

Wildflower Farm Montessori  
Plant-Based Spring Menu

Week 5:

Day 1. Chicken + Rainbow Veggie Pinwheels: Whole wheat tortillas spread with cream cheese, then layered with shredded carrots, bell peppers, spinach leaves, and roasted chicken. Rolled up and sliced into pinwheels. Served with a side of seasonal fruit.

Day 2. Beef, Vegetables, and Lentil Sloppy Joes: Ground beef with lentil and vegetable mixture simmered in a tangy tomato sauce, served on whole wheat buns with pickles and sliced red onions. Served with a side of seasonal fruit.

Day 3. Mediterranean Turkey Buddha Bowl: Quinoa topped with roasted chickpeas, diced cucumbers, cherry tomatoes, olives, roasted red peppers, and a dollop of hummus. Served with a side of seasonal fruit.

Day 4. Veggie and Tofu Kebabs: Skewers loaded with marinated tofu cubes, cherry tomatoes, bell peppers, onions, and mushrooms, grilled to perfection.

Day 5. Caesar Wrap with Steak: Whole wheat wrap filled with romaine lettuce, Caesar dressing, croutons, parmesan cheese, and sliced marinated steak. Served with a side of seasonal fruit.

Week 6:

Day 1. Rainbow Sushi Bowls w/ teriyaki salmon: Sushi rice topped with teriyaki marinated salmon, sliced avocado, shredded carrots, cucumber slices, pickled ginger, and nori strips, drizzled with soy sauce and sesame seeds. Served with a side of seasonal fruit.

Day 2. Chicken + Chickpea Salad Stuffed Avocados: Halved avocados filled with a mixture of cubed chicken, mashed chickpeas, diced tomatoes, red onions, cilantro, and lime juice. Served with a side of seasonal fruit.

Day 3. Veggie and Black Bean Quesadillas: Whole wheat tortillas stuffed with mashed black beans, corn, diced tomatoes, cheese, and grilled until crispy.

Day 4. Lentil and Vegetable Curry w/ Pork: Flavorful curry made with lentils, carrots, potatoes, cauliflower, pork cubed, and coconut milk, served over brown rice. Served with a side of seasonal fruit.

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Day 5. Sweet Potato and Fried Tofu Buddha Bowl: Fried tofu, roasted sweet potatoes and chickpeas served with quinoa, steamed broccoli, and a creamy tahini dressing. Served with a side of seasonal fruit.

Week 7:

Day 1. Veggie and Tofu Fried Rice: Stir-fried brown rice with tofu, mixed vegetables, garlic, ginger, and soy sauce. Served with a side of seasonal fruit.

Day 2. BLT Sandwich: Whole grain bread filled with bacon, lettuce, tomato slices, and mayo. Served with a side of seasonal fruit.

Day 3. Chicken Rainbow Veggie Spring Salad: Mixed greens topped with sliced strawberries, mandarin orange segments, shredded purple cabbage, sliced almonds, and a raspberry vinaigrette. Served with a side of seasonal fruit.

Day 4. Veggie and Black Bean Burrito Bowl: Brown rice topped with black beans, roasted bell peppers, corn, avocado slices, and salsa. Served with a side of seasonal fruit.

Day 5. Beef Taco Salad: Crisp lettuce topped with seasoned beef, black beans, corn, diced tomatoes, avocado slices, crushed tortilla chips, and a tangy lime-cilantro dressing. Served with a side of seasonal fruit.

Week 8:

Day 1. Rainbow Veggie Pizza w/ Sausage: Whole wheat pizza crust topped with marinara sauce, cheese, sliced bell peppers, cherry tomatoes, black olives, and fresh basil. Served with a side of seasonal fruit.

Day 2. Chicken Caesar Salad Wrap: Whole wheat wrap filled with romaine lettuce, vegan dressing, croutons, and cherry tomatoes. Served with a side of seasonal fruit.

Day 3. Rainbow Veggie Pasta Salad w/ Fish: Tri-color rotini pasta mixed with marinated fish, diced bell peppers, cherry tomatoes, black olives, shredded carrots, and Italian dressing. Served with a side of seasonal fruit.

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Day 4. Veggie and Lentil Tacos w/ Seasoned Ground Beef: Soft corn tortillas filled with seasoned lentils, shredded lettuce, diced tomatoes, avocado slices, and salsa. Served with a side of seasonal fruit.

Day 5. Sweet Potato and Black Bean Buddha Bowl: Roasted sweet potatoes and black beans served with quinoa, steamed kale, and a creamy tahini dressing. Served with a side of seasonal fruit.