

September 2017 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
V=vegetarian ND=non-dairy					1 Tofu & Vegetable Stir Fry w/ Brown Rice Oranges ND Ok V Ok	2
3	4 <i>LMUCC Closed University Holiday Labor Day</i>	5 Black Bean Burger Baked Sweet Potato Fries, Fruit ND Ok V Ok	6 Potato Corn Chowder Grilled Chicken, Whole Wheat Roll, Fruit ND Steamed Broccoli V Ok	7 Baked Ziti Steamed Vegetables Oranges ND Grilled chicken, brown rice V Ok	8 Vegetarian Tortilla Soup, Whole Wheat Rolls Cheddar Cheese, Fruit ND Ok V Ok	9
10	11 Vegetable Sushi Rolls, Edamame Fruit ND Ok V Ok	12 Mushroom & Cheese Pizza Vegetables, Fruit ND No Cheese Pizza V Ok	13 Chicken and Rice Soup, Vegetables Fruit ND Ok V Vegetable Soup w/ Rice	14 Vegetarian Mine- strone Whole Wheat Roll Fruit ND Ok V Ok	15 Spaghetti & Turkey Meatballs Vegetables, Fruit ND Ok V Spaghetti w/ marinara	16
17	18 Whole Wheat Penne w/Bolognese Grilled Vegetables Oranges ND Ok (2 non beef options) V Pasta w/marinara	19 Black Bean Chili Brown Rice Vegetables, Fruit ND Ok V Ok	20 Tomato Basil Soup Grilled Cheese Sandwich, Apples ND Turkey Sandwich V Avocado Sand w/ Grilled Zucchini	21 Fish Tacos Cabbage Salad Fruit ND Ok V Brown Rice & Black Beans	22 Shepherd's Pie Asparagus, Oranges ND Shepherd Pie w/out mashed potato top (2 non beef options) V Polenta & Marinara	23
24	25 Lo Mein Noodles with Stir Fried Vegetables Steamed Carrots Fruit ND Ok V Ok	26 Grilled Chicken Spanish Rice Vegetables, Fruit ND OK V Marinated Tofu	27 Vegetable Soup Tuna Salad Sandwich Fruit ND Turkey Sandwich V Avocado Sandwich w/ Grilled Zucchini	28 Macaroni & Cheese, Crispy Kale Fruit ND Pasta w/Marinara V Ok	29 Chinese Chicken Salad w/ Noodles Oranges ND Ok V Chinese Salad w/ Tofu	30