

C&U

MENU

WEEK ONE
BREAKFAST



Monday

- [Green Goddess Smoothie Bowl](#)
- [Zucchini Bread](#)

Tuesday

- [Tofu Scramble Flatbread](#)
- [French Toast Casserole](#)

Wednesday

- [Blueberry Muffins](#)
- [Avocado, Roasted Chickpea & Arugula Toast](#)

Thursday

- [Pancakes](#)
- [Quinoa, Oatmeal and Fruit Parfait](#)

Friday

- [Biscuits](#)
- [Cream Gravy](#)

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MENU

WEEK ONE
LUNCH



Monday

- [Stuffed Red Quinoa Mushrooms](#)
- [Garbanzo Bean Sliders](#)
- [Avocado, Roasted Chickpea & Arugula Toast](#)

Tuesday

- [Coconut Tofu and Brown Rice](#)
- [Cauliflower Fried Rice](#)
- [Bahn Mi](#)

Wednesday

- [Chipotle Sweet Potato Skins](#)
- [Mushroom Street Tacos with Cilantro Cream Sauce](#)
- [Garbanzo Bean Sliders](#)

Thursday

- [Grilled Eggplant Rollatini](#)
- [Cauliflower & Lentil Curry](#)
- [Southwest Wrap](#)

Friday

- [Quesadillas](#)
- [Broccoli Tofu Stir Fry](#)
- [Pita Pockets](#)

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MENU

WEEK ONE
DINNER



Monday

- [Meaty Oat Loaf](#)
- [Carrot Osso Bucco & Creamy Polenta](#)
- [Vegetable Wellington](#)
- [Carrot Cake Cupcakes](#)

Tuesday

- [White Bean Cassoulet](#)
- [Eggplant Parmesan](#)
- [Homemade Focaccia](#)
- [Bahn Mi](#)
- [Raspberry Bars](#)

Wednesday

- [Black Bean & Sweet Potato Burritos](#)
- [Shepherd's Pie](#)
- [Mushroom Street Tacos with Cilantro Cream Sauce](#)
- [Carrot Cake Cupcakes](#)

Thursday

- [Shepherd's Pie](#)
- [Quinoa & Butternut Squash](#)
- [Garbanzo Bean Sliders](#)
- [Raspberry Bars](#)

Friday

- [Chickpea Gumbo](#)
- [Bean & Leek Cassoulet](#)
- [Pasta Vermicelli with Fresh Roma Tomato Sauce](#)
- [Carrot Cake Cupcakes](#)

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MENU

WEEK TWO
BREAKFAST



Monday

- [Avocado, Roasted Chickpea & Arugula Toast](#)
- [Green Goddess Smoothie Bowl](#)

Tuesday

- [Tofu Scramble](#)
- [Pancakes](#)

Wednesday

- [Morning Glory Muffins](#)
- [Morning Tofu Scramble](#)

Thursday

- [Cinnamon Rolls](#)
- [Zucchini Bread](#)

Friday

- [Quinoa, Oatmeal & Fruit Parfait](#)
- [Pancakes](#)

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WEEK TWO
LUNCH



Monday

- [Pita Pockets](#)
- [Meaty Oat Loaf](#)
- [Cauliflower Fried Rice](#)

Tuesday

- [Mushroom Street Tacos with Cilantro Cream Sauce](#)
- [Bahn Mi](#)
- [Southwest Wrap](#)

Wednesday

- [Lo Mein](#)
- [Pasta Vermicelli with Fresh Roma Tomato Sauce](#)
- [Broccoli Tofu Stir Fry](#)

Thursday

- [Cauliflower Buffalo Wings](#)
- [Chipotle Sweet Potato Skins](#)
- [Garbanzo Bean Sliders](#)

Friday

- [Italian Nachos](#)
- [Tofu Salad](#)
- [Cauliflower & Lentil Curry](#)

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WEEK TWO
DINNER



Monday

- [Angel Hair with Quinoa & Rice Pilaf](#)
- [Chipotle Sweet Potato Skins](#)
- [Garbanzo Bean Sliders](#)
- [Raspberry Bars](#)

Tuesday

- [Vegetable Wellington](#)
- [Cauliflower Buffalo Wings](#)
- [Meaty Oat Loaf](#)
- [Carrot Cake Cupcakes](#)

Wednesday

- [Quinoa & Butternut Squash](#)
- [Carrot Osso Bucco & Creamy Polenta](#)
- [Pasta Vermicelli with Fresh Roma Tomato Sauce](#)
- [Raspberry Bars](#)

Thursday

- [Eggplant Parmesan](#)
- [Homemade Focaccia Bread](#)
- [Mushroom Street Tacos with Cilantro Cream Sauce](#)
- [Carrot Cake Cupcakes](#)

Friday

- [Pasta Primavera](#)
- [Cauliflower & Lentil Curry](#)
- [Eggplant Parmesan](#)
- [Raspberry Bars](#)

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WEEK THREE
BREAKFAST



Monday

- [French Toast Casserole](#)
- [Morning Tofu Scramble](#)

Tuesday

- [Tofu Scramble](#)
- [Pancakes](#)

Wednesday

- [Avocado, Roasted Chickpea & Arugula Toast](#)
- [Quinoa, Oatmeal and Fruit Parfait](#)

Thursday

- [Green Goddess Smoothie Bowl](#)
- [Morning Tofu Scramble](#)

Friday

- [Biscuits](#)
- [Cream Gravy](#)

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WEEK THREE
LUNCH



Monday

- [Broccoli Tofu Stir Fry](#)
- [Chickpea & Walnut Pesto Pasta](#)
- [Bahn Mi](#)

Tuesday

- [Southwest Wrap](#)
- [Chickpea & Leek Soup](#)
- [Garbanzo Bean Sliders](#)

Wednesday

- [Tofu Salad](#)
- [Garbanzo Bean Sliders](#)
- [Cauliflower Buffalo Wings](#)

Thursday

- [Shepherd's Pie](#)
- [Thai Tofu Noodle Soup with Lemongrass](#)
- [Chipotle Sweet Potato Skins](#)

Friday

- [Mushroom Asparagus Risotto](#)
- [Avocado, Roasted Chickpea & Arugula Toast](#)
- [Coconut Tofu and Brown Rice Bowl](#)

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WEEK THREE
DINNER



Monday

- [Coconut Tofu and Brown Rice Bowl](#)
- [Bean & Leek Cassoulet](#)
- [Mediterranean Flatbread with Hummus](#)
- [Carrot Cake Cupcakes](#)

Tuesday

- [Chipotle Sweet Potato Skins](#)
- [Cauliflower Fried Rice](#)
- [Mushroom Street Tacos with Cilantro Cream Sauce](#)
- [Raspberry Bars](#)

Wednesday

- [Meaty Oat Loaf](#)
- [Udon Noodle Bowl](#)
- [Vegetable Wellington](#)
- [Carrot Cake Cupcakes](#)

Thursday

- [Empanadas](#)
- [Mushroom Asparagus Risotto](#)
- [Spinach Enchiladas](#)
- [Raspberry Bars](#)

Friday

- [Shepherd's Pie](#)
- [Pasta Vermicelli with Fresh Roma Tomato Sauce](#)
- [Garbanzo Bean Sliders](#)
- [Carrot Cake Cupcakes](#)

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