

# Aug/Sept 2018 Vegetarian Menu



Spicy Sunshine Catering

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fresh Vegetable Plate</b> Fresh Organic Cucumbers, Carrots 1 String Cheesestick Cherry Tomatoes Brown Rice & Quinoa , Fruit  This Option is Large Only 27-Aug	<b>Hummus Wrap</b> Veggie Cous Cous salad Fruit Cup Small= 2 Pinwheels Large=4 Pinwheels  ♥♥♥ Vegan 28-Aug	<b>Hummus Quesadilla</b> w/ Lettuce & Tomato Fresh Pico de gallo, Fruit Cup Small= 2 slices Large= 4 Slices  ♥♥♥ Vegan 29-Aug	<b>Black bean Burger w/</b> Fresh Carrot Sticks Orange Slices Small=2 Sliders Large=4 Sliders  ♥♥♥ Vegan 30-Aug	<b>Cheesy Bread</b> Cucumber Tomato Salad Fruit Small=2 sticks Large = 4 sticks 31-Aug
<b>Baked Spaghetti Primavera</b> Fruit Cup Bread Stick Small 4oz Portion Large 8oz Portion 3-Sep	<b>Roasted Vegetable Wrap</b> Spinach Pesto Pasta Salad Fruit Cup Small= 2 Pinwheels Large=3 Pinwheels  ♥♥♥ Vegan 4-Sep	<b>Stir Fried Teriyaki Vegetable</b> Lo Mein & Vegetable Spring Roll Fresh Fruit Cup Small= 4oz Large= 8oz  ♥♥♥ Vegan 5-Sep	<b>Bean &amp; Cheese Tacos</b> Spanish Rice ,Pico De Gallo Orange Slices Small=4oz Large=8oz 6-Sep	<b>Cheesy Bread</b> Cucumber Tomato Salad Fruit Small=2 sticks Large = 4 sticks 7-Sep
<b>Fresh Vegetable Plate</b> Fresh Organic Cucumbers, Carrots 1 String Cheesestick Cherry Tomatoes Brown Rice & Quinoa , Fruit This Option is Large Only 10-Sep	<b>Hummus Wrap</b> Veggie Cous Cous salad Fruit Cup Small= 2 Pinwheels Large=4 Pinwheels  ♥♥♥ Vegan 11-Sep	<b>Hummus Quesadilla</b> w/ Lettuce & Tomato Fresh Pico de gallo, Fruit Cup Small= 2 slices Large= 4 Slices  ♥♥♥ Vegan 12-Sep	<b>Black bean Burger w/</b> Fresh Carrot Sticks Orange Slices Small=2 Sliders Large=4 Sliders  ♥♥♥ Vegan 13-Sep	<b>Cheesy Bread</b> Cucumber Tomato Salad Fruit Small=2 sticks Large = 4 sticks 14-Sep
<b>Primavera Veggie Pizza</b> Garden salad Fruit Small=2 small slices Large=4 small slices 17-Sep	<b>Roasted Vegetable Wrap</b> Spinach Pesto Pasta Salad Fruit Cup Small= 2 Pinwheels Large=3 Pinwheels  ♥♥♥ Vegan 18-Sep	<b>Stir Fried Teriyaki Vegetable</b> Lo Mein & Vegetable Spring Roll Fresh Fruit Cup Small= 4oz Large= 8oz  ♥♥♥ Vegan 19-Sep	<b>Bean &amp; Cheese Tacos</b> Spanish Rice ,Pico De Gallo Orange Slices Small=4oz Large=8oz 20-Sep	<b>Cheesy Bread</b> Cucumber Tomato Salad Fruit Small=2 sticks Large = 4 sticks 21-Sep
<b>Fresh Vegetable Plate</b> Fresh Organic Cucumbers, Carrots 1 String Cheesestick Cherry Tomatoes Brown Rice & Quinoa , Fruit This Option is Large Only 24-Sep	<b>Roasted Vegetable Wrap</b> Veggie Cous Cous salad Fruit Cup Small= 2 Pinwheels Large=3 Pinwheels  ♥♥♥ Vegan 25-Sep	<b>Stir Fried Teriyaki Vegetable</b> Lo Mein & Vegetable Spring Roll Fresh Fruit Cup Small= 4oz Large= 8oz  ♥♥♥ Vegan 26-Sep	<b>Black bean Burger w/</b> Fresh Carrot Sticks Orange Slices Small=2 Sliders Large=4 Sliders  ♥♥♥ Vegan 27-Sep	<b>Cheesy Bread</b> Cucumber Tomato Salad Fruit Small=2 sticks Large = 4 sticks 28-Sep