

# Fall & Winter Menu 2011

<b>WEEK ONE</b>	<b>Turkey Sloppy Joe with Whole Wheat Bun</b> Celery Sticks Honey Mustard Dressing Varietal Apples	<b>Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa</b> Shredded Carrot & Parsnip Slaw Bananas	<b>Chicken Salad</b> Whole Wheat Roll Zucchini Sticks Varietal Pears	<b>Veggie Lasagna with Tomato Sauce, White Beans, Cheese &amp; Eggplant</b> Shredded Spinach and Kale Salad w/ Pear Vinaigrette Oranges	<b>Hearty Beef Stew with Potatoes, Carrots, and Onions</b> Cornbread Mixed Berry Crumble
<b>WEEK TWO</b>	<b>Macaroni &amp; Cheese with Pureed Butternut Squash</b> Broccoli with Roasted Red Pepper Hummus Varietal Apples	<b>Beef Slider on Whole Wheat Roll w/ Lettuce, Tomato, and Ketchup</b> Sweet Potato Fries Oranges	<b>Veggie Soft Taco w/ Black Beans, Cheese, and Shredded Cabbage w/ Lime Vinaigrette</b> Roasted Potatoes Baked Pear	<b>Baked Cinnamon Honey Chicken</b> Quinoa & Yams Banana	<b>Seafood Linguini w/ White Fish, Salmon, and Rosa Sauce</b> Sautéed Greens and Leeks Cranberry & Apple Crumble
<b>WEEK THREE</b>	<b>Turkey Stroganoff with Egg Noodles and Brown Sauce</b> Mashed Root Vegetables Varietal Apples	<b>Quesadilla with Pureed Sweet Potato, Black Beans, Cheese, and Mild Salsa</b> Assorted Melons	<b>Tuna Salad Sandwich on Whole Wheat Bread w/ Lettuce and Tomato</b> Varietal Pears	<b>Hand-Made Cheese, Leek, &amp; Mushroom Pizza on Pita Bread</b> Mixed Green Salad with Carrots and Italian Vinaigrette Berries & Yogurt	<b>Confetti Meatloaf with Carrots, Onions, and Green Peppers</b> Golden Beet Sticks Whole Wheat Roll House-made Cranberry Sauce with Mandarin Oranges
<b>WEEK FOUR</b>	<b>Sweet &amp; Sour Chicken with Rice, Onion, Celery and Peppers</b> Baby Bok Choy Varietal Apples	<b>Fall Harvest Picnic</b> Turkey Slices Whole Wheat Roll Yam Fries Cinnamon Applesauce	<b>Chana Masala</b> Rice Roasted Carrots Baked Pear	<b>"Green" Spaghetti with Broccoli Pesto*, Chicken, and Seasonal Greens</b> Mushrooms Oranges  <i>*Nut-free pesto</i>	<b>Ground Beef Casserole with Cabbage and Zucchini</b> Whole Wheat Bread Pear Crumble



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# Fall & Winter Vegetarian Menu 2011

<b>WEEK ONE</b>	<b>Veggie Sloppy Joe with Kidney Beans and Whole Wheat Bun</b> Celery Sticks Honey Mustard Dressing Varietal Apples	<b>Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa</b> Shredded Carrot & Parsnip Slaw Bananas	<b>White Bean Salad</b> Whole Wheat Roll Zucchini Sticks Varietal Pears	<b>Veggie Lasagna with Tomato Sauce, White Beans, Cheese &amp; Eggplant</b> Shredded Spinach and Kale Salad w/ Pear Vinaigrette Oranges	<b>Hearty Bean Stew with Potatoes, Carrots, and Onions</b> Cornbread Mixed Berry Crumble
<b>WEEK TWO</b>	<b>Macaroni &amp; Cheese with Pureed Butternut Squash</b> Broccoli with Roasted Red Pepper Hummus Varietal Apples	<b>Lentil Loaf Slider on Whole Wheat Roll w/ Lettuce, Tomato, and Ketchup</b> Sweet Potato Fries Oranges	<b>Veggie Soft Taco w/ Black Beans, Cheese, and Shredded Cabbage w/ Lime Vinaigrette</b> Roasted Potatoes Baked Pear	<b>Falafel &amp; Hummus</b> Quinoa & Yams Banana	<b>Vegetarian Linguini w/ Red Lentils and White Beans</b> Sautéed Greens and Leeks Cranberry & Apple Cobbler
<b>WEEK THREE</b>	<b>White Bean Stroganoff with Egg Noodles and Brown Sauce</b> Mashed Root Vegetables Varietal Apples	<b>Quesadilla with Pureed Sweet Potato, Black Beans, Cheese, and Mild Salsa</b> Assorted Melons	<b>Cheese Sandwich on Whole Wheat Bread w/ Lettuce and Tomato</b> Varietal Pears	<b>Hand-Made Cheese, Leek, &amp; Mushroom Pizza on Pita Bread</b> Mixed Green Salad with Carrots and Italian Vinaigrette Berries & Yogurt	<b>Lentil Loaf w/ BBQ Sauce</b> Golden Beet Sticks Whole Wheat Roll Cranberry Sauce with Mandarin Oranges
<b>WEEK FOUR</b>	<b>Sweet &amp; Sour Vegetables with Rice, Eggs, Carrots, Onions, Celery and Peppers</b> Baby Bok Choy Varietal Apples	<b>Fall Harvest Picnic</b> Cheese Slices Whole Wheat Roll Yam Fries Cinnamon Applesauce	<b>Chana Masala</b> Rice Roasted Carrots Baked Pear	<b>"Green" Spaghetti with Broccoli Pesto*, White Beans, and Seasonal Greens</b> Mushrooms Oranges  *Nut-free pesto	<b>Pinto Beans with Cabbage and Zucchini</b> Whole Wheat Bread Pear Crumble



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# Fall & Winter Vegan Menu 2011

<b>WEEK ONE</b>	<b>Veggie Sloppy Joe with Kidney Beans and Whole Wheat Bun</b> Celery Sticks Honey Mustard Dressing Varietal Apples	<b>Hand-Rolled Bean and Rice Burrito on Whole Wheat Tortilla w/ Mild Salsa</b> Shredded Carrot & Parsnip Slaw Bananas	<b>White Bean Salad with Balsamic Vinaigrette</b> Whole Wheat Bread Zucchini Sticks Varietal Pears	<b>Veggie Lasagna with Corn Tortillas, Tomato Sauce, Beans &amp; Eggplant</b> Shredded Spinach and Kale Salad w/ Pear Vinaigrette Oranges	<b>Hearty Bean Stew with Potatoes, Carrots, and Onions</b> Whole Wheat Bread Mixed Berries
<b>WEEK TWO</b>	<b>Black Beans and Rice</b> Broccoli with Roasted Red Pepper Hummus Varietal Apples	<b>Lentil Loaf Slider on Whole Wheat Bread w/ Lettuce, Tomato, and Ketchup</b> Sweet Potato Fries Oranges	<b>Veggie Soft Taco w/ Black Beans and Shredded Cabbage w/ Lime Vinaigrette</b> Roasted Potatoes Baked Pear	<b>Falafel &amp; Hummus</b> Quinoa & Yams Banana	<b>Red Lentils, White Beans and Rice</b> Sautéed Greens and Leeks Cranberries & Apples
<b>WEEK THREE</b>	<b>White Beans with Rice and Brown Sauce</b> Mashed Root Vegetables Varietal Apples	<b>Quesadilla with Pureed Sweet Potato, Black Beans and Mild Salsa</b> Assorted Melons	<b>Hummus Sandwich on Whole Wheat Bread w/ Lettuce and Tomato</b> Varietal Pears	<b>Hand-Made Leek, Bean, &amp; Mushroom Pizza on a Corn Tortilla</b> Mixed Green Salad with Carrots and Italian Vinaigrette Mixed Berries	<b>Lentil Loaf w/ BBQ Sauce</b> Golden Beet Sticks Whole Wheat Bread House-made Cranberry Sauce with Mandarin Oranges
<b>WEEK FOUR</b>	<b>Sweet &amp; Sour Tofu with Rice, Onions, Carrots, Celery and Peppers</b> Baby Bok Choy Varietal Apples	<b>Fall Harvest Picnic</b> Hummus Whole Wheat Roll Yam Fries Cinnamon Applesauce	<b>Chana Masala</b> Rice Roasted Carrots Baked Pear	<b>"Green" Rice with Broccoli Pesto*, White Beans, and Seasonal Greens</b> Mushrooms Oranges  <i>*Nut-free pesto</i>	<b>Pinto Beans with Cabbage and Zucchini</b> Whole Wheat Bread Pears



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# Spring Menu 2012

<b>WEEK ONE</b>	<b>Mild Vegetarian Chili with Beans, Tomatoes, Bell Peppers, Onions, and Celery.</b> Whole Wheat Crackers Varietal Apples	<b>Teriyaki Beef</b> Rice Baby Bok Choy Oranges	<b>Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa</b> Mixed Green Salad with Sweet Mustard Dressing Pears	<b>White Fish with Lemon-Dill Butter</b> Whole Wheat Bread Roasted Red Potatoes Mixed Melons	<b>Green Spaghetti with Broccoli Pesto, Chicken, and Seasonal Greens</b> Cauliflower Berries & Yogurt
<b>WEEK TWO</b>	<b>Sweet &amp; Sour Chicken with Rice, Onion, Celery and Bell Peppers</b> Baby Bok Choy Rhubarb Applesauce	<b>Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, and Mild Salsa</b> Mixed Green Salad with Orange Vinaigrette Bananas	<b>Spring Picnic</b> Turkey Slices Carrot Sticks Whole Wheat Roll Berries and Yogurt	<b>Veggie Lasagna with Cheese, Tomato Sauce, White Beans, &amp; Pureed Mushrooms</b> Mixed Green Salad with Sweet Mustard Dressing Pears	<b>Beef Slider on Whole Wheat Roll w/ Lettuce, Tomato, and House-made Ketchup with Carrots</b> Roasted Potatoes Strawberry Rhubarb Crumble
<b>WEEK THREE</b>	<b>Spaghetti with Meat Sauce</b> Zucchini Sticks Varietal Apples	<b>Macaroni &amp; Cheese</b> Peas Mixed Melons	<b>Cheese Sandwich on Whole Wheat Bread</b> Broccoli w/ Dino Dip (Yogurt, Avocado & Herbs) Rhubarb Applesauce	<b>Sneaky Meat Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Ground Turkey</b> Mixed Green Salad with Yogurt Herb Dressing Oranges	<b>Seafood Linguini w/ White Fish, Salmon, and Rosa Sauce</b> Roasted Asparagus Mixed Berry Crumble
<b>WEEK FOUR</b>	<b>Veggie Stir Fry with Rice Noodles, Eggs, Onion, Celery, and Carrots</b> Baby Bok Choy Rhubarb Applesauce	<b>Chicken Fajitas with Grilled Bell Peppers, Onions, Leeks, and a Flour Tortilla</b> Pears	<b>Hand-Made Cheese Pizza on Pita Bread with Pureed Carrots and Tomato Sauce</b> Mixed Green Salad with Pear Vinaigrette Bananas	<b>Caribbean Chicken Sandwich w/ Lettuce on Whole Wheat Bun</b> Coleslaw with Carrots, Cabbage, Fennel, and Mayo Strawberry Rhubarb Yogurt	<b>Taco Salad with Ground Beef, Lettuce, Tomatoes, Cheese, House-made Corn Tortilla Chips, and Guacamole</b> Jicama

*\*FareStart's Contract Kitchen is a nut-free facility. We source our ingredients locally, whenever possible.*



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# Spring Vegetarian Menu 2012

<b>WEEK ONE</b>	<b>Mild Vegetarian Chili with Beans, Tomatoes, Bell Peppers, Onions, and Celery.</b> Whole Wheat Crackers Varietal Apples	<b>Teriyaki Kidney Beans Rice</b> Baby Bok Choy Oranges	<b>Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa</b> Mixed Green Salad with Sweet Mustard Dressing Pears	<b>White Beans &amp; Rice with Lemon-Dill Sauce</b> Whole Wheat Bread Roasted Red Potatoes Mixed Melons	<b>Green Spaghetti with Broccoli Pesto, White Beans, and Seasonal Greens</b> Cauliflower Berries & Yogurt
<b>WEEK TWO</b>	<b>Sweet &amp; Sour Vegetables with Rice, Eggs, Onion, Celery and Bell Peppers</b> Baby Bok Choy Rhubarb Applesauce	<b>Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, and Mild Salsa</b> Mixed Green Salad with Orange Vinaigrette Bananas	<b>Spring Picnic</b> Hummus Carrot Sticks Whole Wheat Roll Berries and Yogurt	<b>Veggie Lasagna with Cheese, Tomato Sauce, White Beans, &amp; Pureed Mushrooms</b> Mixed Green Salad with Sweet Mustard Dressing Pears	<b>Lentil Slider on Whole Wheat Roll w/ Lettuce, Tomato, and House-made Ketchup with Carrots</b> Roasted Potatoes Strawberry Rhubarb Crumble
<b>WEEK THREE</b>	<b>Spaghetti with Lentil Sauce</b> Zucchini Sticks Varietal Apples	<b>Macaroni &amp; Cheese</b> Peas Mixed Melons	<b>Cheese Sandwich on Whole Wheat Bread</b> Broccoli w/ Dino Dip (Yogurt, Avocado, & Herbs) Rhubarb Applesauce	<b>Sneaky Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Lentils</b> Mixed Green Salad with Yogurt Herb Dressing Oranges	<b>Linguini w/ Lentils, White Beans, and Rosa Sauce</b> Roasted Asparagus Mixed Berry Crumble
<b>WEEK FOUR</b>	<b>Veggie Stir Fry with Rice Noodles, Eggs, Onion, Celery, and Carrots</b> Baby Bok Choy Rhubarb Applesauce	<b>Pinto Bean Fajitas with Grilled Bell Peppers, Onions, Leeks, and a Flour Tortilla</b> Pears	<b>Hand-Made Cheese Pizza on Pita Bread with Pureed Carrots and Tomato Sauce</b> Mixed Green Salad with Pear Vinaigrette Bananas	<b>BBQ Lentil Loaf Sandwich w/ Lettuce on Whole Wheat Bun</b> Coleslaw with Carrots, Cabbage, Fennel, and Mayo Strawberry Rhubarb Yogurt	<b>Taco Salad with Black Beans, Lettuce, Tomatoes, Cheese, House-made Corn Tortilla Chips, and Guacamole</b> Jicama

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# Spring Vegan Menu 2012

<b>WEEK ONE</b>	<b>Mild Vegetarian Chili with Beans, Tomatoes, Bell Peppers, Onions, and Celery.</b> Whole Wheat Crackers Varietal Apples	<b>Teriyaki Kidney Beans Rice</b> Baby Bok Choy Oranges	<b>Hand-Rolled Bean, and Rice Burrito on Whole Wheat Tortilla w/ Mild Salsa</b> Mixed Green Salad with Sweet Mustard Dressing Pears	<b>White Beans &amp; Rice with Lemon-Dill Sauce</b> Corn Tortilla Roasted Red Potatoes Mixed Melons	<b>“Green” Rice with Broccoli Pesto, White Beans, and Seasonal Greens</b> Cauliflower Mixed Berries
<b>WEEK TWO</b>	<b>Sweet &amp; Sour Tofu with Rice, Onion, Celery and Bell Peppers</b> Baby Bok Choy Rhubarb Applesauce	<b>Quesadilla with Pureed Sweet Potatoes, Black Beans, and Mild Salsa</b> Mixed Green Salad with Orange Vinaigrette Bananas	<b>Spring Picnic</b> Hummus Carrot Sticks Corn Tortilla Berries	<b>Veggie Lasagna with Corn Tortillas, Tomato Sauce, White Beans, &amp; Pureed Mushrooms</b> Mixed Green Salad with Sweet Mustard Dressing Pears	<b>Lentil Slider on Corn Tortilla w/ Lettuce, Tomato, and House-made Ketchup with Carrots</b> Roasted Potatoes Mixed Berries
<b>WEEK THREE</b>	<b>Rice with Lentil Sauce</b> Zucchini Sticks Varietal Apples	<b>Black Beans and Rice</b> Peas Mixed Melons	<b>Hummus Sandwich on Corn Tortilla</b> Broccoli w/ Avocado Dip Rhubarb Applesauce	<b>Sneaky Veggie Pizza on Corn Tortilla with Tomato Sauce, Chopped Greens, and Lentils</b> Mixed Green Salad with Sweet Mustard Dressing Oranges	<b>Lentils, White Beans, and Rice</b> Roasted Asparagus Mixed Berries
<b>WEEK FOUR</b>	<b>Veggie Stir Fry with White Beans, Rice Noodles, Onion, Celery, and Carrots</b> Baby Bok Choy Rhubarb Applesauce	<b>Pinto Bean Fajitas with Grilled Bell Peppers, Onions, Leeks, and a Flour Tortilla</b> Pears	<b>Hand-Made Veggie Pizza on Corn Tortilla with Pureed Carrots, Tomato Sauce, and Beans</b> Mixed Green Salad with Pear Vinaigrette Bananas	<b>BBQ Lentil Loaf</b> Coleslaw with Carrots, Cabbage, and Fennel Strawberry Rhubarb Compote	<b>Taco Salad with Black Beans, Lettuce, Tomatoes, House-made Corn Tortilla Chips, and Guacamole</b> Jicama

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