

# Winter Menu 2021-2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	<p>SWEET POTATO AND LENTIL SOUP Masala, olive oil, onion, apple, garlic, ginger, sweet potato, veg stock, Red lentils, lime, coconut milk.</p> <p>VEGETABLE STICKS SPELT BREAD/GF BREAD/BUTTER/DF SPREAD FRUIT</p>	<p>VEGETABLE NOODLE POT Rice noodles, peas, corn, grated carrot, green onion, peppers, edamame, tamari, honey, garlic, lemon juice, ginger.</p> <p>EGG OMELETTE STRIPS/CHICKPEAS SALAD Romaine lettuce, spring mix, sliced strawberries, olive oil, apple cider vinegar, honey, Dijon, salt, and pepper FRUIT</p>	<p>SPELT PIZZA WITH VEGGIE SAUSAGE AND BROCCOLI GLUTEN-FREE/ DAIRY-FREE AVAILABLE CHICKPEA AND BLACKBEAN SALAD Corn, green onion, shredded carrot, cherry tomatoes, garlic, balsamic, Olive oil, salt and pepper, basil. FRUIT</p>	<p>BUTTERNUT SQUASH AND CHICKPEA TAGINE WITH QUINOA Olive oil, onion, garlic, ginger, coriander, cumin, cinnamon, chili powder, Butternut squash, carrots, zucchini, chopped tomatoes, chickpeas PERSIAN SALAD Tomato, cucumber, green onion, parsley, olive oil, lemon juice, salt, and pepper YOGURT/ DAIRY-FREE YOGURT FRUIT</p>	<p>VEGETARIAN CHILI MAC Olive oil, onion, pepper, corn, chili powder, cumin, garlic, kidney beans, Crushed tomatoes, tomato sauce, veg broth, rice pasta, salt, and pepper Cheese/ dairy-free Cheese FRESH FRUIT SALAD</p>
<b>WEEK 2</b>	<p>RICE AND TOMATO SOUP Olive oil, celery, garlic, chopped tomatoes, chickpeas, stock, basil, parsley, salt, and pepper.</p> <p>Spelt bread and butter/ dairy-free spread AVOCADO AND ORANGE SALAD Salt, pepper, mint, peas, olive oil, vinegar, and lemon juice FRUIT</p>	<p>SINGAPORE NOODLES Rice noodles, curry powder, turmeric, olive oil, tamari, onions, grated carrot, celery, peppers, onions, snow-peas.</p> <p>CHICKPEA SALAD Balsamic, olive oil, salt, pepper, honey, oregano, peppers, chopped tomato, cucumber, and green onion. Yogurt/ dairy-free Yogurt FRUIT</p>	<p>LENTIL AND CHEESE QUESADILLAS Olive oil, onion, garlic, pepper, corn, chili powder, cumin, salt, pepper, vegetable broth, lentils, lime juice, green onion. Cheese/ dairy-free Cheese Yogurt/ dairy-free Yogurt FRESH FRUIT SALAD</p>	<p>BLACK BEAN QUINOA CASSEROLE Black beans, quinoa, onion, olive oil, garlic, peppers, chili powder, cumin, oregano, diced tomatoes, corn. Cheese/ dairy-free cheese VEGETABLE STICKS FRUIT</p>	<p>BUTTERNUT MAC CHEESE Butternut, rice pasta, parsley, cream/coconut milk Cheese/dairy-free cheese CHOPPED SALAD with Edamame FRUIT</p>
<b>WEEK 3</b>	<p>CREAMY BROCCOLI SOUP Leeks, broccoli, garlic, cream/coconut milk, veg stock, salt, and pepper, thyme, parsley Sweet potato tortilla chips Cheese/Dairy Free Cheese SALAD Quinoa Salad with Vegetables and chick-peas FRUIT</p>	<p>STIR FRY VEGGIES WITH BLACK BEAN SAUCE NOODLES Green onion, grated carrot, ginger, garlic, peppers, zucchini, bok choy, snow peas and edamame FRUIT SALAD</p>	<p>SPELT PIZZA WITH PEPPERS AND BROCCOLI GLUTEN-FREE/ DAIRY-FREE AVAILABLE EGGS/CHICKPEAS FRESH VEGETABLE STICKS FRUIT</p>	<p>SOUTHWEST VEGETARIAN BAKE Rice, black bean, corn, diced tomato, peppers, onion, veg stock, garlic, salt, pepper, chili powder SALSA CHEESE/ DAIRY-FREE CHEESE YOGURT/ DAIRY FREE YOGURT MEXICAN SALAD WITH LIME DRESSING Tomato, cucumber, green onion, grated carrot, lime juice, olive oil, honey, cumin, parsley. FRUIT</p>	<p>CAULIFLOWER ALFREDO WITH SPINACH AND CHOPPED TOMATO EGGS/CHICK-PEAS SALAD FRUIT</p>
<b>WEEK 4</b>	<p>GYPSY SOUP Spelt/GF Bread and Butter/Dairy free spread Yogurt/Dairy Free Yogurt RAINBOW VEGGIE RICE NOODLE SALAD FRUIT</p>	<p>RED LENTIL AND VEGETABLE DHAL Basmati rice FRUIT SALAD</p>	<p>VEGGIE AND BLACKBEAN QUESADILLA, GF WRAPS, CHEESE/ DAIRY-FREE CHEESE Salsa FRESH VEGETABLE STICKS</p>	<p>ZUCCHINI, PEPPER, AND CHEESE/DF CHEESE FRITTATTA (EGG FREE ALTERNATIVE) MEXICAN RICE AND BEAN SALAD FRUIT SALAD</p>	<p>PENNE PASTA WITH TOMATO VEGETABLE SAUCE Rice penne, olive oil, celery, onions, carrots, cauliflower, spinach, zucchini, marinara sauce, garlic, fresh basil, salt, and pepper Cheese/ Dairy-free cheese BLUEBERRY BASIL AND CHOPPED VEGGIE SALAD Peppers, green beans, zucchini, corn, grape tomato, olive oil, lemon juice, garlic, salt, and pepper FRUIT</p>

