

# NOVEMBER 20 - DECEMBER 15

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Salad Bar and Fresh Fruit always available for lunch/brunch/dinner.**

**Vegetarian Option ▼  
Low Fat Option ♥  
Healthier Option ■**

**The "Healthier" ■ indication on Entrees means <350 cal, <5 g sat. fat, on Soup, Salad, Sides means <250 cal, <5 g sat. fat, on Baked Goods means <230 cal, <5 g fat**



**This institution is an equal opportunity provider. Menu subject to change.**

**Nov 20**

Soup du Jour  
Grape Feta Salad ■  
  
Housemade Spaghetti w/Meat Sauce  
Spaghetti w/Beyond Meat Sauce ▼  
Oven Baked Herb Fish ■  
  
Oven Roasted Green Beans  
Garlic Bread  
Chocolate Cake

**21**

**Check Out**

**22**

**Thanksgiving Break**

**23**

**24**

**27**

Soup du Jour  
Green Salad  
  
Chicken & Waffles  
Vegetarian Chicken ♥ ▼  
Roasted Chicken Breast ■  
  
Oven Roasted Vegetables  
Vanilla Cake  
Tea

**28**

Soup du Jour  
  
Jamaican Beef Patty  
Vegetarian Chicken ♥ ▼  
Herbed Baked Chicken ■  
  
Garlic Sauteed Cabbage  
Red Beans & Rice  
Ice Cream

**29**

Soup du Jour  
Greens & Smoked Gouda Salad  
  
Pot Roast  
Vegetarian Beef Strips ♥ ▼  
Eggplant Parmesan ■  
  
Roasted Brussel Sprouts  
Mashed Potatoes/Gravy  
Dinner Roll  
Chocolate Chip Cookies  
Lemonade

**30**

Soup du Jour  
Green Salad  
  
Orange Chicken  
Veggie Orange Chicken ♥ ▼  
Asian Noodle Bowl w/Veggies ■  
  
Garlic Sauteed Broccoli  
Fried Rice  
Spring Roll  
Pudding Cup

**Dec 1**

**Check Out**

**4**

Soup du Jour  
Asian Salad  
  
Breakfast for Dinner  
Eggs, Bacon, Sausage  
Vegan Breakfast Bake ▼  
Jus Eggs, Potatoes, Vegan Sausage  
Spinach Quiche  
  
Roasted Vegetables  
Cheese Grits  
Potatoes  
Buttered Waffle  
Cinnamon Roll  
Tea

**5**

Soup du Jour  
  
Fried Whiting  
Fried Tofu ▼  
Oven Roasted Chicken ■  
  
Collard Greens  
Macaroni & Cheese  
Cornbread  
Ice Cream Cup

**6**

Soup du Jour  
  
Wing Bar  
Vegetarian Chicken ▼  
Baked Chicken Wings ■  
  
Caesar Salad  
Potato Wedges  
Juice Box  
Lemon Cake  
Punch

**7**

Soup du Jour  
Greek Salad  
  
Jamaican Beef Patty  
Parmesan Crusted Fishless Fish ▼  
Chicken Parmesan ■  
  
Garlic Sauteed Cabbage  
Red Beans & Rice  
Soft Bread  
Manager's Special

**8**

**Check Out**

**11**

Soup du Jour  
Farmer's Salad  
  
Honey Garlic Pork Chops  
Honey Garlic Vegetarian Chicken ▼  
Honey Garlic Chicken ■  
  
Broccoli & Cheese Casserole  
Herb Roasted Potatoes  
Sweet Potato Pie  
Juice Box

**12**

Soup du Jour  
  
Spaghetti w/Meat Sauce  
Spaghetti w/Vegetarian Meat Sauce ▼  
Eggplant Parmesan ■  
  
Sauteed Spinach  
Garlic Bread  
Rice Krispie Treat

**13**

Soup du Jour  
  
SEED Way Sub Sandwich  
Ham, Turkey, Tuna, Chicken Salad  
Veggie Sub ▼  
  
Lettuce, Tomato, Onion  
Pickle  
Potato Chips  
Cookies  
Flavored Water

**14**

Soup du Jour  
Spinach & Fruit Salad  
  
Pizza Bar  
Vegetarian Pizza ▼  
Zucchini Patty  
  
Sauteed Vegetable Medley  
Mexican Street Corn  
Vanilla Cake

**15**

**Check Out**

## SEED School of Washington DC Dinner Menu