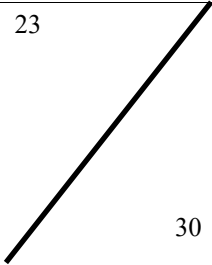


November 2025 Lunch Menu

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