



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

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

July 2021

VEGAN MENU All Meals includes Soy Milk 6oz. and Seasonal Fruit ½ cup				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Veggie Burger Roasted Potatoes and Sweet Peppers Beets	Southwest Quinoa Black Beans Tortilla Chips Cherry Tomatoes
Holiday	Vegan Pasta and Green Peas Stew w/ Tomatoes	Meatless Meatballs Brown Rice Broccoli	Nut/Sun Butter & Banana Sandwiches Carrot Sticks Spinach Bites	Vegan Chili w/ Macaroni Sliced 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	Meatless Nuggets Pasta Broccoli	Nut/Sun Butter & Banana Sandwiches Celery and Carrot Sticks Hummus
Brown Rice Seasoned Lentil Stew Veggie Stir Fry w/ Tofu Tomatoes	Cherry Tomato Vegan Pasta Salad Zucchini	Veggie Burger Roasted Potatoes and Sweet Peppers Beets	Avocado Sandwiches Avocado Whole Grain Bread Black Beans Peas	Veggie Burger Whole Grain Bread Garden Salad



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