



**VEGETARIAN MENU**

Menu subject to change without notice.

**Reservations & Cancellations must be made three business days in advance.**

Each item is followed by milligrams (mg) of sodium in parentheses. Margarine adds 30mg; Milk adds 125mg.

Total calories (cals) & sodium for the entire meal including margarine & milk are noted below each day's item list.

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| <i>To reduce sodium and/or carbohydrate at this meal, you may want to save items such as bread, dessert, or milk &amp; have them with another meal or snack.</i>                                | <b>Tuesday, September 1</b><br><br><b>SITES CLOSED</b>  | <b>Wednesday, September 2</b><br>Kelp Meatballs with marinara & mozzarella(530)*<br>Pinto Beans(140)<br>Green Beans & Peppers(20)<br>Hot Dog Bun(140)<br>Fresh Peach(0)<br>Ketchup packet(82)<br><b>824 Cals; 1067mg Sodium</b> | <b>Thursday, September 3</b><br>BBQ Chicken Tofu(316)<br>Roast Sweet Potato(53)<br>Broccoli(26)<br>Wheat Bread(150)<br>Applesauce Cup(15)<br><br><b>637 Cals; 715mg Sodium</b>                             | <b>Friday, September 4</b><br>Stuffed Shells with Lentil Bolognese & parm garnish(412)<br>Brussels Sprouts(29)<br>Garlic Bread(270)<br>Pears in tray(5)<br><br><b>712 Cals; 872mg Sodium</b> |
| <b>Monday, September 7</b><br><br><b>SITES CLOSED</b><br>                                                      | <b>Tuesday, September 8</b><br><br><b>SITES CLOSED</b>  | <b>Wednesday, September 9</b><br>Beans with Onions & Peppers(203)<br>Polenta with Cheese(136)<br>Spinach(93)<br>Wheat Roll(150)<br>Fresh Pear(2)<br><br><b>646 Cals; 739mg Sodium</b>                                           | <b>Thursday, September 10</b><br>Roast Tofu with Gravy(180)<br>Mixed Root Veg(65)<br>Green Peas(79)<br>Cranberry-Orange Snack Loaf(120)<br>Fresh Banana(1)<br><br><b>702 Cals; 600mg Sodium</b>            | <b>Friday, September 11</b><br>Cheesy Casserole with Brown Rice(488)<br>Broccoli(26)<br>Cornbread loaf(180)<br>Peaches in tray(5)<br><br><b>735 Cals; 854mg Sodium</b>                       |
| <b>Monday, September 14</b><br>Veg Sausage with Veg Gravy(658)*<br>Butternut Squash(7)<br>Beets & Greens(117)<br>Dinner Roll(100)<br>Applesauce Cup(15)<br><br><b>638 Cals; 1052mg Sodium</b>   | <b>Tuesday, September 15</b><br><br><b>SITES CLOSED</b> | <b>Wednesday, September 16</b><br>Tofu with Peach-Mango Salsa(25)<br>Brown Rice & Quinoa Pilaf(43)<br>California Veg(34)<br>Wheat Bread(150)<br>Sponge Cake with Blueberries(111)<br><br><b>719 Cals; 518mg Sodium</b>          | <b>Thursday, September 17</b><br>Veg Meatloaf with Veg Gravy(625)*<br>Mashed Potato with Veg Gravy(99)<br>Carrots(56)<br>Wheat Roll(150)<br>Small Oatmeal Cookie(85)<br><br><b>711 Cals; 1170mg Sodium</b> | <b>Friday, September 18</b><br>Veg Tuscan Chik'n(424)<br>Pasta(4)<br>Mixed Veg(60)<br>Wheat Bread(150)<br>Pineapple in tray(1)<br><br><b>757 Cals; 794mg Sodium</b>                          |
| <b>Monday, September 21</b><br>Lentil Stew with potato, peas, & carrots(87)<br>Kale & Corn(28)<br>Buttermilk Biscuit(310)<br>Lemon White-Chocolate Cookie(100)<br><b>812 Cals; 680mg Sodium</b> | <b>Tuesday, September 22</b><br><br><b>SITES CLOSED</b> | <b>Wednesday, September 23</b><br>Veg Meatball Cacciatore(463)<br>Tortellini(204)<br>Tuscan Veg(53)<br>Garlic Bread(270)<br>Fresh Orange(0)<br><b>701 Cals; 1145mg sodium</b>                                                   | <b>Thursday, September 24</b><br>Omelet topped with American cheese(566)*<br>LS Potato Wedges(15)<br>Broccoli & Red Pepper(26)<br>Wheat Bread(150)<br>Fresh Banana(1)<br><b>703 Cals, 914mg Sodium</b>     | <b>Friday, September 25</b><br>Three-Bean Chili with Shredded Cheese(460)<br>California Veg(34)<br>Cornbread Bowl(180)<br>Mango in tray(0)<br><br><b>628 Cals; 829mg Sodium</b>              |
| <b>Monday, September 28</b><br>Veg Carbonara with Pasta(477)<br>Green Beans & Peppers(20)<br>Wheat Bread(150)<br>Fig Newton(210)<br><br><b>812 Cals; 1012mg Sodium</b>                          | <b>Tuesday, September 29</b><br><br><b>SITES CLOSED</b> | <b>Wednesday, September 30</b><br>Tofu & Artichoke Piccata(174)<br>Rice Pilaf(40)<br>Peas & Carrots(68)<br>Wheat Roll(150)<br>Fresh Orange(0)<br><b>757 Cals; 587mg Sodium</b>                                                  | <p><u><i>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</i></u></p> <p>*Indicates items with more than 500mg sodium</p>                                           |                                                                                                         |