



VEGAN

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Black Beans

With Roasted Sweet Potatoes in Garlic Sauce

Savory Sweet Potatoes

Garlic and Ginger

Baked Spicy Sweet Potatoes

Spinach Lasagna

Butternut Squash, Kale and Apple Salad

Spinach and Chickpea Salad

Butternut Squash and Spinach

In Coconut Curry Sauce

Vegan Chili

with Impossible Meat

Chickpea Fritters

Vegan Mac and Cheese

Chickpea Stew

Potatoes, Celery and Carrots

Vegan Picadillo

Vegan Sloppy Joe

Made with Cremini Mushrooms

Chopped Kale, Basil, Red Onions, Grape Tomatoes

In a Lemon Vinaigrette

Vegetable Curry

Seasonal

Grilled Eggplant

Vegetable Stew

Seasonal

Grilled Marinated Portobello Mushrooms

Wish Kabobs

Vegetable and Tofu or Tempah

Pasta Primavera

Yellow Rice

with Mixed Vegetables

Pasta with Eggplant Ragu

Roasted Carrots

Garlic, fresh thyme, fresh parsley



VEGETARIAN

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Avocado Egg Salad

Baked Ziti

Ricotta, Parmesan, Mozzarella Cheese
in Marinara Sauce or Béchamel Sauce

Cauliflower Parmesan

In Marinara Sauce or Béchamel Sauce

Classic Egg Salad

Creamy Cucumber Salad

Yogurt and Dill Sauce

Eggplant Parmesan

In Marinara Sauce or Béchamel Sauce

Mashed Sweet Potatoes

Pesto Pasta

With Arugula, Asparagus, Peas, and Pistachios

Portobello Parmesan

In Marinara Sauce or Béchamel Sauce

Spinach Lasagna

In Marinara Sauce or Béchamel Sauce
