



## Heavenly Veggies Meals for Success™

**YIGO DEDEDO**  
JFK  
KMART  
SHELL  
Boy Scouts  
Girl Scouts  
Airport Hotel

**MARINE DRIVE**

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

**TAMUNING AGANA**

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

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heavenlyveggies.com

## 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

		June 26, 2017	June 27, 2017	June 28, 2017	June 29, 2017	June 30, 2017		
		<i>Guam</i>	<i>International</i>	<i>Chamorro</i>	<i>Tropical</i>	<i>Local Delight</i>		
		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>		
<b>Starch</b>	<b>A</b>	Mashed Potato	Garlic Rice	Coconut Rice	Garlic Bread	Yummy Tapioka & Coconut Milk	<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>	Mushroom Patties	Tofu Chop Suey	Broccoli & Shitake Mushroom	Local Hawaiian Stew	Panfried Tofu	<b>C</b>	
	<b>D</b>	Eskabetche	Lentil Stew	Bistek	Stir-fry Noodles	Tinaktak	<b>D</b>	
<b>Veggies</b>	<b>E</b>	Beansprouts	Saute Veggies	Eggplant & Coconut Milk	Broccoli Salad	Summer Salad	<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>	Creamy Veggie Soup	Arozcaldo Soup	Tan Candelaria Soup	Vegetable Chowder Soup	Corn 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>	

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

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