



## 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**  
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Airport Plaza 9A & 9B  
Tamuning, Guam 96910

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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

		January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019		
		<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	Hawaiian Rolls	Tapioca	Garlic Bread	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	Mushroom Stroganoff	Tofu Adobo	Tofu Lasagna	Tinaktak	<b>C</b>	
	<b>D</b>	Jap Chae Noodles	Kung Pao Tofu	Pancit	Bulgogi	Oat Burgers	<b>D</b>	
<b>Veggies</b>	<b>E</b>	Spinach & Coconut Milk	Coleslaw	Apple Salad	Kimchee Salad	Broccoli 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>	Chalakilis Soup	Sinigang Soup	Corn Chowder Soup	Miso Soup	Kandelaria 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!

heavenlyveggies.com -- Guam, USA - (671) 647-0334

