

August

Lunch
Vegan

Monday	Tuesday	Wednesday	Thursday	Friday
6 Mac & Cheese w/ DF Cheese (GF, VEG & V)	7 BBQ Tofu & Vegetable Sandwich (VEG & V)	8 Cheese Quesadilla w/ DF Cheese (GF, VEG, & V)	9 Cajun Rice & Beans w/ Tofu (GF, VEG, & V)	10 Baked Mostaccioli w/ Chickpeas (VEG & V)
13 Bean & Vegetable Tacos (GF, VEG, & V)	14 Sloppy Joes w/ Vegetables & Chickpeas (VEG & V)	15 Cheesy Rice Bake w/ DF Cheese & Tofu (GF, VEG, & V)	16 Pasta w/ Beans & Vegetables (VEG & V)	17 Greek Falafel w/ Pita (VEG, V)
20 Bean & DF Cheese Quesadilla (GF, VEG, & V)	21 Mac & Cheese w/ DF Cheese (GF, VEG & V)	22 Vegetable & Tofu Stir-Fry (GF, VEG & V)	23 Penne Pasta w/ Chickpea Balls & Marinara (VEG & V)	24 BBQ Tofu & Vegetable Sandwich (VEG & V)
27 Vegan Meatloaf w/ Mashed Potatoes (GF, VEG, & V)	28 Bean & DF Cheese Quesadilla (GF, VEG, & V)	29 Swedish Lentil & Chickpea Balls w/ DF Gravy & Pasta (VEG, V)	30 Mexican Lasagna w/ Chickpeas, Vegetables & DF Cheese (GF, VEG, & V)	31 Lemon Pepper Tofu & Rice (GF, VEG, & V)

All lunches are served with fresh fruit and vegetables.

GF = Gluten-Free

VEG = Vegetarian

DF = Dairy-Free

V = Vegan

