

VEGAN MEALS FOR MAY

Monday

B - Matcha Kale Smoothie
L - Chickpea Salad
D - Lemon Garlic Pasta

Tuesday

B - Pear Cornbread
L - Cucumber Salad w/Fried Tofu
D - Lemon Garlic Pasta

Wednesday

B - Matcha Kale Smoothie
L - Chickpea Salad
D - TVP Sloppy Joes

Thursday

B - Pear Cornbread
L - Cucumber Salad w/Fried Tofu
D - TVP Sloppy Joes

Friday

B - Matcha Kale Smoothie
L - TVP Sloppy Joes
D - Lemon Garlic Pasta

Saturday

B - Pear Cornbread
L - Chick'n Pesto Panini
D - Lemon Garlic Pasta

Sunday

B - Chickpea Scramble Wrap
L - Chick'n Pesto Panini
D - TVP Sloppy Joes

Notes