



January 2019 Veg HDM 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
31	New Year's Day Holiday! 1	BBQ Chickpeas Mashed Sweet Potatoes California Blend Vegetables Oatmeal Cookie Rye Bread 2	Falafel w/ Hummus Whole Grain Brown Rice Mixed Vegetables Fruit Wheat Bread 3	Stuffed Shells w/Marinara Green Beans Wheat Roll Fruit 4
Falafel w/ Apple Chutney Whole Grain Brown Rice Green Peas Rye Bread Chocolate Pudding 7	Tofu Bolognese Pasta Pasta Green Beans Italian Bread 8	Macaroni & Cheese Kale Greens Whole Grain Roll Fruit 9	Veggie Sausage w/Gravy White Rice Broccoli Cake Scali Bread 10	Spinach Lasagna with Marinara Sauce Carrots Snack Loaf Fruit 11
Chickpea Nuggets Whole Grain Brown Rice Green Peas Vanilla Pudding Italian Bread Sweet & Sour Dipping Sauce 14	Mushroom Black Bean Patty w/Honey Mustard White Rice California Blend Vegetables Fruit Wheat Roll 15	Tofu Fajita Bowl w/Shredded Cheddar Whole Grain Brown Rice Black Beans & Corn Fruit Rye Bread 16	Curried Chickpeas Polenta Whole Grain Roll Green Beans Holiday Cookie 17	Veggie Patty w/Mushroom Sauce Yellow Rice Carrots Scali Bread Fruit 18
Martin Luther King Holiday! 21	Veggie Sausage w/Cabbage Rice Pilaf Green Beans w/Red Peppers Scali Bread Fruit 22	Whole Grain Three Cheese Calzone Whole Grain Brown Rice Green Peas Rye Bread Brownie 23	BBQ Tofu Mashed Sweet Potatoes Kale Greens Fruit Italian Bread 24	Cheesy Rice & Vegetable Casserole Carrots Fruit Snack Loaf 25
Sweet Potato Corn Cake Rice Pilaf Collard Greens Vanilla Pudding Wheat Roll 28	Eggplant Rollatini Cheese Tortellini Mixed Vegetables Italian Bread Fruit 29	Whole Grain Cheese Quesadilla w/Sour Cream Broccoli Oatmeal Cookie Rye Bread 30	Teriyaki Tofu Whole Grain Brown Rice Green Beans Fruit Wheat Bread 31	

City Fresh Foods, Inc may use Milk, Eggs, Fish, Shellfish, Soy, Treenuts & Wheat in its meal development & production. City Fresh Foods is a Peanut-free facility. Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed. In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your server if a person in your party has a food allergy.