie Patty Fresh Fruit Fresh Vegetable	<b>19</b> Veggie Patties Brown Rice Peas Melon	<b>20</b> Beans and Rice Veggies Fruit	<b>21</b> Pasta/Non-Meat Sauce Green Beans Mellon	<b>22</b> Vegan No-chicken Soup With Tofu Crackers Fruit Veggie
<b>25</b> Closed for Memorial Day	<b>26</b> Tofu Fajita Tacos Tomatoes Melon	<b>27</b> Mild Anchor Wat Quinoa Mixed Vegetables Apples	<b>28</b> Chilli Rolls Green Beans Melon	<b>29</b> Vegan-veggie Burgers Potatoes Corn Mixed Fruit

**Breakfast** consists of soy milk; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

**Afternoon snack** consists of one grain, protein, or soy milk and one fruit or vegetable.

