November 2026 Lunch Menu

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