



VEGETARIAN DINNER MENU

Week of September 30th - October 4th

Monday September 30th

Teriyaki Tofu

teriyaki glazed tofu cutlet served over sticky rice with seasonal vegetables

Tuesday October 1st

Crispy Tempeh Caesar Salad

crispy breaded tempeh, romaine lettuce, crouton, parmesan cheese, and house made caesar dressing

Wednesday October 2nd

Mushroom Scampi

sauteed mushrooms tossed in white wine, garlic, butter, and fresh herbs served over angel hair pasta and sauteed green beans

Thursday October 3rd

BBQ Braised Mushroom Sandwiches

slow braised BBQ mushroom sandwich served with pickled red onion, cabbage slaw, and mac & cheese

Friday October 4th

Cauliflower Karaage

crispy and tender marinated Japanese style fried cauliflower served with steamed rice and kimchi vegetables

Prix Fixe Meal Addition: Furikake Tots/ Matcha Cake



VEGETARIAN DINNER MENU

Week of October 7th - 11th

Monday October 7th

Italian Caprese Portobello Sandwich

grilled portobello mushroom topped with tomato, fresh mozzarella, basil, arugula, and a balsamic glaze served on a toasted bun with roasted asparagus

Tuesday October 8th

Crispy Black Bean Tacos

classic "Taco Tuesday" taco kit with seasoned black beans, shredded lettuce, diced tomato, jack cheese, and crispy taco shells

Wednesday October 9th

Vegetable Pot Pie

a stew of vegetables topped with fresh baked pie crust in a "personal pie" serving size

Thursday October 10th

Falafel Wrap

falafel, tomato, cucumber, feta cheese, kalamata olives, romaine lettuce, tzatziki sauce with Greek style potato wedges

Friday October 11th

Zucchini Cakes

house made zucchini cake breaded and pan fried served with rice pilaf, seasonal vegetable, and a classic remoulade sauce

Prix Fixe Meal Addition: Wedge Salad/ Corn Chowder



VEGETARIAN DINNER MENU

Week of October 14th - 18th

Monday October 14th

General Tso's Tofu

battered tofu tossed with our homemade General Tso's sauce served over sticky rice and steamed broccoli

Tuesday October 15th

Portobello Fajitas

spiced portobello mushrooms tossed with peppers and onions served with tortillas, rice, and beans

Wednesday October 16th

Tofu & Mushroom Cutlet

tofu cutlet tossed with mushroom gravy and served over egg noodles and a side salad

Thursday October 17th

Monte Cristo Sandwich

classic griddled sandwich made with swiss cheese and dipped in french toast batter served with fruit salad and preserves

Friday October 18th

Baked Ziti

classic Italian American baked pasta casserole made with Ziti pasta tossed with marinara sauce, and an assortment of cheeses

Prix Fixe Meal Addition: Focaccia/ Limoncello Tarts



VEGETARIAN DINNER MENU

Week of October 21st - 25th

Monday October 21st

Pierogies & Mushrooms

sauteed mushrooms with potato & cheese pierogies served with sauerkraut

Tuesday October 22nd

Sweet Potato Mole Plate

tender roasted sweet potatoes topped with our house made spiced mole sauce served with a side of rice, beans, and corn tortillas

Wednesday October 23rd

Garden Veggie Burgers

classic veggie burger topped with cheddar cheese, lettuce, tomato, pickle and fry sauce on a toasted brioche bun served with potato wedges

Thursday October 24th

Teriyaki Tofu

tofu cutlet glazed with our house made teriyaki sauce and pineapple salsa served with sticky rice and sauteed local vegetable

Friday October 25th

****School Closed***
