



Wells Central Menu ~ WORLD FLAVORS~ November 23- December 11, 2009

V=Vegetarian (no meat products); VGN=Vegan (no egg, dairy, or meat products)

<<S>> Fish/Shellfish allergy alert; <<-N>> Nut/Peanut allergy alert



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of Nov. 23, 2009	Hamburgers Veggie Burger- VGN Hot Dogs Grilled Chicken Sandwich Battered Fries Parslied Baby Carrots-VGN	Burrito Bar Cheese Quesadilla-V Spanish Rice-VGN Refried Beans-V Green Peas-VGN	General Tso's Chicken Vegetable Fried Rice- V White Rice Vegetarian Egg Rolls-V Snow Peas-VGN	Closed for Thanksgiving Break	Closed for Thanksgiving Break
Week of Nov.30, 2009	Hamburgers Veggie Burger- VGN Hot Dogs Grilled Chicken Sandwich Battered Fries Whole Green Beans-VGN	Burrito Bar Cheese Enchiladas-V Spanish Rice-VGN Refried Beans-V Corn-VGN	General Tso's Chicken Vegetable Fried Rice- V White Rice Vegetarian Egg Rolls-V Green Peas-VGN	<<Cashew Vegetable Stir-fry-N>>-VGN Add Pork to Stir-fry of the Day Vegetarian Egg Rolls-V White Rice Brown Rice Snow Peas-VGN	Hamburgers Veggie Burger- VGN Hot Dogs Grilled Chicken Sandwich Battered Fries Parslied Baby Carrots-VGN
Week of Dec. 7, 2009	Hamburgers Veggie Burger- VGN Hot Dogs Grilled Chicken Sandwich Battered Fries Broccoli Florets-VGN	Burrito Bar Cheese Quesadilla-V Spanish Rice-VGN Refried Beans-V Santa Fe Corn-VGN	General Tso's Chicken Vegetable Fried Rice- V White Rice Vegetarian Egg Rolls-V Green Peas-VGN	Vegetable Stir-Fry -V Add Chicken to Stir-fry of the Day White Rice Brown Rice Sliced Carrots-VGN	Hamburgers Veggie Burger- VGN Hot Dogs Grilled Chicken Sandwich Battered Fries Peas & Carrots-VGN