



# NOVEMBER

## 2024 PRESCHOOL VEGETARIAN 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**

Carrot Mac and Cheese  
Carrot Disks  
Broccoli

**4**  
Yellow Rice  
Pinto Bean Tacos  
Fiesta Corn & Bean Salad

**5**  
Buttered Egg Noodles  
Swedish Mushroom 'Meat'balls  
Peas

**6**  
Toasted Cheddar Sandwiches  
Creamy Tomato Soup  
Broccoli

**7**  
Seitan Tagliarini  
Buttered Corn  
Cheesy Cauliflower

**8**  
Quinoa Fritters  
Roasted Whipped Sweet Potatoes  
Carrots Disks

**11**  
Tandoori Paneer & Chickpeas  
Steamed Rice  
Veggie Chickpea Tikka Masala

**12**  
Penne  
Chickpea Bolognese  
Broccoli

**13**  
BBQ Tofu Strips  
Corn Bread  
Peas

**14**  
BlackBean Sliders with Tomato Glaze  
Brioche Roll  
Green Beans

**15**  
Cheesy Pizza Bites  
Kale Pesto White Beans  
Carrot Disks

**18**  
Arroz con Frijoles  
Mexican Street Corn  
Cumin Spiced Carrot Disks

**19**  
Mini Cheese Ravioli  
Tomato Mascarpone Sauce  
Peas & Carrots

**20**  
Mediterranean Mushroom  
'Meat'balls  
Turmeric Cauliflower  
Orzo with Broccoli & Garlic

**21**  
Quinoa Fritters  
Creamy Smashed Potatoes  
Carrot Disks

**22**  
Brioche Rolls  
Pulled BBQ Seitan  
Broccoli

**25**  
Spinach Ricotta 'Meat'balls with Marinara  
Ditalini  
Cheesy Cauliflower

**26**  
Yellow Rice  
BlackBean Tacos  
Green Beans

**27**  
Fontina Mac & Cheese  
Carrot Disks  
Broccoli

**28**  
**NO SCHOOL**

**29**  
**NO SCHOOL**