

DECEMBER 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
	Vegan Sugo with mixed Veggies + Tomato (Cauliflower/Lentil/other seasonal veggies) with Brown Rice and mixed green salad + seasonal fresh fruits. Snack AM: Apple Sauce Snack PM: Oatmeal w/ fruits and raw honey.	Veggie + Quinoa/Lentil Stew w/ seasonal veggies, curried, and mixed green salad (bell pepper, tomatoes, cucumbers) w/ seasonal fruit and toasted GF bread (sub raw crackers/siete tortilla chips). <i>Snack AM: Fresh Fruit</i> <i>Snack PM: Hemp Mylk Smoothies w/ Vegan protein.</i>	Grilled Cheese Sandwiches (vegan options) w/ Tomato-Veggie Bisque soup, added coconut mylk) w/ fresh seasonal fruit and Coleslaw salad. <i>Snack AM: Dried Fruits (mixed)</i> <i>Snack PM: Chia pudding with fruit + raw honey.</i>	Roasted Potatoes w/ mixed veggies (broccoli, corn, other) + cheesy sauce (nutritional yeast, caramelized onions + coconut mylk) w/ mixed green salad + beets + fresh seasonal Fruits <i>Snack Am: Seasonal Fruit</i> <i>Snack Pm: Oatmeal w/ fruits and raw honey.</i>	Mixed Veggie (Broccoli, Carrots, Squash, Zucchini, Kale, Celery) + Lentil Stir Fry with Cabbage-Apple-Coleslaw + brown coconut infused rice + fresh seasonal fruit. <i>Snack Am: Seasonal Fruit</i> <i>Snack Pm: Popcorn Party!</i>	
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	WINTER BREAK CLOSURE	WINTER BREAK CLOSURE	WINTER BREAK CLOSURE	WINTER BREAK CLOSURE	WINTER BREAK CLOSURE	