



Wells Central Menu ~ WORLD FLAVORS~ January 25- February 12, 2010

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
01/25/10-01/29/10	Hamburgers Veggie Burger- VGN Hot Dogs Grilled Chicken Sandwich Battered Fries-VGN 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-VGN Vegetarian Egg Rolls-V Snow Peas-VGN	<<Broccoli Peanut Stir-fry-N>>-VGN *Add Flank Steak to Stir-fry of the Day White Rice-VGN Brown Rice-VGN Vegetarian Egg Rolls-V <<Stir-Fried Carrots-N>>-VGN	Hamburgers Veggie Burger- VGN Hot Dogs Grilled Chicken Sandwich Battered Fries-VGN Corn on the Cob-VGN
02/01/10-02/05/10	Hamburgers Veggie Burger- VGN Hot Dogs Grilled Chicken Sandwich Battered Fries-VGN 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-VGN 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-VGN Brown Rice-VGN Snow Peas-VGN	Hamburgers Veggie Burger- VGN Hot Dogs Grilled Chicken Sandwich Battered Fries-VGN Parslied Baby Carrots-VGN
02/08/10-02/12/10	Hamburgers Veggie Burger- VGN Hot Dogs Grilled Chicken Sandwich Battered Fries-VGN 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-VGN Vegetarian Egg Rolls-V Green Peas-VGN	Vegetable Stir-Fry -V *Add Chicken to Stir-fry of the Day White Rice-VGN Brown Rice-VGN Vegetarian Egg Rolls-V Sliced Carrots-VGN	Hamburgers Veggie Burger- VGN Hot Dogs Grilled Chicken Sandwich Battered Fries-VGN Peas & Carrots-VGN