



## Heavenly Veggies Meals for Success™

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

**TAMUNING AGANA**  
MOBIL  
76  
AMERICAN MUSIC  
CARQUEST  
FUJITEC

**HEAVENLY VEGGIES**  
160 North Marine Drive  
Airport Plaza 9A & 9B  
Tamuning, Guam 96910

**BARRIGADA TIYAN AIRPORT**  
UNITED TIRE  
TANKS A-LOT  
PMC  
HOME DEPOT

**Heavenly Veggies**  
homestyle vegan cooking  
delicious meals for health & vibrant living - Guam, USA  
Meals for Success™  
Phone: (671) 647-0334  
Fax: (671) 647-0335  
heavenlyveggies.com

## 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 22, 2018	October 23, 2018	October 24, 2018	October 25, 2018	October 26, 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	Polenta	Yummy Bananas	Baked Fries	Mashed Potato	<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	Chapsuey	Eskabeche	Breen Curry	Vegan Meatloaf	<b>C</b>
	<b>D</b>	Kadon Pika	Vegan Beef & Snow Peas	Teriyaki Tofu	Pad Thai	Tofu Adobo	<b>D</b>
<b>Veggies</b>	<b>E</b>	Bokchoy	Coleslaw	Spinach & Coconut Milk	Kimchee Salad	Creamy Cabbage	<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>	Squash Soup	Sinigang Soup	Mungo Bean Soup	Tinola Soup	Arozcaldó	<b>G</b>
	<b>H</b>	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	<b>H</b>

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

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