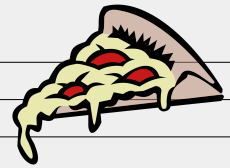
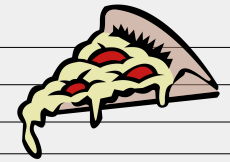
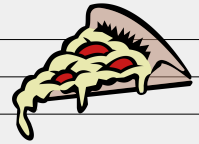
ACAW ENTERPRISE

VEGAN MENU



DIETARY RESTRICTIONS
CONTAINS EGG
CONTAINS SESAME

CENTER NAME : _____

			MONDAY	3	TUESDAY	4	WEDNESDAY	5	THURSDAY	6	FRIDAY
Lunch	Meat / Alt		Dairy Free Mac & Cheese		tless Taco Tuesday (*Beans & Rice , Cheese , Lettuce , Sour Cream*)		Hummus & Veggie Wrap		BBQ Meatless Meatball		
	Grain		WG Pasta		WG Tortilla		WG Tortilla		WG Roll		
	Veg		Vegetable Medley		Sweet Corn		Garden Salad		Roasted Glazed Carrots		
	Fruit		Fresh Fruit , Apple		Fresh Fruit, Canteloupe		Fresh Fruit, Banana		Fresh Fruit, Honeydew		
	Milk		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		
		9	**MONDAY**	**10**	**TUESDAY**	**11**	**WEDNESDAY**	**12**	**THURSDAY**	**13**	**FRIDAY**
Lunch	Meat / Alt		Spaghetti w/ Plant Based Sausage		Veggie Burger		Chick'n Snack Wrap w/ Vegan Mayo & Dairy Free		Grilled Tofu		
	Grain		WG Pasta		WG Hamburger Bun		WG Tortilla		WG Dinner Roll		
	Veg		Vegetable Medley		Sweet Corn		Garden Salad		Mashed Potato		
	Fruit		Fresh Fruit , Apple		Fresh Fruit, Canteloupe		Fresh Fruit, Banana		Fresh Fruit, Honeydew		
	Milk		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		
		16	**MONDAY**	**17**	**TUESDAY**	**18**	**WEDNESDAY**	**19**	**THURSDAY**	**20**	**FRIDAY**
Lunch	Meat / Alt		Dairy Free Mac & Cheese		tless Taco Tuesday (*Beans & Rice , Cheese ,*		Vegan Chick'n Wrap		Meatless Meatball w/ Veggie Gravy		
	Grain		WG Pasta		WG Tortilla		WG Tortilla		WG Pasta		
	Veg		Vegetable Medley		Sweet Corn		Garden Salad		Green Beans		
	Fruit		Fresh Fruit , Apple		Fresh Fruit, Canteloupe		Fresh Fruit, Banana		Fresh Fruit, Honeydew		
	Milk		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		
		23	**MONDAY**	**24**	**TUESDAY**	**25**	**WEDNESDAY**	**26**	**THURSDAY**	**27**	**FRIDAY**
Lunch	Meat / Alt		Spaghetti w/ Plant Based Sausage		Veggie Burger		Banana Sun Butter & Jelly				
	Grain		WG Pasta		WG Hamburger Bun		WG Roll		**PIC**		**PIC**
	Veg		Vegetable Medley		Tater Tots		Celery & Carrot Sticks		**CLOSED**		**CLOSED**
	Fruit		Fresh Fruit , Apple		Fresh Fruit, Canteloupe		Fresh Fruit, Banana				
	Milk		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)		Whole Milk (1 yr), 1% low fat (2+ yrs)				
		30	**MONDAY**		**TUESDAY**		**WEDNESDAY**		**THURSDAY**		**FRIDAY**
Lunch	Meat / Alt		Dairy Free Mac & Cheese								
	Grain		WG Pasta								
	Veg		Vegetable Medley								
	Fruit		Fresh Fruit , Apple								
	Milk		Whole Milk (1 yr), 1% low fat (2+ yrs)								