

Community Table

Vegetarian Entrée

MAY-OCT, 2024

PH: 707-525-0143 X104
Seniors 60 Yr. & Older

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

MONTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST				AUGUST 8/1 Tofu with Pesto, Italian Vegetable Medley, Rigatoni, Kiwi	8/2 Garlic Marinated Tofu, Garlic Roasted Broccoli, Seasoned Chickpeas, Brown Rice, Cantaloupe
	8/5 Paprika TVP Nuggets, Seasoned White Beans, Stewed Greens, Bulgar, Applesauce, Cookies	8/6 Black Pepper Tofu, Stir Fry Vegetable Blend, Fried Rice, Tropical Fruit Cup, Cookies	8/7 Baked Herb Tempeh, Garlic Roasted Broccoli, Roasted Red Potatos, Kiwi, Cookies	8/8 Mac and Cheese with Mushrooms & TVP, Capri Blend, Watermelon, Cookies	8/9 Tandoori Tofu, Spinach, Indian spiced garbanzo beans, Cilantro Lime Rice, Pineapple, Cookies
	8/12 TVP Fiesta, Green Beans, Black Beans, Spanish Brown Rice, Applesauce	8/13 TVP Pot Pie, Garlic Roasted Cauliflower, Potato Medley, Peach Cup	8/14 Vegetarian Chili, 5 Way Vegetable Blend, Bulgar, Banana	8/15 TVP and Mariana Sauce, Peas & Carrots, Pasta, Pineapple	8/16 Sweet & Sour Tofu, Stir Fry Vegetable Medley, Fried Rice, Orange
	8/19 Chili Lime Cumin TVP, Greens Beans, Pinto Beans, Couscous, Peach Cup	8/20 Teriyaki Tofu, Stir Fry Vegetable Medley, Fried Rice, California Fruit Blend	8/21 TVP w/ Sun Dried Tomato Florentine Sauce, Italian Vegetable Blend, Barley, Orange	8/22 Cajun TVP, Spinach, Corn, Lime Rice, Kiwi	8/23 Lentil Bake, Zucchini, Tomatoes & Green Beans, Quinoa, Honeydew Melon
	8/26 TVP with Enchilada Sauce, Black Beans, Garlic Roasted Broccoli, Spanish Brown Rice, Tropical Fruit Cup	8/27 Vegetable Frittata, Capri Vegetable Blend, Bulgar, Banana, Cookies	8/28 TVP & Vegetable Melitzana, Summer Squash, Pasta, Orange	8/29 TVP with Creole Sauce, Peas & Carrots, Brown Rice, Pineapple	8/30 Lentil Bolognese, Green Beans, Mushrooms & Summer Squash, Barley, California Fruit Blend
SEPTEMBER	SEPTEMBER 9/2 Our Office is Closed in Observance of the Labor Day Holiday	9/3 Balsamic Tofu, Zucchini, Peppers & Tomatoes, Couscous, Banana, Cookies	9/4 Mushroom Frittata, Garlic Roasted Broccoli, Potato Medley, Watermelon, Cookies	9/5 TVP Alfredo, Capri Vegetable Blend, Pasta, Pineapple, Cookies	9/6 Parmesan Veggie Patty, Broccoli, Peas, & Mushrooms, Barley, Kiwi, Cookies
	9/9 TVP & Vegetable Fajitas, Pinto Beans, Carrots, Spanish Brown Rice, California Fruit Blend	9/10 BBQ Lentils, Garlic Roasted Cauliflower, Corn, Bulgar, Applesauce	9/11 Salisbury Tempeh, Green Beans, Mashed Potatoes, Banana	6/30 Tofu with Pesto, Italian Vegetable Medley, Rigatoni, Kiwi	9/13 Garlic Marinated Tofu, Garlic Roasted Broccoli, Seasoned Chickpeas, Brown Rice, Cantaloupe
	9/16 Paprika TVP Nuggets, Seasoned White Beans, Stewed Greens, Bulgar, Applesauce	9/17 Black Pepper Tofu, Stir Fry Vegetable Blend, Fried Rice, Tropical Fruit Cup	9/18 Baked Herb Tempeh, Garlic Roasted Broccoli, Roasted Red Potatos, Kiwi	9/19 Mac and Cheese with Mushrooms & TVP, Capri Blend, Watermelon	9/20 Tandoori Tofu, Spinach, Indian spiced garbanzo beans, Cilantro Lime Rice, Pineapple
	9/23 TVP Fiesta, Green Beans, Black Beans, Spanish Brown Rice, Applesauce	9/24 TVP Pot Pie, Garlic Roasted Cauliflower, Potato Medley, Peach Cup	9/25 Vegetarian Chili, 5 Way Vegetable Blend, Bulgar, Banana	9/26 TVP and Mariana Sauce, Peas & Carrots, Pasta, Pineapple	9/27 Sweet & Sour Tofu, Stir Fry Vegetable Medley, Fried Rice, Orange
	9/30 Chili Lime Cumin TVP, Greens Beans, Pinto Beans, Couscous, Peach Cup				
OCTOBER		OCTOBER 10/1 Teriyaki Tofu, Stir Fry Vegetable Medley, Fried Rice, California Fruit Blend	10/2 TVP & Sun Dried Tomato Florentine Sauce, Italian Vegetable Blend, Barley, Orange	10/3 Cajun TVP, Spinach, Corn, Lime Rice, Kiwi	10/4 Lentil Bake, Zucchini, Tomatoes & Green Beans, Quinoa, Honeydew Melon
	10/7 TVP with Enchilada Sauce, Black Beans, Garlic Roasted Broccoli, Spanish Brown Rice, Tropical Fruit Cup, Cookies	10/8 Vegetable Frittata, Capri Vegetable Blend, Bulgar, Banana, Cookies	10/9 TVP Melitzana, Summer Squash, Pasta, Orange, Cookies	10/10 TVP with Creole Sauce, Peas & Carrots, Brown Rice, Pineapple, Cookies	10/11 Lentil Bolognese, Green Beans, Mushrooms & Summer Squash, Barley, California Fruit Blend, Cookies
	10/14 Tofu Tikka Masala, Indian Spiced Garbanzo Beans, Spinach, Quinoa, Applesauce	10/15 Balsamic Tofu, Zucchini, Peppers & Tomatoes, Couscous, Banana	10/16 Mushroom Frittata, Garlic Roasted Broccoli, Potato Medley, Watermelon	10/17 TVP Alfredo, Capri Vegetable Blend, Pasta, Pineapple	10/18 Parmesan Veggie Patty, Broccoli, Peas, & Mushrooms, Barley, Kiwi
	10/21 TVP Fajitas, Pinto Beans, Carrots, Spanish Brown Rice, California Fruit Blend	10/22 BBQ Lentils, Garlic Roasted Cauliflower, Corn, Bulgar, Applesauce	10/23 Salisbury Tempeh, Green Beans, Mashed Potatoes, Banana	10/24 Tofu with Pesto, Italian Vegetable Medley, Rigatoni, Kiwi	10/25 Garlic Marinated Tofu, Garlic Roasted Broccoli, Seasoned Chickpeas, Brown Rice, Cantaloupe
	10/28 Paprika TVP Nuggets, Seasoned White Beans, Stewed Greens, Bulgar, Applesauce	10/29 Black Pepper Tofu, Stir Fry Vegetable Blend, Fried Rice, Tropical Fruit Cup	10/30 Baked Herb Tempeh, Garlic Roasted Broccoli, Roasted Red Potatos, Kiwi	10/31 Mac and Cheese with Mushrooms & TVP, Capri Blend, Watermelon	

All Meals are Low-Sodium, Low-Fat, No Added Sugar, and Served with Wheat Bread and 1% Milk.

It costs \$9.00 to produce each meal. A \$4.00 contribution per meal is suggested, but any amount is appreciated.

If you are not going to be coming to lunch, please call us one week in advance to cancel your reservation at 707-525-0143 x 104

Our offices will be closed on the following Dates: 5/27, 6/19, 7/4, 9/2