



	First Part				Second Part		
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	<p><b>Spinach and Ricotta Egg Casserole with English Muffin:</b> Spinach and ricotta cheese baked with seasoned eggs and topped with olive &amp; tomato salsa, served with an English muffin.</p>	<p><b>Blueberry Oatmeal Bar and Strawberry Greek Yogurt:</b> Blueberry infused baked oatmeal bar served with lightly sweetened Greek yogurt topped with sliced strawberries.</p>	<p><b>Cheddar Egg Wrap with Black Bean Salsa:</b> Cheddar cheese omelet with black bean, onion, and pepper salsa wrapped in a flour tortilla. Served with fresh grapes.</p>	<p><b>Cinnamon Cherry Granola with Greek Yogurt:</b> Whole grain cinnamon granola mixed with almonds and dried cherries, served with lightly sweetened Greek yogurt. *Contains nuts (almonds)</p>	<p><b>Potato Frittata with Fresh Fruit and Biscuit:</b> Eggs mixed with veggie sausage, red peppers, and cottage cheese baked over fresh shredded potato hash browns. Served with a wheat biscuit and fresh fruit.</p>	<p><b>Chocolate Granola with Raspberry Yogurt Parfait:</b> Dark cocoa granola baked with honey and vanilla, served with raspberry topped Greek yogurt.</p>	<p><b>Whole Wheat Waffles with Strawberry Preserves:</b> Whole wheat waffle topped with thickened strawberry and chia seed preserves.</p>
Lunch	<p><b>Artichoke and Spinach Stuffed Baked Potato with Hummus and Crispy Flatbread:</b> Baked potato stuffed with an artichoke, spinach and onion filling and topped with mozzarella cheese. Served with red pepper hummus and crispy flatbread cracker.</p>	<p><b>Vegetable Barley Stew with Carrots and Dill Dip:</b> Plant based beefless strips and barley simmered in a tomato broth with mushrooms, onions, carrots, and celery and topped with toasted pumpkin seeds. Served with baby carrots and dill dip.</p>	<p><b>Roasted Apple Spring Mix Salad with Pomegranate Vinaigrette:</b> Roasted apples, whole grains, pumpkin seeds and cranberries tossed with spring mix in a pomegranate vinaigrette, served with blue cheese spread and flatbread cracker.</p>	<p><b>Coriander Tomato Hummus and Veggie Wrap with Apple:</b> Tortilla wrap filled with sun dried tomato-quinoa hummus, cucumbers, red peppers and carrots. Served with Sun chips and an apple.</p>	<p><b>Black Bean, Sweet Potato and Cheese Burrito with Apple:</b> Flour tortilla filled with a mixture of black beans, sweet potatoes, onions, peppers, and mozzarella cheese, and topped with a creamy tomato salsa. Served with an apple.</p>	<p><b>Nicoise Salad:</b> A vegetarian Nicoise salad: Romaine lettuce, chickpeas, potatoes, tomatoes, Kalamata olives, green beans, and eggs topped with herbed vinaigrette.</p>	<p><b>Ultimate Egg Salad Sandwich with Baby Carrots and Trail Mix:</b> Creamy egg salad with chickpeas, cucumbers and onions on sprouted wheat bread, served with fresh baby carrots and mixed fruit trail mix. *Contains nuts (almonds)</p>
Dinner	<p><b>Hawaiian Rice Bowl with Veggie Meatballs:</b> Seasoned brown rice topped with fresh kale, mixed peppers, red cabbage and carrots, served with roasted vegetarian meatballs, all blended in a sweet and sour pineapple sauce.</p>	<p><b>Alfredo Primavera with Whole Wheat Israeli Couscous and Red Rice Blend:</b> Whole wheat Israeli couscous blended with sun dried tomatoes and topped with a variety of steamed vegetables including green beans, mushrooms, onions, water chestnuts, red peppers, yellow carrots and broccoli, with a garlic cream sauce. Served with a raspberry chocolate chip cookie. *Contains nuts (almonds)</p>	<p><b>Crispy Quinoa Cakes with Lemon Aioli on a bed of Arugula and Cannellini Beans:</b> Pan fried quinoa cakes served on a bed of braised arugula and cannellini beans, topped with lemon aioli.</p>	<p><b>Impossible Meatloaf Burger with Scalloped Sweet Potatoes and Green Beans:</b> Impossible plant-based meatloaf burger topped with mayo-ketchup sauce, served with smoky scalloped sweet potatoes and green beans.</p>	<p><b>Italian Veggie Sausage Marinara over Spaghetti with a Vegetable Medley:</b> Italian plant-based sausage marinara served over a bed wheat spaghetti and a vegetable blend of red peppers, yellow carrots, onions, and green beans.</p>	<p><b>Sweet Potato Curry with Brown and Red Rice Blend:</b> The flavors of curry, ginger, garlic and onion cooked with sweet potatoes, red peppers and spinach served over steamed long-grain brown rice topped with toasted cashews. *Contains nuts (cashews, coconut)</p>	<p><b>Ricotta Cheese Ravioli with a Creamy Florentine Sauce and Edamame Vegetable Blend:</b> Traditional ricotta-filled ravioli tossed in a spinach cream sauce, topped with toasted walnuts and red peppers and served with an edamame vegetable blend. *Contains nuts (walnuts)</p>



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Breakfast	<p><b>Breakfast Stuffed Potato Skins with Fresh Fruit:</b> Twice baked potato skins stuffed with eggs, cheese, red peppers and red onions, and topped with sour cream. Served with a whole wheat biscuit and fresh fruit.</p>	<p><b>Baked Cinnamon French Toast with Fruit Compote:</b> Whole grain bread dipped in a vanilla-cinnamon egg batter and baked, then topped with peach and blueberry compote. <i>*Contains nuts (walnuts)</i></p>	<p><b>Blueberry Oat and Chia Seed Muffin with Greek Yogurt:</b> Blueberry oat muffin enriched with chia and flax seed, served with Greek yogurt.</p>	<p><b>Broccoli and 5-Cheese Quiche with English Muffin:</b> A crustless quiche made of eggs, broccoli, green onions and a blend of Italian cheeses, served with a whole wheat English muffin.</p>	<p><b>Chunky Monkey Breakfast Bar with Vanilla Greek Yogurt:</b> Whole grain oat bar filled with chocolate chips, walnuts, and coconut, and seasoned with cinnamon. Served with vanilla Greek yogurt. <i>*Contains nuts (walnuts, coconut)</i></p>	<p><b>Parsley Scrambled Eggs and Pancakes with Apple Butter:</b> Scrambled eggs with fresh parsley served with whole wheat pancakes and house-made apple butter.</p>	<p><b>Pecan and Golden Raisin Granola with Greek Yogurt:</b> Lightly sweetened Greek yogurt topped with honey roasted oats, pecans and raisins. <i>*Contains nuts (pecans)</i></p>
Lunch	<p><b>Open Faced Prime Burger on Naan Bread with Sweet Broccoli Salad:</b> Seasoned vegetarian burger topped with a yogurt-based roasted corn and red pepper spread and served on Indian flatbread. Accompanied by sweet salad of fresh broccoli, grapes, walnuts, celery and green onions in a creamy dressing. <i>*Contains nuts (walnuts)</i></p>	<p><b>Egg Salad Sliders with Quinoa Black Bean Salad:</b> Classic dijon egg salad on a whole wheat slider bun. Served with a cumin and lime seasoned black bean, red pepper and tomato salad.</p>	<p><b>Thai Curry Soup Topped with Cashews, with Double Chocolate Muffin:</b> Red Lentils, sweet potatoes and spinach simmered in a coconut red curry broth, topped with toasted cashews and shredded coconut. Served with a double chocolate muffin. <i>*Contains nuts (cashews, coconut)</i></p>	<p><b>Vegetarian Sloppy Joe on Baked Potato:</b> Baked potato topped with vegetarian Sloppy Joe filled with onions, tomatoes, mushrooms and green peppers, sprinkled with cheddar cheese.</p>	<p><b>Southwest Chopped Salad:</b> Romaine lettuce mixed with roasted corn, black beans, red peppers, cucumbers, cherry tomatoes, and cheese, tossed in a cilantro dressing and sprinkled with tortilla strips.</p>	<p><b>Wheat Berry Salad with Hubbard Squash Soup and Apple:</b> Sweet and tangy wheat berry grain salad mixed with toasted walnuts, dried tart cherries, celery, green onions and a lemon vinaigrette. Served with a rich potato and Hubbard squash soup and an apple. <i>*Contains nuts (walnuts)</i></p>	<p><b>Italian Mozzarella and Veggie Pasta Bake with Blended Vegetables:</b> Spiral pasta baked in seasoned creamy tomato sauce with cannellini beans, mushrooms, tomato, spinach, onions, basil and fresh mozzarella. Served with a side of mixed vegetables.</p>
Dinner	<p><b>Broccoli Swiss Cheese Bake with Green Beans and Greek Yogurt:</b> A blend of plant-based diced "chik'n" and broccoli, brown rice, Swiss cheese and mushrooms baked in a vegetable cream sauce. Served with green beans and Greek yogurt.</p>	<p><b>BBQ Veggie Pizza with Romaine, Corn and Tomato Salad tossed in Avocado Dressing:</b> Naan-style flatbread crust topped with veggie crumbles simmered in a rosemary barbecue sauce, and topped with Monterey Jack cheese. Served with a romaine, tomato and corn salad tossed in avocado dressing.</p>	<p><b>Baked Sweet Potato with Black Bean Feta Stuffing:</b> Baked sweet potato topped with simmered black beans and red peppers, then sprinkled with feta cheese. Served with baby carrots and an almond, chocolate chip and dried cherry trail mix. <i>*Contains nuts (almonds)</i></p>	<p><b>Sesame Peanut Pasta and Veggies:</b> Wheat pasta, broccoli, edamame beans, carrots, cabbage, and green onion tossed in sesame peanut sauce and topped with peanuts. <i>*Contains nuts (peanuts)</i></p>	<p><b>Chili Lime Glazed Roasted Tofu with Jade Rice and Lentil Blend and Mixed Vegetables:</b> Sweet chili lime flavored tofu roasted and served on top of a bed of rice, lentils, garbanzo beans and tangy radish seeds. Accompanied by guacamole and a side vegetable of broccoli, pea pods, baby corn, onions, red peppers and carrots.</p>	<p><b>Penne Gratin with Veggie Meatballs and Vegetable Blend:</b> Whole wheat penne pasta, cannellini beans, tomatoes and spinach mixed with a balsamic ricotta cheese filling, topped with Parmesan bread crumbs and baked. Served with veggie meatballs and marinara sauce with a side of mixed vegetables.</p>	<p><b>Moroccan Roasted Tofu over Lemon Couscous with Roasted Coriander Broccoli:</b> Roasted tofu marinated in a Moroccan seasoning blend served over couscous cooked with raisins and olives, with a side of lemon and coriander seasoned broccoli.</p>



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Breakfast	<p><b>Open Faced Vegetable Omelet with Roasted Sweet Potatoes:</b> Italian cheese omelet served with roasted vegetables tossed in olive oil and herbs, served with roasted seasoned sweet potatoes.</p>	<p><b>Steel Cut Apple Cinnamon Oatmeal:</b> Steel cut oats cooked with apples, cinnamon and milk, topped with toasted walnuts. <i>*Contains nuts (walnuts)</i></p>	<p><b>Open Faced Breakfast Sandwich with Mixed Fruit:</b> Egg patty and black bean sausage patty on a toasted English muffin, topped with cheddar cheese and baked. Served with cherries, mangoes and blueberries.</p>	<p><b>Whole Wheat Pancakes with Lemon Ricotta and Blueberry Compote:</b> Whole grain pancakes served with a lemon flavored ricotta and a blueberry compote.</p>	<p><b>Graham Vanilla Granola with Peaches and Vanilla Greek Yogurt:</b> Graham vanilla granola with vanilla Greek yogurt and peaches seasoned with ginger. <i>*Contains nuts (coconut)</i></p>	<p><b>Seasoned Scrambled Eggs and Garlic Roasted Potatoes:</b> Seasoned scrambled eggs served with garlic roasted red potatoes.</p>	<p><b>Strawberry Muffin with Sweet Lemon Cream Cheese and Fresh Orange Wedges:</b> Fresh-baked strawberry whole wheat muffin with sweet lemon cream cheese, served with fresh orange wedges.</p>
Lunch	<p><b>Fire Roasted Tomato Bean Chili with Lime Taco Sauce and Cornbread Muffin:</b> Roasted corn, kidney and pinto beans simmered in a chili-seasoned roasted tomato sauce, topped with creamy lime taco sauce and served with a fresh-baked cornbread muffin.</p>	<p><b>Black Bean Sliders with Carolina Style Slaw:</b> Black bean sliders with guacamole on a pretzel roll, served with a tangy cabbage and red pepper slaw.</p>	<p><b>Taco Salad with Avocado Lime Dressing:</b> Chopped lettuce tossed in an avocado lime vinaigrette with tomatoes, mild ancho chili veggie crumbles, cheddar cheese, red onions, salsa and tortilla strips.</p>	<p><b>Roasted Tofu and Vegetable Caprese Bowl:</b> Tofu and fresh vegetables roasted in a balsamic vinaigrette marinade on a bed of lemon basil farro, topped with fresh mozzarella.</p>	<p><b>Simmered Veggie Crumble Taco with Slaw and Black Beans:</b> Simmered veggie crumble taco with a spicy pepper yogurt sauce, a side of crisp, cool slaw, and seasoned black beans.</p>	<p><b>Cranberry Cobb Salad with Balsamic Blue Cheese Dressing:</b> Crisp romaine lettuce topped with cucumbers, eggs, tomatoes, cranberries, and Swiss cheese, and tossed in a creamy blue cheese balsamic dressing.</p>	<p><b>Sriracha Chickpea Salad Sandwich with Marinated Vegetable Salad:</b> Sweet chili-seasoned chickpea salad on whole grain bread, served with a marinated fresh vegetable salad in Dijon mustard vinaigrette.</p>
Dinner	<p><b>Hickory Smoked Mushroom &amp; Swiss Black Bean Burger with Roasted Balsamic Carrots:</b> Roasted spicy black bean burger topped with hickory smoked mushrooms and shredded Swiss cheese on a whole wheat bun, served with balsamic glazed roasted carrots.</p>	<p><b>Cheese Lasagna with Vegetable Marinara and Mixed Vegetables:</b> Ricotta and mozzarella cheese rolled up in durum wheat pasta and topped with a marinara enhanced with zucchini, eggplant, carrots, and sun dried tomatoes; alongside a serving of Italian-spiced zucchini squash, red peppers and onions.</p>	<p><b>Tomato Risotto with Roasted Vegetarian Meatballs and Veggies:</b> Traditional risotto simmered in a tomato lemon broth, served with roasted plant-based meatballs, zucchini, mushrooms and onions. Topped with marinara sauce and roasted almonds. <i>*Contains nuts (almonds)</i></p>	<p><b>Beefless Tips Lo Mein with Edamame Vegetable Blend:</b> Plant based meatless strips simmered with chestnuts, serrano peppers and green onions in soy sauce and peanut sauce. Served on a bed of whole wheat pasta with edamame and red pepper vegetable blend. <i>*Contains nuts (peanuts)</i></p>	<p><b>Veggie Stuffed Pepper with Spring Mix Salad:</b> Red bell pepper stuffed with seasoned beans, brown rice, wheat berries, and vegetables. Served with a spring mix salad dressed in a honey garlic vinaigrette.</p>	<p><b>Creamy White Bean Chili:</b> White beans and fresh vegetables simmered in a spicy, creamy broth. Topped with crispy tortilla strips and sour cream, and served with baby carrots.</p>	<p><b>Vegetable Stir Fry with Peanut Sauce and Egg Roll:</b> Stir-fry vegetables with spicy peanut sauce served over cilantro rice, with a vegetable egg roll and mustard sauce. <i>*Contains nuts (peanuts)</i></p>



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<b>Breakfast</b>	<p><b>Veggie Denver Omelet with English Muffin and Preserves:</b> Colby cheese omelet topped with roasted red peppers, zucchini, green peppers, red onions and veggie sausage crumbles. Served with a wheat English muffin and peach-apricot preserves.</p>	<p><b>Baked Oatmeal Bar with Greek Yogurt:</b> Apple and cranberry baked cinnamon oatmeal bar, served with lightly sweetened Greek yogurt. *Contains nuts (pecans)</p>	<p><b>Herbed Scrambled Eggs and English Muffin:</b> Fresh thyme and rosemary scrambled eggs, with English muffin and raspberry jam.</p>	<p><b>Pumpkin Pie Yogurt with Cinnamon Granola:</b> Greek yogurt mixed with pumpkin and spices, topped with cinnamon granola. *Contains nuts (coconut)</p>	<p><b>Banana White Chocolate Muffin with Mango Greek Yogurt:</b> Whole wheat banana muffin with white chocolate chips, served with mango Greek yogurt.</p>	<p><b>Whole Wheat Pancakes with Apple Raisin Topping:</b> Apple cinnamon topping over whole wheat buttermilk pancakes.</p>	<p><b>Avocado &amp; Egg Toast topped with Fresh Tomatoes and Feta Cheese:</b> Avocado, egg patty, and fresh spinach on a whole wheat bagel half, topped with fresh tomatoes and feta cheese. Served with fresh fruit.</p>
<b>Lunch</b>	<p><b>Italian Sausage and Mushroom Pizza with Fresh Vegetable Salad in Oregano Vinaigrette:</b> Flatbread pizza topped with plant-based Italian sausage, mushroom blend, fresh spinach, mozzarella cheese, and Italian seasoning. Served with fresh vegetable salad, sliced apples, and a white chocolate, pineapple, peanut trail mix. *Contains nuts (peanuts)</p>	<p><b>Roasted Vegetable and Black Bean Taco with Garden Salad:</b> Roasted, seasoned vegetables baked with black beans topped with cilantro cream sauce, in a soft flour tortilla. Served with a side salad tossed in a citrus dressing.</p>	<p><b>Sausage &amp; Orzo Soup with Pickle Hummus Slider:</b> Orzo pasta, vegetables and plant-based sausage simmered in a parmesan and vegetable broth, served with a chunky pickle hummus spread on a slider bun.</p>	<p><b>Southwest Burrito Bowl:</b> Brown rice, pinto beans, black beans and pumpkin seeds simmered with lime juice and cumin, with salsa and fresh avocado half. Served with blue corn tortilla chips.</p>	<p><b>Smoky Black Bean Soup with Cornbread:</b> Black beans, veggie crumbles, onions, and red &amp; green bell peppers simmered in a vegetable broth seasoned with garlic, chili powder and cumin, served with authentic guacamole, sour cream salsa, and a fresh cornbread muffin.</p>	<p><b>Fresh Mediterranean Salad with Lemon Herb Vinaigrette:</b> Crisp romaine, chickpeas, feta cheese, celery, walnuts, quinoa, and tomatoes, tossed in a fresh lemon herb vinaigrette. Served with naan bread and garlic hummus. *Contains nuts (walnuts)</p>	<p><b>Hoppin' John Salad and Creamy Tomato Soup:</b> Fresh tomatoes, sweet bell peppers, red onions, celery and cucumbers mixed with brown rice and black-eyed peas. Mixed with a spicy cilantro dressing and topped with guacamole and savory nut mix. Served with a creamy tomato soup and crackers. *Contains nuts (almonds)</p>
<b>Dinner</b>	<p><b>Roasted Vegetable Paella:</b> Artichokes, red peppers, and black olives slow roasted and served on top of turmeric infused, slow-baked garbanzo beans and rice. *Contains nuts (cashews)</p>	<p><b>Tofu and Vegetable Stir Fry in a Ginger Lime Sauce:</b> Grilled tofu and a blend of fresh broccoli, baby corn, carrots, red peppers, and green onions. Served on a bed of spinach and rice with ginger lime sauce.</p>	<p><b>Fettuccine with Vegetarian Bolognese and Vegetable Blend:</b> Semolina pasta served with a rich veggie Bolognese made with tomatoes, mushrooms, carrots, onions, and basil, and served with a vegetable blend of green beans, carrots, onions, and red pepper.</p>	<p><b>Thai Vegetarian Burger with Cucumber Topping and Thai Salad:</b> Vegetarian burger dusted with a light pepper and citrus seasoning with a refrigerator pickled cucumber peanut topping, on a wheat yogurt bun. Served with a sweet and tangy dressed salad of cabbage, edamame beans, and cherry tomatoes. *Contains nuts (peanuts)</p>	<p><b>Ricotta Stuffed Shells and Spinach Salad:</b> Italian cheese-filled pasta shells smothered in tomato and red pepper sauce. Served with a fresh spinach, cranberry and pumpkin seed salad with honey mustard dressing.</p>	<p><b>Chickpea Masala over Jasmine Rice served with Mint Cucumber Salad:</b> Chickpeas and onions simmered in a coconut and green pepper masala, served on a bed of jasmine rice and topped with toasted cashews. Served with a side of mint accented cucumber salad. *Contains nuts (cashews)</p>	<p><b>Roasted Sweet Chili Tofu &amp; Vegetable Rice Bowl:</b> Seasoned roasted tofu, bok choy, carrots, peppers, cabbage, zucchini and onions, served on a bowl of brown rice with a sweet chili sesame sauce.</p>



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Breakfast	<p><b>Zucchini Herbed Scrambled Eggs with Pita:</b> Summer squash, red bell pepper, onions, and cheddar cheese scrambled with eggs and spices, served with a side of potatoes and kale roasted with onions and olive oil.</p>	<p><b>Cranberry Orange Steel Cut Oatmeal:</b> Steel cut oats simmered with milk, applesauce and orange juice, then topped with lightly sweetened cranberry sauce and roasted pecans. <i>*Contains nuts (pecans)</i></p>	<p><b>Sausage Gravy and Biscuits with Scrambled Eggs:</b> Veggie sausage gravy over wheat biscuit served with scrambled eggs.</p>	<p><b>Raspberry Yogurt with Whole Grain Cereal:</b> Multigrain cereal toasted with cinnamon and honey, served with lightly sweetened Greek yogurt topped with raspberries.</p>	<p><b>Pesto Sausage &amp; Egg Open-Faced Sandwich with Fresh Pineapple:</b> Egg patty with veggie breakfast sausage, muenster cheese and pesto on a toasted wheat bagel. Served with fresh pineapple. <i>*Contains nuts (pine nuts)</i></p>	<p><b>Waffles with Fruit Compote and Cream Cheese:</b> Tart cherries and cranberries lightly sweetened and blended with orange zest, covering a whole wheat waffle with cream cheese.</p>	<p><b>Scrambled Eggs and Whole Wheat Pancakes Topped with Blueberry Citrus Sauce:</b> Scrambled egg whites and whole wheat pancakes with orange infused blueberry topping.</p>
Lunch	<p><b>Market Salad with Ranch Dressing and Roll:</b> Chopped romaine lettuce, wheat berries, roasted pumpkin seeds, green onions, hard boiled egg, avocado, cherry tomatoes and cheddar cheese mixed with a yogurt based buttermilk dressing. Served with a whole grain dinner roll.</p>	<p><b>Herbed Sausage Wrap with Celery Seed Pasta Salad:</b> Warm tortilla wrap filled with Italian veggie sausage, red pepper, zucchini and a thick tomato sauce. Served with a penne pasta salad tossed in celery seed dressing, and fresh sliced apples.</p>	<p><b>Italian Vegetarian Meatball Slider with Balsamic Potato Salad:</b> Roasted vegetarian meatballs topped with traditional marinara sauce and mozzarella cheese, served with a salad of potatoes, green beans, red onions, and sunflower seeds dressed with balsamic vinaigrette.</p>	<p><b>Vegetable Soup and Spinach Salad:</b> Hearty tomato base vegetable soup with northern and garbanzo beans. Served with a spinach, avocado, garbanzo bean salad and carrot ginger dressing.</p>	<p><b>Creamy Toasted Almond &amp; Cherry Pasta Salad:</b> Whole grain spiral rotini pasta, toasted almonds, dried cherries, cauliflower and celery tossed in a creamy poppy seed dressing, served with a side of blueberry-topped Greek yogurt. <i>*Contains nuts (almonds)</i></p>	<p><b>Roasted Southwest Black Bean Burger with Mashed Sweet Potatoes:</b> Roasted spicy black bean burger on a pretzel bun, topped with a cool cucumber yogurt sauce and served with smoky mashed sweet potatoes.</p>	<p><b>Italian Cheese and Veggie Pizza with Spring Mix Salad:</b> Naan style flatbread crust topped with red peppers, zucchini and cheese with classic marinara sauce. Served with a spring salad mixed with cranberries, sunflower seeds, and toasted almonds, tossed in poppy seed dressing. <i>*Contains nuts (almonds)</i></p>
Dinner	<p><b>Warm Korean Grain Salad with Mixed Vegetables:</b> Plant based beefless strips simmered in soy sauce, rice vinegar, garlic and sesame sauce, served on a bed of Kamut wheat and rice blend with green onions, and topped with tortilla strips. Served with a side of mixed vegetables.</p>	<p><b>Fajita Bowl with Tempeh Bacon:</b> Fajita vegetables roasted in a sweet smoky chipotle lime blend on top of baked cauliflower, corn and pinto beans, coated in Mexican pesto, topped with cheddar cheese, tempeh bacon and salsa verde, and served with a flour tortilla.</p>	<p><b>Open Faced Prime Burger with Red Pepper Pesto, Seasoned Sweet Potatoes, and Green Beans:</b> Vegetarian burger with a red pepper and sun dried tomato pesto on a slice of 8-grain bread. Served with green beans and seasoned sweet potatoes. <i>*Contains nuts (walnuts)</i></p>	<p><b>Veggie Meatballs with Vegetable Farrotto and Roasted Carrots:</b> Roasted veggie balls on a bed of wheat farro simmered in vegetable broth, then mixed with asparagus, mushrooms, and a creamy white wine cheese sauce. Served with roasted carrots.</p>	<p><b>American Goulash with Fresh Broccoli and Sweet &amp; Salty Trail Mix Cluster:</b> Veggie-style goulash with tomato marinara, kidney beans, onions and green peppers on a bed of spiral fusilli pasta, with a side of steamed broccoli. Served with a pretzel and chocolate chip trail mix cluster. <i>*Contains nuts (coconut)</i></p>	<p><b>Roasted Stuffed Bell Pepper with Spinach Salad:</b> Pinto beans, salsa, green wheat, corn, tomatoes and cheese mixture stuffed in a red pepper and roasted. Served with a spinach salad with cherries, pumpkin seeds, walnuts and a celery seed vinaigrette. <i>*Contains nuts (walnuts)</i></p>	<p><b>Lentil Sloppy Joe with Creamy Coleslaw:</b> Sloppy Joe made with lentils, topped with Muenster cheese and pickled vegetables on a pretzel bun, served with creamy coleslaw and sweet &amp; salty trail mix.</p>