



August 2019 Vegetarian HDM Menu

Highlighted items are Gluten Free

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
			Whole Grain Cheese Enchilada w/Tomato Sauce Brown Rice & Beans Mixed Vegetable Wheat Roll Fruit	Tofu & Artichoke Scampi GF Pasta Carrots Wheat Bread Fruit
Tomato Mozzarella Caprese Panini w/White Bean Spread on WG Panini Green Peas Italian Bread Chocolate Pudding	Cheese Tortellini Abruzzi w/ Veggie Sausage & Peppers California Blend Vegetables Wheat Bread Fruit	Black Bean Quinoa Stuffed Peppers Mashed Sweet Potatoes Kale Greens Rye Bread Fruit	BBQ Texas Veggie Burgerw/Onion Rings White Hamburger Bun Baked Beans Vegetable Medley Brownie	Lemon Garlic Chickpeas Mashed Potatoes Green Beans Scali Bread Fruit
5	6	7	8	9
Vegetarian Shepherd's Pie Carrots Italian Bread Sugar-Free Jello	Tofu Picatta GF Pasta Broccoli Wheat Roll Fruit	Veggie Nuggets Sweet Potato Fries Mixed Vegetables Scali Bread Fruit Ketchup	Braised Tofu w/ Peach Chutney Vegetable Wild Rice Beets & Greens Wheat Roll Fruit	Whole Grain Cheese Pizza Green Peas Italian Bread Fruit
12	13	14	15	16
Eggplant Parmesan Cheese Tortellini Broccoli Wheat Bread Butterscoth Pudding	Braised Garbanzo Beans & Vegetables Mashed Potatoes Carrots Wheat Roll Fruit	Savory Fried Tofu Macaroni & Cheese Green Beans Wheat Bread Fruit	Veggie Fritters w/Herbed Aoili Rice Pilaf Mixed Vegetables Scali Bread Fruit	Teriyaki Tofu White Rice Corn w/Red Peppers Snackloaf Fruit
19	20	21	22	23
Vegetable Primavera Cheese Tortellini Green Peas Wheat Bread Sugar-Free Jello	Veggie Patty Sweet Potato Hash Collard Greens Scali Bread Fruit	Veggie Carbonara Whole Grain Pasta Broccoli Wheat Roll Fruit	Holiday Meal Lemon Herb Chickpeas Vegetable Couscous Mixed Vegetable Scali Bread Carrot Cake	Creamy Nut-Free Pesto Tofu Polenta Beets & Greens Wheat Roll Fruit
26	27	28	29	30