
Burke's School

January

Vegetarian Lunch Menu

January 2-6

M: NO SCHOOL

T: Vegetarian Sloppy Joes on Whole Wheat Buns with Baby Spinach and Apple Salad

W: Sesame Broccoli Rice Noodle Salad with Ginger Glazed Root Vegetables

Th: Pinto Bean & Cheese Burritos with Romaine, Citrus & Avocado Salad

F: Spicy "Buffalo" Tofu with Potato Salad and Seasonal Vegetables

January 9-13

M: Grilled Cheese Sandwiches with Tomato Basil Soup and Vegetable Crudités

T: Citrus Glazed Tofu Stir Fry with Brown Rice

W: Penne Pasta Bar with Pesto Cream or Marinara Sauce and Seasonal Vegetable Platter

Th: Vegetable Stew with Cornbread and Honey Butter

F: Early Dismissal- No Lunch

January 16-20

M: NO SCHOOL

T: Mac and Cheese with Honey Glazed Carrots and Broccoli

W: Roasted Mushroom Melt with Caramelized Onions and Potato Salad

Th: Corn Quesadillas with Refried Beans, Salsa Fresca & Mexican Rice

F: BBQ Tofu with Roasted Sweet Potatoes and Sautéed Chard

January 23-27

M: Chinese New Year's Lunch: Teriyaki Broccoli Tofu with Brown Rice

T: Seasonal Veggie Pizza with Spinach Salad and French Lentil Salad

W: Vegetarian Lentil Bake with Mashed Potatoes, Gravy and Peas

Th: Pinto, Bean and Cheese Nachos with Guacamole & Shredded Carrot Cabbage Salad

F: BBQ Tofu Sandwich with Sweet Potato Wedges and Kale Salad

January 30-February 3

M: Veggie Burgers with Oven Baked Garlic Fries and Homemade Pickled Veggies

T: Hong Kong Noodles with Tofu and Napa Cabbage Salad

W: Bean and Cheese Soft Tacos with Massa Organic Brown Rice and Sautéed Greens

Th: Baked Pasta with Roasted Tomatoes, Basil, Cheese & Roasted Vegetable Platter

F: Quinoa Patties with Roasted Baby Potatoes and Seasonal Vegetables

*Daily lunch offerings also include a sandwich bar, two choices of soup and a salad bar