



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

TAMUNING AGANA

UNITED TIRE
TANKS A-LOT
PMC
HOME DEPOT

BARRIGADA TIYAN AIRPORT

Heavenly Veggies
160 North Marine Drive
Airport Plaza 9A & 9B
Tamuning, Guam 96910

Phone: (671) 647-0334
Fax: (671) 647-0335
heavenlyveggies.com

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
- 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

		May 21, 2018	May 22, 2018	May 23, 2018	May 24, 2018	May 25, 2018		
		<i>Chamorro</i>	<i>International</i>	<i>Chamorro</i>	<i>International</i>	<i>Chamorro</i>		
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Starch	A	Mashed Potato	Yellow Rice & Red Beans	Tapioca & Coconut Milk	Garlic Bread	Grated Cassava	A	
	B	Jasmine Brown Rice	Jasmine Brown Rice	Jasmine Brown Rice	Jasmine Brown Rice	Jasmine Brown Rice	B	
Entrée	C	Oat Burger Patties	Spaghetti	Vegan Beef Bokchoy	Lasagna	Mushroom Loaf	C	
	D	Eskabeche	Mapo Tofu	Cauliflower Chickpea Curry	Bulgogi	Estufao	D	
Veggies	E	Creamy Cabbage	Cauliflower Tabouli Salad	Cucumber Salad	Broccoli Salad	Sautéed Veggies	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 Soup	Tom Yum Soup	Clamless Chowder	Squash Soup	Garden Soup	G	
	H	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	H	

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