



Heavenly Veggies Meals for Success™

YIGO DEDEDO
JFK
KMART
SHELL
Boy Scouts
Girl Scouts
Airport Hotel

MARINE DRIVE

76

AIRPORT ROAD

TAMUNING AGANA

Heavenly Veggies
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Airport Plaza 9A & 9B
Tamuning, Guam 96910

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Heavenly Veggies
homestyle vegan cooking
delicious meals for health & vibrant living - Guam, USA
Meals for Success™

BARRIGADA TIYAN AIRPORT
UNITED TIRE
PMC
HOME DEPOT

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

| | | December 11, 2017 | December 12, 2017 | December 13, 2017 | December 14, 2017 | December 15, 2017 | | |
|--|----------|--------------------|----------------------|--------------------|----------------------|----------------------|----------|--|
| | | <i>Chamorro</i> | <i>International</i> | <i>Chamorro</i> | <i>International</i> | <i>International</i> | | |
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | |
| Starch | A | Ginger Rice | Potato Fries | Yummy Banana | Garlic Bread | Mashed Potato | A | |
| | B | Jasmine Brown Rice | Jasmine Brown Rice | Jasmine Brown Rice | Jasmine Brown Rice | Jasmine Brown Rice | B | |
| Entrée | C | Pancit | Mapo Tofu | Panfried Tofu | Lasagna | Oat Burger | C | |
| | D | Bistek | Beefless Stew | Kadon Pika | Bulgogi | Spinach Curry | D | |
| Veggies | E | Cucumber Salad | Coleslaw | Creamy Cabbage | Apple Salad | Summer Salad | E | |
| | F | Monday Stir-fry | Tuesday Stir-Fry | Wednesday Stir-fry | Thursday Stir-fry | Friday Stir-fry | F | |
| Side Choices (stew or salad) | G | Mungo Bean Soup | Tom Yum Soup | Clamless Chowder | Creamy Soup | Minestrone Soup | G | |
| | H | Fresh Garden Salad | Fresh Garden Salad | Fresh Garden Salad | Fresh Garden Salad | Fresh Garden Salad | H | |

Let's win health & bless people with the Bread of Life!

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