

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

## July 2020 Luther Vegan Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Pinto Bean Vindaloo Brown Rice Peas Apples	<b>2</b> Tofu Quinoa Green Beens Sliced Cucumbers	<b>3</b> SonShine Closed Happy 4th of July!
<b>6</b> Pizza Veggie Patty as need for protein Fresh Fruit Fresh Vegetable	<b>7</b> Black Bean and Rice Vegetables Fruit	<b>8</b> Chilli Rolls Green Beans Melon	<b>9</b> Tempeh Tacos Vegetables Fruit	<b>10</b> Veggie Burgers Buns Vegetables Fruit
<b>13</b> Pizza Veggie Patty as need for protein Fresh Fruit Fresh Vegetable	<b>14</b> Veggie Patties Brown Rice Peas Melon	<b>15</b> Vegan Tator Tot Hot Dish Rolls Fruit	<b>16</b> Pasta/Non-Meat Sauce Vegetable Fruit	<b>17</b> Tempeh Sandwiches Vegan Potato Salad Fruit
<b>20</b> Pizza Veggie Patty as need for protein Fresh Fruit Fresh Vegetable	<b>21</b> Tofu Fajita Tacos Vegetables Fruit	<b>22</b> Vegan Beef Stroganoff Vegetables Fruit	<b>23</b> Chana Masala With Peas Brown Rice Fruit	<b>24</b> Vegan Veggie Burgers Vegetables Fruit
<b>27</b> Pizza Veggie Patty as need for protein Fresh Fruit Fresh Vegetable	<b>28</b> Vegetable Tofu Coconut Curry Quinoa Apples	<b>29</b> Bean Tacos Vegetables Fruit	<b>30</b> Non-meat Stir Fry Meat and Veggies Rice Fruit	<b>31</b> Grilled Cheese Vegetables 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.

**Non-vegan** substitutes may be made at times for children without vegan diets based on availability.

