

Buds and Blossoms

EARLY LEARNING

VEGETARIAN MASTER



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1</p>	<p>Vegetarian/ Vegan Chicken Tenders w/ Potato Wedges & Veg</p> <p>BBQ Turkey Tips, Mashed Sweet Potato, Veg</p> <p>2</p>	<p>Swedish "Meatballs" w/ Roasted Potato, Veg</p> <p>Manicotti w/ Marinara Sauce & Veg</p> <p>Beef w/ Pepper & Onions, Brown Rice, Veg</p> <p>3</p>	<p>Vegetarian/ Vegan Burger, Whole Wheat Roll, & Veg</p> <p>Turkey Enchilada Stew, Yellow Rice & Peas, Veg</p> <p>4</p>	<p>Vegan Pasta & "Meatballs" w/ Marinara Sauce w/ Veg</p> <p>Mac & Cheese & "Chicken" Tender w/ Veg</p> <p>Bolognese, GF Pasta, Veg</p> <p>5</p>
<p>Vegetarian/Vegan Swedish "Meatballs", Roasted Potatoes, Veg</p> <p>Chicken Tacos, Corn Tortillas, Salsa, Rice & Beans, Veg</p> <p>8</p>	<p>Vegetarian/Vegan Pasta & "Chicken" Marinara w/ Veg</p> <p>Montreal Chicken, Roasted Sweet Potato, Veg</p> <p>9</p>	<p>Vegan Burger, Whole Wheat Roll, & Veg</p> <p>Tortellini Marinara, Veg</p> <p>Beef w/ Pepper & Onions, Brown Rice, Veg</p> <p>10</p>	<p>Vegetarian/ Vegan Chicken Tenders w/ Potato Wedges & Veg</p> <p>Cranberry Chicken, Roasted Potatoes, Veg</p> <p>11</p>	<p>Vegan Pasta & "Meatballs" w/ Marinara Sauce w/ Veg</p> <p>Lasagna Roll Up w/ Marinara Sauce & Veg</p> <p>Chicken Marinara, GF Pasta & Veg</p> <p>12</p>
 <p>15</p>	<p>Vegetarian/Vegan Pasta & "Meatballs" w/ Marinara Sauce w/ Veg</p> <p>Bolognese, GF Pasta, Veg</p> <p>16</p>	<p>"Meatballs" w/ Gravy, Rice & Veg</p> <p>Manicotti w/ Marinara Sauce & Veg</p> <p>Jerked Chicken, Potato Wedges, Veg</p> <p>17</p>	<p>Vegan Burger, Whole Wheat Roll, & Veg</p> <p>Montreal Chicken, Roasted Sweet Potato, Veg</p> <p>18</p>	<p>Vegan/Vegetarian Pot stickers, Yellow Rice & Peas, Veg</p> <p>Beef w/ Pepper & Onions, Brown Rice, Veg</p> <p>19</p>
<p>Vegan Burger, Whole Wheat Roll, & Veg</p> <p>Lasagna Roll Up w/ Marinara Sauce & Veg</p> <p>Chicken Marinara, GF Pasta & Veg</p> <p>22</p>	<p>Tofu Stir-Fry, Brown Rice & Veg</p> <p>Baked Lasagna & Veg</p> <p>Barbecued Chicken Strips, Brown Rice & Veg</p> <p>23</p>	<p>Vegetarian/ Vegan Chicken Sandwich w/ Veg</p> <p>Montreal Chicken, Roasted Sweet Potato, Veg</p> <p>24</p>	<p>Vegetarian/Vegan Pasta & "Chicken" Marinara w/ Veg</p> <p>Bolognese, GF Pasta, Veg</p> <p>25</p>	<p>Swedish "Meatballs" w/ Roasted Potatoes & Veg</p> <p>Lemon Pepper Chicken, Rice & Beans & Veg</p> <p>26</p>
<p>Vegetarian/ Vegan Chicken Sandwich w/ Veg</p> <p>Chicken Tacos, Corn Tortillas, Salsa, Rice & Beans, Veg</p> <p>29</p>	<p>Vegetarian/ Vegan Chicken Tenders w/ Potato Wedges & Veg</p> <p>BBQ Turkey Tips, Mashed Sweet Potato, Veg</p> <p>30</p>	<p>Swedish "Meatballs" w/ Roasted Potato, Veg</p> <p>Manicotti w/ Marinara Sauce & Veg</p> <p>Beef w/ Pepper & Onions, Brown Rice, Veg</p> <p>31</p>		