

Autumn

Breakfast
8:00 AM

Lunch
11:00 AM

Snack
3:00 PM

Puree
Daily

Monday	Egg and Sweet Potato Hash and Seasonal Fruit	Pumpkin Curry w/ Chickpeas and Seasonal Fruit	Sorghum Cornbread and Seasonal Fruit	Sweet Potato / Apple
Tuesday	Pumpkin Spice Pancakes and Seasonal Fruit	Pasta w/ Tomato Sauce and Roast Sweet Potatoes and Seasonal Fruit	Banana Chocolate Chip Muffin	Carrot / Pear
Wednesday	Cardamom/Ginger Banana Bread and Seasonal Fruit	Japanese Curry w/ Purple Sweet Potato and Seasonal Fruit	Pumpkin Spice Muffins and Seasonal Fruit	Sweet Potato / Banana
Thursday	Autumn Spice Apple Muffins and Seasonal Fruit	Fall Vegetable and Rice Stir Fry and Seasonal Fruit	Cheese Sticks and Apple Slices	Korean Sweet Potato / Apple
Friday	Scrambled Egg and Roasted Sweet Potatoes and Seasonal Fruit	Veggie 3 Bean Chili and Seasonal Fruit	Sweet Potato Bread and Seasonal Fruit	Korean Sweet Potato / Banana

SoulShine is a nut-free facility
Legend: V = Vegan

Sample Menu



Winter

Breakfast
8:00 AM

Lunch
11:00 AM

Snack
3:00 PM

Puree
Daily

Monday	Scrambled Egg and Za'atar Roasted Potatoes and Seasonal Fruit	Veggie Lasagna and Seasonal Fruit	Curry Roasted Chickpeas and Seasonal Fruit	Pumpkin / Apple
Tuesday	Cinnamon Raisin Oatmeal and Seasonal Fruit	Roast Veg Filled Mac and Cheese and Seasonal Fruit	Lemon Orange Coconut Bread and Seasonal Fruit	Butternut Squash / Pear
Wednesday	Blueberry Muffins and Seasonal Fruit	Pasta Fagiole and Seasonal Fruit	Sun Butter Ants on a Log	Broccoli / Banana
Thursday	Cardamom Apple Pancake Bread and Seasonal Fruit	Veggie Bolognese and Seasonal Fruit	Cheese Sticks and Apple Slices	Broccoli / Apple
Friday	Banana Cardamom Oatmeal and Seasonal Fruit	Miso Braised Collards w/ Roast Sweet Potato and Seasonal Fruit	Tahini-Lemon Hummus and Pita	Cauliflower / Pear

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Spring



	Breakfast 8:00 AM	Lunch 11:00 AM	Snack 3:00 PM	Puree Daily
Monday	Orange Buttermilk Pancakes and Seasonal Fruit	Pasta w/ Fresh Roasted Spring Vegetables and Seasonal Fruit	Salt and Pepper Roasted Chickpeas and Seasonal Fruit	Zucchini - Apple
Tuesday	Lemon Poppy Seed Muffins and Seasonal Fruit	Chickpea and Tomato Curry and Seasonal Fruit	Spring Pea Hummus and Carrots	Squash - Banana
Wednesday	Spinach and Cheddar Egg Bake and Seasonal Fruit	Spinach Alfredo w/ Fresh Roasted Vegetables and Seasonal Fruit	Zucchini Bread and Seasonal Fruit	Spinach - Banana
Thursday	Biscuits and Sawmill Gravy and Seasonal Fruit	Spring Vegetable Stir Fry and Seasonal Fruit	Sesame Cucumber Soba Salad	Carrot - Apple
Friday	Scrambled Egg w/ Herb'd Roast Potatoes and Seasonal Fruit	Saag Tofu w/ Basmati Rice and Seasonal Fruit	Housemade Whole Wheat Bread and Seasonal Fruit	Zucchini - Pear

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Summer

	Breakfast 8:00 AM	Lunch 11:00 AM	Snack 3:00 PM	Puree Daily
Monday	Cinnamon Sultana Oatmeal and Seasonal Fruit	Pasta Al Limone w/ Roasted Summer Vegetables and Seasonal Fruit	Red Pepper Hummus and Cucumber Slices and Seasonal Fruit	Squash - Apple
Tuesday	Baked Cheesy Grit and Tomato Casserole and Seasonal Fruit	Summer Vegetable Biryani and Seasonal Fruit	Eggplant Babaghanoush w/ Pita and Seasonal Fruit	Spinach - Pear
Wednesday	Fresh Berry Clafoutis and Seasonal Fruit	Soy-Ginger Somen Salad w/ Fresh Summer Vegetables and Seasonal Fruit	House Baked Whole Wheat Bread and Seasonal Fruit	Zucchini - Banana
Thursday	Scrambled Egg w/ Roasted Potatoes and Seasonal Fruit	Red Lentil Curry and Seasonal Fruit	Lemon-Oregano Roasted Chickpeas and Seasonal Fruit	Squash - Pear
Friday	Baked Egg and Veggie Casserole and Seasonal Fruit	Pasta w/ Tomato Vinaigrette and Roast Veggies and Seasonal Fruit	Vanilla-Orange Coconut Bread and Seasonal Fruit	Spinach - Banana

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	Breakfast 8:00 AM	Lunch 11:00 AM	Snack 3:00 PM	Puree Daily
Monday	Banana Chocolate Chip Muffin	Saag Tofu	Homemade Whole Wheat Bread & Fruit	Apple/Spinach
Tuesday	Scrambled Egg and Roasted Potato	Pasta w/ Roasted Veggies	Roasted Chickpeas and Fruit	Apple/Squash
Wednesday	Cinnamon Apple Muffins	Charro Beans	Coconut Bread	Banana/Spinach
Thursday	Huevos Rancheros	Veggie Bolognese	Homemade Hummus and Pita	Apple/Spinach
Friday	Blueberry Pancakes	Bean and Cheese Enchiladas	Banana Bread	Banana/Sweet Potato

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