

VEGETARIAN



CALL 925-370-8770 BY NOON AT LEAST ONE BUSINESS DAY IN ADVANCED TO RESERVE A MEAL!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				11/1 Garbanzo Bean Stew over Brown Rice C Winter Vegetables Spinach FRUIT/DESSERT
11/4 Curry Tofu Brown Rice Carrots C Broccoli FRUIT/DESSERT	11/5 Cheese Enchilada Bake C California Vegetables Spinach FRUIT/DESSERT	11/6 Vegetarian Lentil Stew Brown Rice Zucchini C Fiesta Vegetables FRUIT/DESSERT	11/7 Vegetable Frittata w/Salsa Red Potatoes C Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	11/8 + Cheesy Penne Bake Scandinavian Vegetables Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT
11/11 VETERANS DAY	11/12 Vegetable Lasagna Italian Vegetables Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	11/13 Bean & Cheese Burrito w/Enchilada Sauce C Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	11/14 Macaroni & Cheese Peas & Carrots C California Vegetables FRUIT/DESSERT	11/15 Tofu Bolognese w/Whole Grain Spaghetti Carrots Green Beans C w/Red Peppers FRUIT/DESSERT
11/18 + Cheesy Penne Bake Scandinavian Vegetables Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	11/19 Curry Tofu Brown Rice Carrots C Broccoli FRUIT/DESSERT	11/20 Cheese Enchilada Bake C California Vegetables Spinach FRUIT/DESSERT	11/21 Vegetarian Lentil Stew Brown Rice Zucchini C Fiesta Vegetables FRUIT/DESSERT	11/22 No Cafe Costa C Join us for our Holiday Boutique from 10:00am-7:00pm
11/25 Tofu Bolognese w/Whole Grain Spaghetti Carrots Green Beans C w/Red Peppers FRUIT/DESSERT	11/26 Garbanzo Bean Stew over Brown Rice C Winter Vegetables Spinach FRUIT/DESSERT	11/27 Vegetable Lasagna Italian Vegetables Green Beans C w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	11/28 THANKSGIVING DAY	11/29 DAY AFTER THANKSGIVING

All meals served with lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES: VEGETARIAN OR FEATURED ENTRÉE SALAD (CRANBERRY WALNUT CHICKEN WITH BALSAMIC VINAIGRETTE).

— Vitamin A
C Vitamin C

+ Higher in sodium