

MEAL THEMES: MAIN MEALS

Italian	American	Latino	Asian	Soups	Salads	Sandwiches
Alfredo Penne	Black Bean & Potato Burger	Veggie Burrito	Yellow Curry Tofu	Minestrone Soup	Avacado Tomato Salad	Peanut Butter & Jelly
Rigatoni	Classic Veggie Burger	Bean Tostadas	Masala Chana	Lentil Soup	Caesar Chef Salad	Tofu Egg Salad Sandwich
Spaghetti	Sweet Potato Fries	Tomato & Cheese Quesadillas	Veggie Egg Rolls	Roasted Tomato Basil	Eggplant Tahini Salad	Chickpea Tuna Sandwich
Spinach Fettuccini	Barbeque Tofurki	Tofu Enchiladas	Vegetable Red Curry	Split Pea Soup	Wild Rice Salad	Avacado Tomato Sandwich
Lasagna Broccoli	Stuffed Cabbage Strudel	Taco with Veggie Burger Crumbles	Vegetable Lo Mein	Vegetable Soup	Haystacks	Vegetable Pita Sandwich
Vegetarian Pizza	Potato Salad	Mole with Garlic Flat Bread	Oriental Saute (Veggie Rice)	Butternut Squash Soup	Ginger Basmati Rice Salad	Veggie Burger Sandwich
Bruschetta	Asparagus Souffle'	Taquitos Stuffed with Tofu & Grilled Corn	Vegetable Rice Noodles	Chili Bean Soup	Kale Salad	Tomato Tofu Pita Sandwich
Breaded Eggplant			Sweet & Sour Tofu	Chick Pea Soup	Potato Lentil Salad	Vegetable Spinach Wrap
Ricotto Corn			Chapati Rice & Beans	Broccoli & Carrot Soup	Spinach Roasted Garlic	
				Potato Soup	Tex Mex Bean Salad	
				Cinnamon Pumpkin Soup	Macaroni Salad	
				Hummus Soup	Potato Salad	
					Cabbage Salad	
					White Bean Salad	
					Carrot Salad	