

# February Vegetarian Menu 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK ONE</b>	2 <b>Rotini Pasta with Lentil Marinara</b> Green Beans Varietal Apples	3 <b>Rice and Beans with Orange Sauce</b> Broccoli Berries & Yogurt	4 <b>White Bean Casserole with Cabbage and Zucchini</b> Whole Wheat Bread Oranges	5 <b>Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa</b> Corn Applesauce	6 <b>Lentil Slider on Whole Wheat Roll w/ Lettuce, Tomato, and Ketchup</b> Roasted Potatoes Mixed Berry Crumble
<b>WEEK TWO</b>	9 <b>Macaroni and Cheese with Butternut Squash Puree</b> Peas and Carrots Varietal Apples	10 <b>Veggie Fried Rice with Eggs, Carrots, Baby Bok Choy, Celery and Onions</b> Oranges	11 <b>BBQ Beans</b> Whole Wheat Roll Corn Applesauce	12 <b>Veggie Lasagna with Cheese, Tomato Sauce, White Beans, &amp; Pureed Mushrooms</b> Mixed Green Salad with Sweet Mustard Dressing Berries & Yogurt	13 <b>Lentil Loaf</b> Whole Wheat Roll Mashed Root Vegetables Cranberry Sauce with Mandarin Oranges
<b>WEEK THREE</b>	16 <b>Mild Vegetarian Chili with Pinto Beans, Carrots, Tomatoes, Corn, Onions, Quinoa, and Cheese.</b> Whole Wheat Bread Varietal Apples	17 <b>Fettuccine Alfredo with White Beans and Cauliflower Puree</b> Mixed Green Salad with Sweet Mustard Dressing Bananas	18 <b>Veggie Sloppy Joe with Kidney Beans &amp; Whole Wheat Bun</b> Carrot Sticks Banana	19 <b>Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, and Mild Salsa on Flour Tortilla</b> Cabbage & Carrot Coleslaw with Mayo & Yogurt Pears	20 <b>Green Spaghetti with Broccoli Pesto, White Beans, and Seasonal Greens</b> Maple Roasted Parsnips Pear Crumble
<b>WEEK FOUR</b>	23 <b>Sweet &amp; Sour Veggies with Kidney Beans, Baby Bok Choy, Onions, Celery and Carrots</b> Rice Varietal Apples	24 <b>Sneaky Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese</b> Mixed Green Salad with Sweet Mustard Dressing Bananas	25 <b>Vegetarian Cuban Sandwich with Beans and Vegetables on Whole Wheat Bun</b> Zucchini Sticks Pears	26 <b>Macaroni and Cheese with Butternut Squash Puree</b> Peas and Carrots Applesauce	27 <b>Hearty Bean Stew with Potatoes, Carrots, and Onions</b> Cornbread Oranges

*FareStart's Contract Kitchen is a nut-free facility. Our menu changes seasonally and focuses on fresh, seasonal produce (sourced locally as much as possible).*



**FARESTART**

*Great Food. Better Lives.*