

October 2026 Lunch Menu

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