



Oatfield Estates

ALT September Menu - 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST MADE TO ORDER EVERY MORNING	1 Lunch: BBQ Tofu w/ Baked Beans & Coleslaw Dinner: Fresh Baked Veggie Calzones w/ Garden Salad	2 Lunch: Veggie Tacos w/ Refried Beans & Pineapple Salad Dinner: Egg Salad Sandwich w/ Chips & Green Salad	3 Lunch: Roasted Tofu w/ Green Beans & Mashed Potatoes Dinner: Mushroom Swiss Garden Burger w/ Watermelon & Chips	4 Lunch: Egg Salad on a Croissant w/ Chips & Pea Salad Dinner: Spaghetti w/ Red Sauce, Texas Toast & Green Salad	5 Lunch: Garden Burger w/ Tots & Coleslaw Dinner: Veggie Tacos w/ Refried Beans & Pineapple Salad	6 Lunch: Veggie Pasta Bake w/ Garlic Toast & Green Salad Dinner: Chicken Salad on a Croissant w/ Broccoli Salad
7 Lunch: Roasted Tofu w/ Roasted Sweet Potatoes, Cranberry Sauce & Veggies Dinner: Egg Salad Sandwich w/ Cucumber & Tomato Salad	8 Lunch: Veggie Burger w/ Chips & Fruit Dinner: Tofu & Spinach Salad w/ Fresh Bread & Fruit	9 Lunch: Veggie Baked Ziti w/ Fresh Zucchini & Garlic Toast Dinner: Garden Burger w/ Coleslaw & Tots	10 Lunch: Roasted Veggies over Pasta w/ Seasoned Carrots Dinner: Tofu Philly Cheesesteak Sandwich w/ Tortellini Pasta Salad	11 Lunch: Marinated Tofu w/ Steamed Rice & Seasoned Veggies Dinner: Caprese Veggie Gnocchi Skillet w/ Green Salad	12 Lunch: Roasted Tofu w/ Roasted Red Potatoes & Fresh Veggies Dinner: Garden Burger w/ Potato Salad & Fresh Fruit	13 Lunch: Veggie Pasta Bake w/ Garden Salad Dinner: Assorted Veggie Pizza w/ Garden Salad
14 Lunch: Tofu Alfredo w/ Fresh Veggies Dinner: Veggie Tater Tot Casserole w/ Green Beans	15 Lunch: Roasted Tofu w/ Baked Potato & Fresh Veggies Dinner: Baked Mac & Cheese w/ Steamed Veggies & Green Salad	16 Lunch: Teriyaki Tofu w/ Lo Mein Noodles & Veggies Dinner: Creamy Veggie Enchiladas w/ Spanish Rice & Green Salad	17 Lunch: BBQ Tofu w/ Baked Beans, Coleslaw & Corn Bread Dinner: Veggie Quiche w/ Fresh Fruit & Garden Salad	18 Lunch: Egg Salad Sandwich w/ Chips & Fresh Fruit Dinner: Pasta Shells w/ Garlic Toast & Garden Salad	19 Lunch: Roasted Tofu w/ Rice Pilaf & Fresh Veggies Dinner: Roasted Veggie Salad w/ Fresh Bread & Fruit	20 Lunch: Veggie Taco Salad w/ Fresh Fruit Dinner: Roasted Tofu Wraps w/ Pickled Beets & Cucumber Salad
21 Lunch: Butter Tofu w/ Steamed Rice & Veggies Dinner: Italian Tortellini Pasta Salad w/ Fresh Bread & Fruit	22 Lunch: Roasted Tofu w/ Peas, Mashed Potatoes & Gravy Dinner: Tofu Sloppy Joes w/ Tater Tots & Fresh Fruit	23 Lunch: Veggie Burrito Bowl w/ Chips & Salsa Dinner: Tofu Pasta Salad w/ Fresh Bread & Fruit	24 Lunch: Grilled Tofu & Peppers w/ Steamed Rice & Green Beans Dinner: Asian Marinated Tofu over Steamed Rice w/ Stir Fried Veggies	25 Lunch: Tofu Scampi over Pasta w/ Green Salad Dinner: BBQ Tofu Salad w/ Corn & Fresh Bread	26 Lunch: Roasted Tofu w/ Mashed Potatoes & Fresh Veggies Dinner: Veggie Tamale Pie w/ Green Salad & Fresh Pineapple	27 Lunch: Roasted Tofu w/ Mashed Potatoes & Seasoned Corn Dinner: Assorted Veggie Pizza w/ Garden Salad
28 Lunch: Garden Burger w/ Mashed Potatoes & Fresh Veggies Dinner: Egg Salad Sandwich w/ Potato Salad & Fruit	29 Lunch: Ravioli w/ Garlic Toast & Garden Salad Dinner: Veggie & Cheese Sub w/ Chips & Fresh Fruit	30 Lunch: Veggie Shepard's Pie w/ Garden Salad Dinner: Garden Burger w/ Coleslaw & Tater Tots				