

PLANTBASED - July 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	Menu #9			Menu #10	
	28-Jun	29-Jun	30-Jun	1	2
Lunch	Lunch- Beyond Chili with Sweet Potato Wedges (sweet potato wedges on the side)	Lunch- Tempeh with Caramelized Onions, Carrots, Parsnips and White Beans w Rosemary	Lunch- Bean Pasta Jambalaya w/ Brown Rice & Plant Chorizo	Lunch-Kidney Bean Salad w Romaine, Tomatoes, Black Beans & Cilantro-Avo Dressing	Lunch-Bean Pasta w Tomatoes, Peppers and White Beans w Rosemary
Dinner	Dinner-Tofu Garlic-Amino-Coconut Oil with Brown Rice and Asian Stir Fry Vegetable (Cabbage, Zucchini, Yellow Squash, Bell Pepper, Mushrooms, Broccoli, Onion, Snow Peas, Parsley)	Dinner - Beyond Meat, Roasted Carrots and Brown Rice	Dinner- Tempeh Fajitas w Peppers, Onions, Veg, Corn Tortillas w Pico di Gallo on the side	Dinner - Tempeh w Port Wine Raisins, Roasted Carrots & Acorn Squash	Dinner-Beyond Meat, Chimichurri, Rosemary Red Potatoes & Brussel Sprouts
	Menu #11			Menu #12	
	5	6	7	8	9
Lunch	Lunch-Beyond Chili w Kidney Beans	Lunch-Black Eyed Peas, Rosemary Red Potatoes, Carrots, Parsnips & Ginger	Lunch-Thai (5 spice, coconut milk) Soy Sausage Lettuce Wraps w black beans, pico & Brown Rice	Lunch-Garbanzo Bean Salad with Pico, Fajita Style Onions and Peppers, Pinto Beans, Romaine w Creamy Chipotle Dressing	Lunch- Soy Sausage Marinara, Spaghetti Squash & Quinoa
Dinner	Dinner-Mashed Black Beans w Pico di Gallo, Brown Rice, Fajita Peppers, Onions w Avocado	Dinner - Tofu, Peppers, Onions w Brown Rice & Roasted Brussel Sprouts	Dinner- Beyond Meat, Bell Peppers, Onions, Ranchera Sauce, Corn Tortillas & Mashed Kidney Beans	Dinner-Beyond Meat w Balsamic Shallots & Zucchini, Cubed Yams	Dinner-Beyond Meat Loaf w Cauliflower Rice & Roasted Acorn Squash
	Menu #13			Menu #14	
	12	13	14	15	16
Lunch	Lunch- Kidney Beans & Spinach Salad with Egg, Mushrooms, Wild Rice & Cucumbers	Lunch- Black Beans and Brown Rice with Cilantro, Tomatoes and Peppers	Lunch- Tofu, Butternut Squash, Lettuce Wraps, Red Sauce, Avocado, Black Beans	Lunch- Tofu with Beets, Green Beans, Oranges and Citrus Dressing	Lunch-Black Bean Fajita Salad w/ Romaine, Cherry Tomatoes, Bell Peppers, Onions, Radishes, Creamy Cilantro Dressing
Dinner	Dinner-Bean Pasta, Zucchini Spirals, Roasted Red Peppers - Green Onion & Rosemary Red Potatoes	Dinner- Tempeh Stir Fry with Broccoli, Snap Peas, Peppers and Brown Rice - Aminos	Dinner- Beyond Meat with Dried Cherries and Leeks, Zucchini, Wild Rice	Dinner-Tempeh, Bell Peppers, Lemon, Capers, Parsley, Olive Oil w Cauliflower and Quinoa	Dinner- Tofu with Fennel, Onions, Tomatoes and Herbs-Spaghetti Squash & Brown Rice
	Menu #15			Menu #16	
	19	20	21	22	23
Lunch	Lunch- Ground Beyond Meat Tacos, Pico, Avocado, Cabbage, Cilantro, Brown Rice	Lunch- Garbanzo Bean and Beet Salad, Citrus Dressing, Walnuts, Fresh Orange Slices on Arugula	Lunch- Tempeh w Bell Peppers, Fresh Ginger, Aminos, Onions & Bok Choy w Brown Rice	Lunch-Black Bean Salad with Romaine, Cucumbers, Carrots, Celery and Corn w/ Ranch Dressing	Lunch-Protein Rotini, White Bean Salad with Peppers, Olives, Cucumber, Tomato and Feta
Dinner	Dinner- Protein Pasta, Roasted Pepper- Caper Salsa, Zucchini and White Beans w EVOO	Dinner- Beyond Meat with Green Beans, Maple Acorn Squash, Honey Ginger Sauce	Dinner- Tofu Curry with Coconut Milk, Green Curry Paste, Brown Rice, Butternut Squash	Dinner- Tofu w Grilled Zucchini and Yellow Squash & Brown Rice	Dinner-Beyond Meat with Rosemary Roasted Red Potatoes, Green Beans, and Chimichurri
	Menu #17			Menu #18	
	26	27	28	29	30
Lunch	Lunch-Chickpeas, Dried Cherries, Pecans, Arugula, Wild Rice and Lemon Olive Oil Vinaigrette	Lunch-Beyond Chili w/ Kidney/Pinto Beans	Lunch-Jackfruit, Bell Peppers, Zucchini, Black Beans and Pico on the side	Lunch-Black Eyed Pea Salad w/ Red Onions, Tomatoes, Cucumbers, Feta, Wild Rice & Lemon Basil Vinaigrette	Lunch- Bean Pasta, Zucchini Noodles, Marinara & Brown Rice
Dinner	Dinner-Beyond Meat, Sweet Potato Fries & Green Beans, Slivered Almonds, Chipotle BBQ Sauce	Dinner-Black Beans w Fajita Seasoning, Salsa Verde & Grilled Zucchini & Brown Rice, Green Chill, Onions and Bell Peppers	Dinner-Wild Rice and Bean Pasta, Portabella Mushroom, Cherry Tomatoes, Feta	Dinner- Tofu in coconut milk w curry paste, Carrots with Curry and Moroccan Garbanzos	Dinner-Tempeh with Rattatioui, Quinoa & Almond Pesto