

LUNCH IS SERVED DAILY

MONDAY - FRIDAY

AT 11:30AM






March

**CALL 510-799-8219,
TO MAKE YOUR LUNCH RESERVATIONS**

**Reservations must be made in advance on
a first-come, first served basis.**

Note meal cap is in effect

VEGETARIAN MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| 3/2 Lentil Stew Whole Kernel Corn California Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT | 3/3 Cheese Enchiladas Black Beans Fiesta Vegetables FRUIT/DESSERT | 3/4 Chana Masala w/Brown Rice Collard Greens Diced Beets FRUIT/DESSERT  | 3/5 Cheese Omelet w/Shredded Cheese Spinach Cauliflower Whole Wheat Roll w/Butter FRUIT/DESSERT | 3/6 Tofu Chow Mein w/Noodles Asian Vegetables Carrots FRUIT/DESSERT |
| 3/9 Bean & Cheese Burrito w/Enchilada Sauce & Shredded Cheese Fiesta Vegetables Mexicali Corn FRUIT/DESSERT | 3/10 Buffalo Tofu w/Brown Rice Broccoli Peas & Carrots FRUIT/DESSERT | 3/11 Spaghetti with Vegetarian Meatballs and Marinara Sauce Mixed Vegetables Cauliflower FRUIT/DESSERT | 3/12 Tofu Curry w/Brown Rice Brussels Sprouts Stewed Tomatoes FRUIT/DESSERT | 3/13 Vegetarian Chili w/Beans Sweet Potatoes Green Beans w/Red Bell Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT |
| 3/16 Tofu Chow Mein w/Noodles Asian Vegetables Carrots FRUIT/DESSERT | 3/17 Lentil Stew Whole Kernel Corn California Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT  | 3/18 Cheese Enchiladas Black Beans Fiesta Vegetables FRUIT/DESSERT | 3/19 Chana Masala w/Brown Rice Collard Greens Diced Beets FRUIT/DESSERT | 3/20 Cheese Omelet w/Shredded Cheese Spinach Cauliflower Whole Wheat Roll w/Butter FRUIT/DESSERT |
| 3/23 Vegetarian Chili w/Beans Sweet Potatoes Green Beans w/Red Bell Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT | 3/24 Bean & Cheese Burrito w/Enchilada Sauce & Shredded Cheese Fiesta Vegetables Mexicali Corn FRUIT/DESSERT | 3/25 Buffalo Tofu w/Brown Rice Broccoli Peas & Carrots FRUIT/DESSERT | 3/26 Spaghetti with Vegetarian Meatballs and Marinara Sauce Mixed Vegetables Cauliflower FRUIT/DESSERT | 3/27 Tofu Curry w/Brown Rice Brussels Sprouts Stewed Tomatoes FRUIT/DESSERT |
| 3/30 Cheese Omelet w/Shredded Cheese Spinach Cauliflower Whole Wheat Roll w/Butter FRUIT/DESSERT | 3/31 Spring into Wellness Fair FREE 2pm-4pm Tofu Chow Mein w/Noodles Asian Vegetables Carrots FRUIT/DESSERT |  |  |  |

Please call 510-799-8219, to reserve your lunch one business day before noon. Menus available at www.HerculesCa.gov

Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.