

September 2025 Lunch Menu

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