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

#ForwardFoodChallenge
C&U 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

#ForwardFoodChallenge
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
C&U 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

#ForwardFoodChallenge
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

#ForwardFoodChallenge
C&U  
MENU
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

#ForwardFoodChallenge
C&U
MENU
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

#ForwardFoodChallenge
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

#ForwardFoodChallenge
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

#ForwardFoodChallenge