



## Heavenly Veggies Meals for Success™

**Heavenly Veggies**  
homestyle vegan cooking  
delicious meals for health & vibrant living - Guam, USA  
*Let's win health & bless people with the Bread of Life!*  
**Meals for Success™**

**Heavenly Veggies**  
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### Healthy **BREAKFAST** for you – Daily at 7AM

- Healthy Fried Rice
- Couscous Wrap
- Warm Oatmeal
- Coconut Parfait
- Coconut Water
- Scrambled Tofu
- Tofu Sandwich
- Granola Cereal
- The Green Drink
- Herbal Tea
- Healthy Soups
- Garbanzo Sandwich
- French Toast
- Carrot-Apple Juice
- Healthy Cookie
- Grilled Veggie Wrap
- Spinach Sandwich
- Whole-Grain Waffle
- Fresh Fruit Blend
- Mixed Fruits

### Healthy **LUNCH** for you – Daily 10:30AM – 2PM

		August 20, 2018	August 21, 2018	August 22, 2018	August 23, 2018	August 24, 2018		
		<i>Chamorro</i>	<i>International</i>	<i>Chamorro</i>	<i>International</i>	<i>Chamorro</i>		
		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>		
<b>Starch</b>	<b>A</b>	Red Rice	Hawaiian Rolls	Ginger Rice	Spanish Rice	Yummy Bananas	<b>A</b>	
	<b>B</b>	Jasmine Brown Rice	Jasmine Brown Rice	Jasmine Brown Rice	Jasmine Brown Rice	Jasmine Brown Rice	<b>B</b>	
<b>Entrée</b>	<b>C</b>	Tofu Kelaguen	Sushi	Tofu Adobo	Mapo Tofu	Estufao	<b>C</b>	
	<b>D</b>	Bistek	Hawaiian Stew	Veggie Curry	Tunisian Sweet Potato Stew	Pancit	<b>D</b>	
<b>Veggies</b>	<b>E</b>	Broccoli Salad	Green Salad	Sautéed Veggies	Coleslaw	Spinach & Coconut Milk	<b>E</b>	
	<b>F</b>	Monday Stir-fry	Tuesday Stir-Fry	Wednesday Stir-fry	Thursday Stir-fry	Friday Stir-fry	<b>F</b>	
<b>Side Choices</b> (stew or salad)	<b>G</b>	Kandelaria Soup	Miso Soup	Lentil Soup	Shiitake Soup	Arozcaldo Soup	<b>G</b>	
	<b>H</b>	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	<b>H</b>	

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