

Breakfast:

Oatmeal (No Dairy)
Strawberries
Apple-Cinnamon Buns
Fresh Homemade Yogurt
Fresh Homemade Granola
Sprouts
Condiment Tray
Fresh Homebaked Bread, Butter
Fresh Fruit Assortment
Variety of Teas, Lo-Fat and Regular Milk, Sanka

Breakfast:

Cream of Wheat
Vegetable Soup
Cooked Rice
Granola
Fresh Homemade Yogurt
Sprouts
Gingerbread
Fruit Salad
Condiment Tray
Fresh Homebaked Bread, Butter
Fresh Fruit Assortment
Variety of Teas, Lo-Fat and Regular Milk, Sanka

Breakfast:

Whole Wheat Cooked Cereal with Coconut
(aka Bear Mush Special, no dairy or sweetener)
Brown Rice
Special Sunday Tofu-Vegetable Soup
Granola
Boysenberry Yogurt
Mixed Nuts and Seeds
Sprouts
Assorted Fresh Fruit
Date Bread
Variety of Teas, Lo-Fat and Regular Milk, Sanka

Breakfast:

Scrambled Tasty Tofu
Brown Rice
Cooked Whole Pears
Fresh Homebaked Scones, Butter
Apples, Bananas, Oranges
Fresh Homemade Yogurt
Sprouts, Condiment Tray
Variety of Teas, Lo-Fat and Regular Milk, Sanka

Snack:

Peanut Butter
Fruit Jam
Crackers
Seasonal Variety of Fruit (Apples, Bananas, Oranges,
etc.)
Variety of Teas
Honey, Turbinado Sugar
Regular and Lo-Fat Milk, Sanka

Light Lunch:

Bagels and Cream Cheese
Fruit Jam
Peanut Butter
Raw Vegetables
Seasonal Variety of Fruit (Apples, Bananas, Oranges,
etc.)
Special Added Fruits
Variety of Teas
Honey, Turbinado Sugar
Regular and Lo-Fat Milk

Note: Tortilla Chips, Tasty Dip, and Bread and Butter are examples of other options that may be substituted.

Lunch:

Cream of Bean and Green Chile Soup
Cooked Fresh Asparagus
Salad Bar: Tossed Salad, Mixed Vegetables
Fresh Homemade Bread, Buns, and Butter
Assorted Fresh Fruit
Fruit Jam, Tahini (Sesame Butter)
Condiment Tray
Selection of Teas, Lo-Fat and Regular Milk, and
Sanka

Lunch:

Pasta-Vegetable Casserole
Salad Bar: Lettuce, Sprouts, Tomatoes, Cabbage,
Creamy Italian Dressing
Toasted Mixed Nuts
Peanut Butter
Condiment Tray
Fresh Homebaked Bread and Butter
Selection of Teas, Lo-Fat and Regular Milk, and
Sanka

Dinner:

Luscious Cheese Lasagna
Main Entree Alternative: Vegetable Soup
Cooked Broccoli
Salad Bar -- Tossed Salad, Sprouts, Marinated Beans
Oil-Vinegar-Avocado Dressing (No Dairy)
Condiment Tray
Fresh Homebaked Bread and Butter
Selection of Teas, Lo-Fat and Regular Milk, and
Sanka

Dinner:

Fried Rice with Snowpeas and Baked Tofu Cubes
Main Entree Alternative: Vegetable Soup
Baked Zucchini
Tossed Salad, Sprouts, Tomato Dressing
Cottage Cheese
Fruit Chutney
Condiment Tray
Fresh Homebaked Bread and Butter
Selection of Teas, Lo-Fat and Regular Milk, and
Sanka
Chocolate Pudding with Whipped Cream and Strawberry
Topping

Dinner:

Hefty Carrot Nut Loaf
Tomato or Mushroom Sauce
Main Entree Alternative: Vegetable Soup
Green Beans or Mashed Potatoes
Tossed Salad, Yogurt Dill Dressing
Fresh Homebaked Sesame and Plain Buns
Condiment Tray
Selection of Teas, Lo-Fat and Regular Milk, and
Sanka

Dinner:

Fresh Homemade Tortillas
Refried Beans
Main Entree Alternative: Vegetable Soup
Cooked Carrots
Half Avocado
Salad Bar: Lettuce, Grated Cheese, Sprouts, Salsa, Sour
Cream
Condiment Tray
Fresh Homebaked Bread and Butter
Selection of Teas, Lo-Fat and Regular Milk, and
Sanka

Dinner:

Potato-Cheese Casserole
Cooked Zucchini, Carrots, and Corn
Salad Bar: Lettuce, Beans, Tomatoes, Sprouts,
Hot Sauce, Avocado Dressing
Condiment Tray
Fresh Homebaked Bread and Butter
Selection of Teas, Lo-Fat and Regular Milk, and
Sanka

Dinner:

Eggplant Parmesan
Main Entree Alternative: Vegetable Soup
Cooked Broccoli
Salad Bar: Tossed Salad, Olive Dressing
Condiment Tray
Fresh Homebaked Bread and Butter
Selection of Teas, Lo-Fat and Regular Milk, and
Sanka

Dinner:

Shepherd's Pie

Mashed Potatoes

Main Entree Alternative: Vegetable Soup

Salad Bar -- Tossed Salad, Non-Dairy Dressing

Condiment Tray

Fresh Homebaked Poppy Seed Rolls and Butter

Selection of Teas, Lo-Fat and Regular Milk, and

Sanka

Dinner:

Baked Tasty Tofu
Main Entree Alternative: Vegetable Soup
Mashed Potatoes
Cheese Gravy
Cooked Carrots, Peas, and Greens
Salad Bar -- Fresh Spinach, Lettuce, Radish Slices, Alfalfa
Sprouts, Dill
Pickles, Tomato Dressing, and Beet/Onion Dressing
Condiment Tray
Fresh Homebaked Bread and Butter
Selection of Teas, Lo-Fat and Regular Milk, and
Sanka

Dinner:

Oven Fried Potatoes
Mixed Fresh Cooked Vegetables
Curry Sauce, Assorted Nuts Topping
Salad Bar -- Tossed Salad, Raisins, Avocado Dressing
Condiment Tray
Fresh Homebaked Bread and Butter
Selection of Teas, Lo-Fat and Regular Milk, and
Sanka

Dinner:

Noodles with Tofu-Cheese McNuggets
Hearty Mushroom Sauce
Main Entree Alternative: Vegetable Soup
Broccoli and Cooked Vegetables
Salad Bar: Tossed Salad, Oil and Vinegar Dressing
Condiment Tray
Fresh Homebaked Bread Rolls and Butter
Selection of Teas, Lo-Fat and Regular Milk, and
Sanka

Dinner:

Baked Tender Squash
Main Entree Alternative: Vegetable Soup
Zesty, Chunky Minestrone Soup
Salad Bar -- Corn-Olive-Hicamus Mix, Sunflower Seeds, Alfalfa
Sprouts, Lettuce, Grated Cheese, Creamy Avocado Dressing
Condiment Tray
Fresh Homebaked Bread and Butter
Selection of Teas, Lo-Fat and Regular Milk, and
Sanka