

MARCH 2020 MENU

Wholesome Generation Menu
***peanut, gluten free & organic | local produce when available**

Raw, Vegetarian or Vegan Options Daily

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Weekly Soup or Stew (veggie base) w/ seasonal and green salad + fresh fruits. <i>Snack Am: Apple Sauce.</i> <i>Snack Pm: Seasonal Fruit.</i>	3 Mediterranean Plate w/ home-made hummus and greek salad (WG eggs, (tomatoes, cucumbers, olives, feta/vegan cheese) w/ fresh seasonal fruit. <i>Snack Am: Dried Raisins.</i> <i>Snack Pm: Hummus/Veggies</i>	4 Grilled cheese Sandwiches + Tomato Soup with mixed green salad and fruit. <i>Snack Am: Dried Mango.</i> <i>Snack Pm: Yoghurt, Daiya or White Mountain w/ Frozen Berries/Honey.</i>	5 Potato Casserole w/ cheese (vegan/dairy) + veggies (sauteed broccoli, carrots, spring onions, snap peas, seasonal) w/ mixed green salad + fruit. <i>Snack Am: Dried Figs.</i> <i>Snack Pm: Veggie-Muffins.</i>	6 Creamy Pasta w/ Nutritional Yeast and Coconut Mylk, Veggies (Peas/Broccoli), with mixed Salad and Fruit. <i>Snack Am: Fruits (seasonal).</i> <i>Snack Pm: Popcorn party!</i>	7
8	9 Tomato basil soup (veggie base), cheesy (vegan/dairy) garlic bread w/ seasonal and green salad + fresh fruits. <i>Snack Am: Apple Sauce.</i> <i>Snack Pm: Seasonal Fruit.</i>	10 Mediterranean Plate w/ home-made hummus and greek salad (WG eggs, (tomatoes, cucumbers, olives, feta/vegan cheese) w/ fresh seasonal fruit. <i>Snack Am: Dried Raisins.</i> <i>Snack Pm: Hummus/Veggies</i>	11 Corn & Zucchini Pasta Salad (corn, zucchini, tomato, garlic, pasta) w/mixed green salad + fresh fruit <i>Snack Am: Dried Mango.</i> <i>Snack Pm: Yoghurt, Daiya or White Mountain w/ Frozen Berries/Honey.</i>	12 Potato Casserole w/ cheese (vegan/dairy) + veggies (sauteed broccoli, carrots, spring onions, snap peas, seasonal) w/ mixed green salad + fruit. <i>Snack Am: Dried Figs.</i> <i>Snack Pm: Veggie-Muffins.</i>	13 Vegetarian Black Bean Chili w/ Yogurt (onion, celery, bell peppers, tomatoes, zucchini, Black beans) w/mixed green salad + fresh fruit <i>Snack Am: Fruits (seasonal).</i> <i>Snack Pm: Popcorn party!</i>	14
15	16 SPRING BREAK	17 SPRING BREAK	18 SPRING BREAK	19 SPRING BREAK	20 SPRING BREAK	21
22	23 Tomato basil soup (veggie base), cheesy (vegan/dairy) garlic bread w/ seasonal and green salad + fresh fruits. <i>Snack Am: Apple Sauce.</i> <i>Snack Pm: Seasonal Fruit.</i>	24 Mediterranean Plate w/ home-made hummus and greek salad (WG eggs, (tomatoes, cucumbers, olives, feta/vegan cheese) w/ fresh seasonal fruit. <i>Snack Am: Dried Raisins.</i> <i>Snack Pm: Hummus/Veggies</i>	25 Taco-Wednesdays: Corn Taco w/ vegetarian fillings (also cheese/ daiya option) and brown rice/refried beans, mixed salad and fruit. <i>Snack Am: Dried Mango.</i> <i>Snack Pm: Yoghurt, Daiya or White Mountain w/ Frozen Berries/Honey.</i>	26 Potato Casserole w/ cheese (vegan/dairy) + veggies (sauteed broccoli, carrots, spring onions, snap peas, seasonal) w/ mixed green salad + fruit. <i>Snack Am: Dried Figs.</i> <i>Snack Pm: Veggie-Muffins.</i>	27 Shepherd's pie (sauteed green beans, caramelized onions, chickpea, swiss chard, balsamic vinegar, arrow root, potato, tamari w/ Nutritional Yeast and Coconut Mylk), with mixed Salad and Fruit. <i>Snack Am: Fruits (seasonal).</i> <i>Snack Pm: Popcorn party!</i>	28
29	30 Tomato basil soup (veggie base), cheesy (vegan/dairy) garlic bread w/ seasonal and green salad + fresh fruits. <i>Snack Am: Apple Sauce.</i> <i>Snack Pm: Seasonal Fruit.</i>	31 Mediterranean Plate w/ home-made hummus and greek salad (WG eggs, (tomatoes, cucumbers, olives, feta/vegan cheese) w/ fresh seasonal fruit. <i>Snack Am: Dried Raisins.</i> <i>Snack Pm: Hummus/Veggies</i>				