



Menu – Week 4/7/19

Vegetable Paella w/Mixed Vegetables & Green Side Salad

(vegetable broth, sausage, garlic, artichoke, yellow squash, zucchini, carrots, asparagus, green peas, diced tomatoes, salt, pepper and other natural herbs and spices)

Lentils & Sweet Potatoes w/Jasmine Brown Rice & Green Side Salad

(onions, green bell peppers, garlic, cooked in vegetable stock. Spices: mild curry powder, salt and black pepper)

Red Quinoa Salad w/Pita Bread, Carrots & Green Side Salad

(corn, avocado, black beans, cherry tomatoes, lime juice, salt and black pepper)

Whole Wheat Seashell Mexican Pasta w/ Green Side Salad

(onions, bell peppers, corn, salsa, black beans, black olives, diced tomatoes)

Sausage & Peppers w/Whole Wheat Pasta

(red and green bell peppers, onions, garlic, sun dried tomatoes. Spices: oregano, parsley, salt and pepper)

100% Plant Based - 100% Nutritious - 100% Delicious