

PLANTBASED - Aug 2021

		Monday	Tuesday	Wednesday	Thursday	Friday
		Menu #19			Menu #20	
		2	3	4	5	6
Lunch	Lunch- Beyond Meat, Black Beans, Brussel Sprouts	Lunch-Zucchini Spirals w/ Kidney Beans & Pinto Bean Chili on top	Lunch- Bean Pasta, Marinara, Spaghetti Squash & Rosemary Cubed Red Potatoes	Lunch- Black Bean Salad w Romaine Lettuce, Corn Tortilla Strips, Bell Peppers, Radish, Green Onions & Avocado Dressing	Lunch- Jackfruit fajitas w/ mashed black beans & mojo sauce	
Dinner	Dinner-Tempeh, Roasted Carrots, Brown Rice & Raisin Chutney	Dinner- Tofu, Caramelized Shallots, Mashed Cauliflower, Quinoa	Dinner- Beyond Meat w Mashed Sweet Potatoes w/ Pecans, Caramelized Onions & Yellow Squash	Dinner- Tofu w/ Grilled Red Bell Peppers, Quinoa & Basil Red Pepper Vinaigrette	Dinner- Beyond Meat w/ Sauteed Red Onions, Brown Rice, Cooked Cabbage	
		Menu #1			Menu #2	
		9	10	11	12	13
Lunch	Lunch- Tempeh Romaine Salad with Tomatoes, Butternut Squash and Cucumber & Balsamic Vinaigrette	Lunch- Tofu with Mandarins, Peppers, Green Beans, Brown Rice and Citrus Dressing	Lunch- Beyond Meatloaf, Green Beans, Sweet Potatoes, Dried Cranberries	Lunch-Kidney Bean Salad with Grilled Red Onions, Tomatoes, Cucumbers, Pumpkin Seeds & Balsamic Vinaigrette	Lunch- Kidney Bean, Zucchini, Peppers, Kidney Beans, Green Onion, garlic, olive oil	
Dinner	Dinner- Bean Pasta w Balsamic Shallots, Quinoa & Zucchini	Dinner-Tempeh, Brown Rice, Bok Choy, Pineapple	Dinner- Tofu Curry with Coconut Milk, Green Curry Paste, Bell Pepper, Onion, Yellow Squash and Bok Choy + Jasmine Rice	Dinner- Tempeh w/ Bok Choy & Quinoa + Garlic/Ginger Amino Sauce	Dinner- Beyond Meat with Green Beans and Acorn Squash w/ Port Wine Raisins	
		Menu #3			Menu #4	
		16	17	18	19	20
Lunch	Lunch-Bean Pasta, Marinara w Roasted Bell Peppers, Spaghetti Squash	Lunch- Edamame, Summer Vegetables, Quinoa	Lunch-Beyond Meat Vegetable Chili w Corn & Kidney Beans	Lunch- Tofu with Beets, Green Beans, Oranges and Citrus Dressing	Lunch - Lentils, Broccoli, Cauliflower, Bell Peppers, Wild Rice, Grilled Tomatoes	
Dinner	Dinner-Tempeh with Pistachios & Coconut Oil w Grilled Zucchini, Brown Rice & Chipotle Chili Pepper	Dinner-Jackfruit, Black Beans w Pico di Gallo, Brown Rice, Fajita Peppers and Onions with Avocado	Dinner-Tempeh & Chimichurri w Brussels Sprouts & Mashed Sweet Potato	Dinner- Edamame with Cauliflower Mash, Avocado & Cubed Red Potatoes	Dinner- White & Kidney Bean Stew with Fennel, Onions, Tomatoes and Brown Rice	
		Menu #5			Menu #6	
		23	24	25	26	27
Lunch	Lunch-Green Salad with Black Beans, Wild Rice, Cucumber, Avocado, Mango and Lemon Juice	Lunch- Bean Pasta, Marinara Sauce w Spaghetti Squash & Rosemary Red Potatoes	Lunch- Bean Pasta Jambalaya & Brown Rice	Lunch- Tempeh, Dried Cranberries, Pears, Arugula, Wild Rice and Balsamic Vinaigrette	Lunch- Chili w/ Kidney Beans & Black Eyed Peas	
Dinner	Dinner-Beyond Meat w Sweet Potato Fries & Blackened Cauliflower	Dinner- Curried Cauliflower with Garbanzos & Tofu	Dinner-Beyond Meat w Spanish Brown Rice and Pico di Gallo	Dinner- Beyond Meat, Cauliflower Mash, Broccoli & Brown Rice	Dinner- Tofu, Sweet Potatoes, Green Beans, Ginger Sauce	
		Menu #7			Menu #8	
		30	31	1-Sep	2-Sep	3-Sep
Lunch	Lunch-Garbanzo Bean Salad (Arugula, Cucumbers, Onion, Bell Pepper, Tomato) w/ Lentils & Lemon Vinaigrette	Lunch- Tempeh, Green Beans, Brown Rice, Coconut Aminos, 5 Spice	Lunch- Beyond Meat and Black Beans & Butternut Squash + Zucchini with Tomatoes and Peppers	Lunch-Mixed Greens/Spinach Salad with White Beans, Egg, Tomatoes, Pumpkin Seeds, Cucumbers and Pickled Red Onion	Lunch-Tempeh Tacos, Corn Tortilla, Cabbage, Cilantro, Pico, Avocado	
Dinner	Dinner- Tofu with white wine vin, coconut milk, shallots & Brown Rice, Stew Tomatoes	Dinner-Bean Pasta, Marinara, Peppers, Red Potatoes, Spaghetti Squash, Green Onion	Dinner-Tempeh w Stew Tomatoes, Quinoa w Roast Peppers, and Roasted Parsnips	Dinner-Bean Pasta, Marinara, Rosemary Cubed Red Potatoes, Broccoli, Mushrooms	Dinner-Beyond Meat w Balsamic Shallots, Green Beans, Roasted Red Potatoes	