



199-21 Murdock Avenue - Saint Albans - New York 11412

917-856-8683 * atozcateringhouse@gmail.com * www.caterers.catering

VEGAN MENU

All Meals includes Soy Milk and Seasonal Fruit

Brown Rice Curried Lentil Stew Veggie Stir Fry w/ Tofu Tomatoes	Cherry Tomato Vegan Pasta Salad Zucchini	Baked Tofu Nuggets Roasted Potatoes and Sweet Peppers Beets	Avocado Sandwiches Avocado Whole Grain Bread Black Beans Peas	Smokey Vegan Mac "n" Cheese Spinach and Chickpeas
Oli-Free Vegan Fried Rice Veggies & Tofu	Vegan Pasta and Lentil Stew w/ Tomatoes	Bean and Tofu Burger Brown Rice Broccoli	Nut/Sun Butter & Banana Sandwiches Celery and Carrot Sticks Hummus	Vegan Chili Mac Cucumbers
Meatless Bolognese Sauce Vegan Pasta Asparagus	Southwest Quinoa Black Beans Tortilla Chips Cherry Tomatoes	Vegan Pasta w/ Olive Oil Zucchini, Squash & Carrots Dried Fruit & Sunflower Seeds	Black Bean and Tofu Burrito Baked Sweet Potatoes	Pasta Zucchini, Squash & Carrots Dried Fruit & Sunflower Seeds
Brown Rice Curried Lentil Stew Veggie Stir Fry w/ Tofu Tomatoes	Cherry Tomato Vegan Pasta Salad Zucchini	Baked Tofu Nuggets Beets Roasted Potatoes and Sweet Peppers	Avocado Sandwiches Avocado Whole Grain Bread Black Beans Peas	Smokey Vegan Mac "n" Cheese Spinach