



## Heavenly Veggies Meals for Success™

**YIGO DEDEDO**  
JFK  
K MART  
SHELL  
Boy Scouts  
Girl Scouts  
Airport Hotel

**MARINE DRIVE**

**AMERICAN MUSIC**  
**CARQUEST**  
**FUJITEC**  
**76**  
**MOBIL**

**AIRPORT ROAD**

**UNITED TIRE**  
**TANKS A-LOT**  
**PMC**  
**HOME DEPOT**

**BARRIGADA TIYAN AIRPORT**

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

## Healthy BREAKFAST for you – Daily at 7AM

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

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

		October 16, 2017	October 17, 2017	October 18, 2017	October 19, 2017	October 20, 2017	
		<i>International</i>	<i>International</i>	<i>Chamorro</i>	<i>International</i>	<i>International</i>	
		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
<b>Starch</b>	<b>A</b>	Red Rice	Polenta	Tapioka & Sweet Potato	Garlic Rice	Seasoned Potatoes	<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>	BBQ Tofu	Tofu Patties	Pancit	Mapo Tofu	Hummus	<b>C</b>
	<b>D</b>	Eskabeche	Curry	Bistek	Mushroom Stroganoff	"Beef" & Bokchoy	<b>D</b>
<b>Veggies</b>	<b>E</b>	Coleslaw	Quinoa Salad	Spinach & Coconut Milk	Kim Chee Slaw	Veggie Stick	<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>	Minestrone Soup	Chickenless Soup	Chalakilis	Corn Chowder Soup	Garden 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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