



ILIM SCHOOL PLANT BASED LUNCH MENU



CATERED BY CHEF NYAME



WEEK 1

WEEK 2

WEEK 3

WEEK 4

MON

VEGAN NACHOS
CORN ON THE COB
FRUIT SALAD

SUNFLOWER
BUTTER & JELLY
SANDWICH
CARROTS
SLICED APPLES

VEGAN SPAGHETTI
GREEN BEANS
PINEAPPLE
CHUNKS

VEGAN FALAFEL WRAP
WATERMELON
PICKLES

TUE

VEGAN BURRITO
GREEN BEANS
MANDARIN

FRIED RICE WITH TOFU
STEAMED SNOW PEAS
PINEAPPLE CHUNKS

MAC & CHEESE
STEAMED BROCCOLI
APPLES

PENNE MARANARA
STEAMED BROCCOLI
FRUIT SALAD

WED

MINI PIGS IN A
BLANKET
VEGGIE PASTA SALAD
SLICED GRAPES

VEGAN EMPANADAS
(BEANS, CHEESE, GROUND
MEAT)
COLE SLAW
MIXED BERRIES

FRIED TOFU NUGGETS
BAKED SWEET POTATOS
RAW CARROTS

VEGAN QUESEDILLA (W/
GROUND MEAT & SPINACH)
CUCUMBER SALAD
MIXED BERRIES

THU

SUSHI/ SPRING ROLLS(
SAUCE IN EACH TRAY)
STEAMED VEGETABLES
FRUIT SALAD

VEGAN RAVIOLI
STEAMED GREEN BEANS
PINEAPPLE CHUNKS

BLACK BEAN TAQUITOS
REFRIED BEANS
MANDARIN

VEGAN BBQ CHICKEN PIZZA
FRESH BROCCOLI
MIXED BERRIES

FRI

BLACK BEAN BURGER
SLIDERS
SWEET POTATO TOTS
STRAWBERRY

VEGAN STREET TACOS
CORN SALAD
STRAWBERRIES

VEGAN CHICKEN
NUGGETS
MASH POTATOES
MANDARIN

VEGAN CHILI W/WHITE RICE
STEAMED VEGGIES
APPLES