

#GETFRESH  

MARTY'S PLACE

Vegan || Kosher || Vegetarian

Entrees: Week 1

Black Bean Quesadillas w/ Sour Cream & Pico de Gallo

Fresh Curried Vegetables over Herbed Quinoa with Garlic Bread

The Spartan Grain Bowl w/ Falafel

Loaded Baked Potato

Feta Artichoke Pizza

Fried Cauliflower Tacos

Pick Three

(Choose any 3-sides for Your Entrée)

Sides:

French Fries

Fresh Fruit Cup

Cookies

Vegetable of the Day

Hadassah's Soup of the Day

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MARTY'S PLACE

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Entrees: Week 2

Grande Bowl

Broccoli & Cheddar Baked Potato

Falafel Pita w/ Tofu Tzatziki, Pickled Onion and Romaine Lettuce

Pesto Penne w/ Garlic Bread

BBQ Pizza (Sweet BBQ Sauce, Mozzarella, Tempeh Bacon, & Caramelized Onions)

General Tso Fried Cauliflower with Herbed Rice

Pick Three

(Choose any 3-sides for Your Entrée)

Sides:

French Fries

Fresh Fruit Cup

Cookies

Vegetable of the Day

Hadassah's Soup of the Day

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MARTY'S PLACE

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Entrees: Week 3

Black Bean Soft Tacos w/ Shredded Lettuce, Sour Cream, Pico & Cheddar Cheese

Loaded Baked Potato

Whole Grain Spaghetti w/ Falafel Meatballs, House-made Marinara & Garlic Bread

TLT Sandwich (Tempeh Bacon, Lettuce, Tomato) w/ Veganiase

Margherita Pizza

Vegan Chicken Nuggets w/ Sweet BBQ Sauce

Pick Three

(Choose any 3-sides for Your Entrée)

Sides:

French Fries

Fresh Fruit Cup

Cookies

Vegetable of the Day

Hadassah's Soup of the Day

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MARTY'S PLACE

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Entrees: Week 4

Black Bean Torta Wrap

Broccoli & Cheddar Baked Potato

Basil Pesto Pizza with Roasted Red Peppers

Falafel Burger w/ Shredded Lettuce, Pickled Red Onion, Cheddar Cheese & Tofu Tzatziki

Fried Cauliflower tossed in Curry Coconut Sauce over Brown Rice

Tortellini Marinara w/ Garlic Bread

Pick Three

(Choose any 3-sides for Your Entrée)

Sides:

French Fries

Fresh Fruit Cup

Cookies

Vegetable of the Day

Hadassah's Soup of the Day