

VEGAN (Transitional) MENU

Compliments of Thabiti Umoja

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B	Oatmeal (Add flaxmeal, 100% maple syrup or agave nectar with rice milk. Beverage: <i>Rice milk or Juice</i>	Fruit Salad Cantaloupe, Watermelon, Crenshaw or honey dew melon. Beverage: <i>Rice milk or Juice</i>	Natural Waffles or Pancakes (Non-Dairy) With 100% Maple Syrup or Agave and safflower or soy butter. Beverage: <i>Rice milk or Juice</i>	Muti Grain Hot Cerel With 100% Maple Syrup or Agave and safflower or soy butter. Beverage: <i>Rice milk or Juice</i>	Oatmeal (Add flaxmeal, 100% maple syrup or agave nectar with rice milk Beverage: <i>Rice milk or Juice</i>	Fruit Salad Cantaloupe, Watermelon, Crenshaw or honey dew melon Beverage: <i>Rice milk or Juice</i>	Multi Grain Hot Cerel With 100% Maple Syrup or agave and safflower or soy butter. Beverage: <i>Rice milk or Juice</i>
L	AVACADO SANDWICH <i>Lettuce, tomato, dairy-free mayo, sprouts.</i> Beverage: <i>Water</i>	Brown Rice & Steamed Vegetables Beverage: <i>Juice or Water</i>	VEGGIE BURRITO <i>Lettuce, tomato, onions, sprouts, avocados.</i> Beverage: <i>Juice or Water</i>	LENTIL BURGER <i>Lettuce, tomato, onions, sprouts, avocados.</i> Beverage: <i>Juice or Water</i>	AVACADO SANDWICH <i>Lettuce, tomato, dairy-free mayo, sprouts.</i> Beverage: <i>Juice or Water</i>	VEGGIE BURGER <i>Lettuce, tomato, dairy-free mayo, sprouts with no casein soy cheese.</i> Beverage: <i>Water or juice</i>	Brown Rice & Steamed Vegetables & plantains Beverage: <i>Juice or Water</i>
D	Brown Rice, Falafel & Steamed Vegetables Beverage: <i>Juice or Water</i>	GARDEN VEGGIE SOUP Carrots, tomato, onions, celery, peas, etc. Beverage: <i>Juice or Water</i>	STUFFED POTATOES <i>non-dairy butter, mushrooms, non-dairy mayo, spinach or asparagus</i> Beverage: <i>Juice or Water</i>	VEGGIE TACOS <i>Lettuce, tomato, onions, sprouts, avocados.</i> Beverage: <i>Juice or Water</i>	VEGGIE PASTA <i>Vegan (non animal) Tomato Sauce, Mushrooms or veggie protein (non-gmo), tomatoes, onions, cilantro, etc</i> Beverage: <i>Juice or Water</i>	Brown Rice & Steamed Vegetables Beverage: <i>Juice or Water</i>	NUBIAN DINNER <i>Red Beans, Brown rice, spinach, & non-dairy corn bread.</i> Beverage: <i>Juice or Water</i>