



NOVEMBER

2024 VEGAN MENU LUNCH



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Our menu incorporates organic and local ingredients. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Iliamna Salmon as well as other local producers.

Menu Items are subject to change based on availability

1

Lemon Miso Pesto
Pasta
Carrot Disks
Broccoli

4

Yellow Rice
Pinto Bean Tacos
Fiesta Corn & Bean
Salad

5

Gemelli Pasta
Mushroom
'Meat'balls
Peas

6

Toasted Tofu
Sandwiches with
Sundried Tomato
Pesto
Vegan Tomato Soup
Broccoli

7

Seitan Tagliarini
Corn
Cauliflower

8

Quinoa with Sunflower
Seed Pesto
Roasted Cherry
Tomatoes
Roasted Whipped
Sweet Potatoes,
Carrots Disks

11

Curried Tofu
Steamed Rice
Veggie Chickpea
Tikka Masala

12

Penne
Chickpea Bolognese
Broccoli

13

BBQ Tofu Strips
Vegan Corn Bread
Peas

14

Black Bean Sliders
with Tomato Glaze
Roll
Green Beans

15

Tomato-y Pizza Bites
Kale Pesto White
Beans
Carrot Disks

18

Arroz con Frijoles
Sweet Corn
Cumin Spiced Carrot
Disks

19

Penne
Marinara
Peas & Carrots

20

Mediterranean
Mushroom
'Meat'balls
Turmeric Cauliflower
Orzo with Broccoli &
Garlic

21

Quinoa with
Sunflower Seed Pesto
Roasted Cherry
Tomatoes
Creamy Smashed
Potatoes, Carrot Disks

22

Rolls
Pulled BBQ Seitan
Broccoli

25

Ditalini
Marinara
Cauliflower

26

Yellow Rice
Black Bean Tacos
Green Beans

27

Lemon Miso Pasta
Carrot Disks
Broccoli

28

NO SCHOOL

29

NO SCHOOL