

January Vegetarian Menu 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE				1 CLOSED FOR NEW YEAR HOLIDAY	2 Hearty Bean Stew with Potatoes, Carrots, and Onions Cornbread Oranges
WEEK TWO	5 Rotini Pasta with Lentil Marinara Green Beans Varietal Apples	6 Rice and Beans with Orange Sauce Broccoli Berries & Yogurt	7 White Bean Casserole with Cabbage and Zucchini Whole Wheat Bread Oranges	8 Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa Corn Applesauce	9 Lentil Slider on Whole Wheat Roll w/ Lettuce, Tomato, and Ketchup Roasted Potatoes Mixed Berry Crumble
WEEK THREE	12 Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Varietal Apples	13 Veggie Fried Rice with Eggs, Carrots, Baby Bok Choy, Celery and Onions Oranges	14 BBQ Beans Whole Wheat Roll Corn Applesauce	15 Veggie Lasagna with Cheese, Tomato Sauce, White Beans, & Pureed Mushrooms Mixed Green Salad with Sweet Mustard Dressing Berries & Yogurt	16 Lentil Loaf Whole Wheat Roll Mashed Root Vegetables Cranberry Sauce with Mandarin Oranges
WEEK FOUR	19 Mild Vegetarian Chili with Pinto Beans, Carrots, Tomatoes, Corn, Onions, Quinoa, and Cheese. Whole Wheat Bread Varietal Apples	20 Fettuccine Alfredo with White Beans and Cauliflower Puree Mixed Green Salad with Sweet Mustard Dressing Bananas	21 Veggie Sloppy Joe with Kidney Beans & Whole Wheat Bun Carrot Sticks Banana	22 Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, and Mild Salsa on Flour Tortilla Cabbage & Carrot Coleslaw with Mayo & Yogurt Pears	23 Green Spaghetti with Broccoli Pesto, White Beans, and Seasonal Greens Maple Roasted Parsnips Pear Crumble
WEEK FIVE	26 Sweet & Sour Veggies with Kidney Beans, Baby Bok Choy, Onions, Celery and Carrots Rice Varietal Apples	27 Sneaky Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with Sweet Mustard Dressing Bananas	28 Vegetarian Cuban Sandwich with Beans and Vegetables on Whole Wheat Bun Zucchini Sticks Pears	29 Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Applesauce	30 Hearty Bean Stew with Potatoes, Carrots, and Onions 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.