



April 2019 Veg HDM 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
Garlic Parmesan Tofu Rice Pilaf Broccoli Rye Bread Chocolate Pudding <b style="float: right;">1	WG Corn and Poblano Empanada Macaroni & Cheese Mixed Vegetables Wheat Roll Fruit <b style="float: right;">2	Chickpea Nuggets Curly Fries Green Beans Wheat Bread Fruit BBQ Dipping Sauce <b style="float: right;">3	Savory Fried Tofu w/ Brown Gravy Mashed Potatoes Corn with Red Peppers Italian Bread Fruit <b style="float: right;">4	Tofu & Artichoke Scampi Pasta Carrots Wheat Roll Fruit <b style="float: right;">5
Tomato Mozzarella Caprese Panini Whole Grain Panini Green Peas Rye Bread Sugar Free Jell-O <b style="float: right;">8	Veggie Burger w/Cheese White Hamburger Bun Baked Beans Snack Loaf Fruit Ketchup & Mustard <b style="float: right;">9	Veggie Carbonara Pasta Broccoli Wheat Roll Fruit <b style="float: right;">10	Vegetable Quiche w/Buttermilk Biscuit Sweet Potato Home Fries Wheat Bread Brownie <b style="float: right;">11	Lemon Garlic Chickpeas Mashed Potatoes Green Beans Scali Bread Fruit <b style="float: right;">12
Whole Grain Cheese Enchilada w/Tomato Sauce Brown Rice & Beans Corn w/ Peppers Italian Bread Butterscotch Pudding <b style="float: right;">15	Vegetarian Shepherd's Pie Broccoli Wheat Roll Fruit <b style="float: right;">16	Roasted Veggies & Cheese Panini Whole Grain Panini Sweet Potato Wedges Rye Bread Fruit <b style="float: right;">17	HOLIDAY MEAL Baked Honey Glazed Tofu Cheesy Scalloped Potatoes Carrots Cornbread Holiday Cookie <b style="float: right;">18	Whole Grain Cheese Pizza Green Peas Italian Bread Fruit <b style="float: right;">19
Eggplant Parmesan Cheese Tortellini Broccoli Wheat Bread Sugar Free Jell-O <b style="float: right;">22	Braised Garbanzo Beans & Vegetables w/Polenta Carrots Wheat Roll Fruit <b style="float: right;">23	Savory Fried Tofu Macaroni & Cheese Green Beans Wheat Bread Red Velvet Cake <b style="float: right;">24	Sweet Potato Corn Cake w/Honey Mustard White Rice Corn with Red Peppers Scali Bread Fruit <b style="float: right;">25	Veggie Patty Sweet Potato Fries Mixed Vegetables Snack Loaf Fruit Ketchup <b style="float: right;">26
Whole Grain Three Cheese Calzone w/Marinara Sauce Broccoli Wheat Roll Vanilla Pudding <b style="float: right;">29	BBQ Chickpeas Mashed Sweet Potatoes Mixed Vegetables Italian Bread Fruit <b style="float: right;">30			