

VEGETARIAN

HEALTHY MEAT-FREE MEAL

MONDAY & WEDNESDAY

Oatmeal with fruit
Tofurky sandwich
Paste with tomato sauce

TUESDAY & THURSDAY

Soup and salad
Tofurky sandwich
Hummus wrap

FRIDAY

Oatmeal with fruit
Veggie Lasagna
Salad with tofu and nuts

Vegetarian Menu

M Woodhall



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