

# November 2024 Lunch Menu

| Sun   | Mon   | Tue  | Wed   | Thu  | Fri  | Sat |
|---|---|--|---|--|--|-----|
| V = vegetarian<br>Vegan = no meat, eggs, or dairy |   |  |   |  | 1<br>Potato Corn Chowder, Grilled Chicken, Bread Rolls, Fruit<br><i>V: no chicken</i><br><i>Vegan: Steamed broccoli &amp; brown rice</i> | 2   |
| 3   | 4<br>Shepherd's Pie, Asparagus, Oranges<br><i>V &amp; Vegan: Polenta cakes with marinara sauce</i>            | 5<br>Tomato Basil Soup, Grilled Cheese Sandwich, Fruit<br><i>V: ok</i><br><i>Vegan: Avocado sandwich with grilled vegetables</i> | 6<br>Falafel Patties, Hummus, Pita, Fruit<br><i>V &amp; Vegan: ok</i>                                   | 7<br>Macaroni & Cheese, Crispy Kale, Fruit<br><i>V: ok</i><br><i>Vegan: Pasta with marinara sauce</i>              | 8<br>Black Bean Burger, Baked Sweet Potato Wedges, Fruit<br><i>V &amp; Vegan: ok</i>   | 9   |
| 10  | 11<br>Penne with Bolognese, Grilled Vegetables, Oranges<br><i>V &amp; Vegan: Vegan Bolognese</i>              | 12<br>Chinese Chicken Salad with Crunchy Noodles, Green Dressing, Oranges, Brown Rice<br><i>V &amp; Vegan: Marinated tofu</i>    | 13<br>Grilled Chicken, Spanish Rice, Steamed Vegetables, Fruit<br><i>V &amp; Vegan: Marinated Tofu</i>  | 14<br>Vegetable Soup, Tuna Salad Sandwich, Fruit<br><i>V &amp; Vegan: Avocado sandwich with grilled vegetables</i> | 15<br>Pesto Pasta with Pumpkin Seeds, Black Bean and Corn Salad, Fruit<br><i>V &amp; Vegan: ok</i>                                       | 16  |
| 17  | 18<br>Lo Mein Noodles with Stir Fried Vegetables and Tofu, Steamed Carrots, Fruit<br><i>V &amp; Vegan: ok</i> | 19<br>Chicken & Rice Soup, Steamed Vegetables, Fruit<br><i>V &amp; Vegan: Vegetable &amp; Rice Soup</i>                          | 20<br>Fish Tacos, Cabbage Salad, Fruit, Green Salsa<br><i>V &amp; Vegan: Brown rice and black beans</i> | 21<br>Mushroom & Cheese Pizza, Steamed Vegetables, Fruit<br><i>V: ok</i><br><i>Vegan: No dairy pizza</i>           | 22<br>Spaghetti & Turkey Meatballs, Steamed Vegetables, Fruit<br><i>V &amp; Vegan: Spaghetti with marinara sauce</i>                     | 23  |
| 24  | 25<br><b><i>LMUCC CLOSED - PTC Prep</i></b>   | 26<br><b><i>LMUCC CLOSED - PTC Prep</i></b>  | 27<br><b><i>LMUCC CLOSED - PTC Prep</i></b>   | 28<br><b><i>LMUCC CLOSED - University Holiday Thanksgiving</i></b>   | 29<br><b><i>LMUCC CLOSED - University Holiday</i></b>  | 30  |