

## **MRHS VEGAN MENU FOR OCTOBER 12-15**

**TUESDAY: HUMMUS WITH VEGETABLE STICKS,  
PITA, SOY MILK**

**WEDNESDAY: VEGGIE BURGER ON A WHOLE  
GRAIN BUN, FRIES, SOY MILK**

**THURSDAY: MEXICAN QUINOA, SOY MILK**

**FRIDAY: VEGAN CHICKEN BROCCOLI & TOMATOES  
WITH PENNE PASTA, SOY MILK**