

October 2025 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Potato Corn Chowder, Grilled Chicken, Rolls, Fruit <i>V: No Chicken</i> <i>Vegan: Steamed Broccoli & Brown Rice</i>	2 Tofu & Vegetable Stir Fry, Brown Rice, Oranges <i>V & Vegan: ok</i>	3 Shepherd's Pie, Asparagus, Oranges <i>V & Vegan: Polenta Cakes with Marinara Sauce</i>	4
5	6 Spaghetti & Turkey Meatballs, Steamed Vegetables, Fruit <i>V & Vegan: Spaghetti with Marinara Sauce</i>	7 Chicken & Rice Soup, Steamed Vegetables, Fruit <i>V & Vegan: Vegetable & Rice Soup</i>	8 Fish Tacos, Cabbage Salad, Fruit, Green Salsa <i>V & Vegan: Brown Rice & Black Beans</i>	9 Pesto Pasta with Pumpkin Seeds, Black Bean & Corn Salad, Fruit <i>V & Vegan: ok</i>	10 <i>LMUCC CLOSED</i> <i>Staff Planning</i>	11
12	13 Tortilla Soup, Cheddar Cheese, Rolls, Fruit <i>V: ok</i> <i>Vegan: No Cheese</i>	14 Falafel, Hummus, Pita, Fruit <i>V & Vegan: ok</i>	15 Penne with Bolognese. Grilled Vegetables, Fruit <i>V & Vegan: Vegan Bolognese</i>	16 Vegetable Soup, Tuna Salad Sandwich, Fruit <i>V & Vegan: Avocado Sandwich with Grilled Vegetables</i>	17 Lo Mein Noodles with Stir Fried Vegetables & Tofu, Steamed Carrots, Fruit <i>V & Vegan: ok</i>	18
19	20 Macaroni & Cheese, Crispy Kale, Fruit <i>V: ok</i> <i>Vegan: Pasta with Marinara Sauce</i>	21 Vegetable Sushi Rolls, Edamame, Fruit <i>V & Vegan: ok</i>	22 Vegetarian Minestrone, Rolls, Fruit <i>V & Vegan: ok</i>	23 Chinese Chicken Salad with Crunchy Noodles & Green Dressing, Oranges, Brown Rice <i>V & Vegan: Marinated Tofu</i>	24 Baked Ziti, Steamed Vegetables, Fruit <i>V: ok</i> <i>Vegan: Pasta with Marinara Sauce</i>	25
26	27 Black Bean Burger, Baked Sweet Potato Wedges, Fruit <i>V & Vegan: ok</i>	28 Tomato Basil Soup, Grilled Cheese Sandwich, Apples <i>V: ok</i> <i>Vegan: Avocado Sandwich with Grilled Vegetables</i>	29 Grilled Chicken, Spanish Rice, Steamed Vegetables, Fruit <i>V & Vegan: Marinated Tofu</i>	30 Mushroom & Cheese Pizza, Steamed Vegetables, Fruit <i>V: ok</i> <i>Vegan: No Dairy Pizza</i>	31 Pesto Pasta with Pumpkin Seeds, Black Bean & Corn Salad, Fruit <i>V & Vegan: ok</i>	