

February 2025 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
V = vegetarian Vegan = no meat, eggs, or dairy						1
2	3 Vegetable Soup, Tuna Salad Sandwich, Fruit <i>V & Vegan: Avocado Sandwich w/ Grilled Vegetables</i>	4 Lo Mein Noodles w/ Stir Fried Vegetables & Tofu, Steamed Carrots, Fruit <i>V & Vegan: ok</i>	5 Black Bean Chili, Brown Rice, Steamed Vegetables, Fruit <i>V & Vegan: ok</i>	6 Spaghetti & Turkey Meatballs, Steamed Vegetables, Fruit <i>V & Vegan: Spaghetti w/ Marinara Sauce</i>	7 Mushroom & Cheese Pizza, Steamed Vegetables, Fruit <i>V: ok Vegan: No Dairy Pizza</i>	8
9	10 Baked Ziti. Steamed Vegetables, Fruit <i>V: ok Vegan: Pasta w/ Marinara Sauce</i>	11 Chicken & Rice Soup, Steamed Vegetables, Fruit <i>V & Vegan: Vegetable & Rice Soup</i>	12 Falafel, Hummus, Pita, Fruit <i>V & Vegan: ok</i>	13 Tomato Basil Soup, Grilled Cheese Sandwich, Apples <i>V: ok Vegan: Avocado Sandwich w/ Grilled Vegetables</i>	14 Chinese Chicken Salad w/ Crunchy Noodles & Green Dressing, Oranges, Brown Rice <i>V & Vegan: Marinated Tofu</i>	15
16	17 Vegetarian Minestrone, Rolls, Fruit <i>V & Vegan: ok</i>	18 Macaroni & Cheese, Crispy Kale, Fruit <i>V: ok Vegan: Pasta w/ Marinara Sauce</i>	19 Grilled Chicken, Spanish Rice, Steamed Vegetables, Fruit <i>V & Vegan: Marinated Tofu</i>	20 Potato Corn Chowder, Grilled Chicken, Rolls, Fruit <i>V: No Chicken Vegan: Steamed Broccoli & Brown Rice</i>	21 Penne w/ Bolognese, Grilled Vegetables, Oranges <i>V & Vegan: Vegan Bolognese</i>	22
23	24 Shepherd's Pie, Asparagus, Oranges <i>V & Vegan: Polenta Cakes w/ Marinara Sauce</i>	25 Black Bean Burger, Baked Sweet Potato Wedges, Fruit <i>V & Vegan: ok</i>	26 Tortilla Soup, Cheddar Cheese, Rolls, Fruit <i>V: ok Vegan: No Cheese</i>	27 Pesto Pasta w/ Pumpkin Seeds, Black Bean & Corn Salad, Fruit <i>V & Vegan: ok</i>	28 Fish Tacos, Cabbage Salad, Fruit, Green Salsa <i>V & Vegan: Brown Rice & Black Beans</i>	