

LUNCH IS SERVED

AT 11:30AM

MONDAY - FRIDAY



CALL 510-799-8219

MAKE YOUR LUNCH RESERVATIONS

AT LEAST ONE BUSINESS DAY

IN ADVANCE!

**VEGETARIAN**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>ALTERNATIVE ENTRÉES:</b>		<b>11/1</b>
		<b>Daily Entrée Options:</b>  <b>Vegetarian Menu</b> <b>Or</b> <b>Cranberry Walnut Chicken w/ Balsamic Vinaigrette</b>  <b>Must request alternative entrée in advance.</b>		Garbanzo Bean Stew over Brown Rice Winter Vegetables Spinach FRUIT/DESSERT
<b>11/4</b>	<b>11/5</b>	<b>11/6</b>	<b>11/7</b>	<b>11/8</b>
Curry Tofu Brown Rice Carrots Broccoli FRUIT/DESSERT	Cheese Enchilada Bake California Vegetables Spinach FRUIT/DESSERT	Vegetarian Lentil Stew Brown Rice Zucchini Fiesta Vegetables FRUIT/DESSERT	Vegetable Frittata w/Salsa Red Potatoes Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT	Cheesy Penne Bake Scandinavian Vegetables Green Beans w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT
<b>11/11</b>	<b>11/12</b>	<b>11/13</b>	<b>11/14</b>	<b>11/15</b>
<b>CLOSED</b>  <b>VETERANS DAY</b>	Vegetable Lasagna Italian Vegetables Green Beans w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	Bean & Cheese Burrito w/Enchilada Sauce Fiesta Vegetables Mexicali Corn FRUIT/DESSERT	Macaroni & Cheese Peas & Carrots California Vegetables FRUIT/DESSERT	Tofu Bolognese w/Whole Grain Spaghetti Carrots Green Beans w/Red Peppers FRUIT/DESSERT
<b>11/18</b>	<b>11/19</b>	<b>11/20</b>	<b>11/21</b>	<b>11/22</b>
Cheesy Penne Bake Scandinavian Vegetables Green Beans w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	Curry Tofu Brown Rice Carrots Broccoli FRUIT/DESSERT	Cheese Enchilada Bake California Vegetables Spinach FRUIT/DESSERT	Vegetarian Lentil Stew Brown Rice Zucchini Fiesta Vegetables FRUIT/DESSERT	Vegetable Frittata w/Salsa Red Potatoes Winter Vegetables Whole Wheat Roll w/Butter FRUIT/DESSERT
<b>11/25</b>	<b>11/26</b>	<b>11/27</b>	<b>11/28</b>	<b>11/29</b>
Tofu Bolognese w/Whole Grain Spaghetti Carrots Green Beans w/Red Peppers FRUIT/DESSERT	Garbanzo Bean Stew over Brown Rice Winter Vegetables Spinach FRUIT/DESSERT	Vegetable Lasagna Italian Vegetables Green Beans w/Red Peppers Whole Wheat Roll w/Butter FRUIT/DESSERT	<b>CLOSED</b>  <b>THANKSGIVING DAY</b>	<b>CLOSED</b>  <b>DAY AFTER THANKSGIVING</b>

Please call 510-799-8219, to reserve your lunch, one day in advance by noon. Menu available at [www.HerculesCa.gov](http://www.HerculesCa.gov)