



# 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 CHICKEN  
ALFREDO  
FRESH PEAS  
WATERMELON

TUE

VEGAN PINWHEELS  
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  
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

INDIAN SAMOSA/W RICE  
STEAMED VEGGIES  
WATERMELON