



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

UNITED TIRE
TANKS A-LOT
PMC
HOME DEPOT

BARRIGADA TIYAN AIRPORT

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

Heavenly Veggies
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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

		August 14, 2017	August 15, 2017	August 16, 2017	August 17, 2017	August 18, 2017
		<i>Guam</i>	<i>International</i>	<i>Chamorro</i>	<i>Tropical</i>	<i>Local Delight</i>
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Starch	A	Banana & Coconut Milk	Garlic Brown Rice	Tapioka & Coconut Milk	Mashed Potato	Seasoned Potato
	B	Jasmine Brown Rice	Jasmine Brown Rice	Jasmine Brown Rice	Jasmine Brown Rice	Jasmine Brown Rice
Entrée	C	"Beef" & Bokchoy	Spaghetti	Panfried Tofu & Broccoli	Mushroom Patties	Peppered Tofu
	D	Kadon Pika	Bulgogi	Spinach Curry	Mapo Tofu	Veggie Chili
Veggies	E	Sprouts & Carrots	Coleslaw	Eggplant & Coconut Milk	Sauteed Veggies	Creamy Cabbage
	F	Monday Stir-fry	Tuesday Stir-Fry	Wednesday Stir-fry	Thursday Stir-fry	Friday Stir-fry
Side Choices (stew or salad)	G	Corn Soup	Creamy Veggie Soup	Tan Kandalaria Soup	Noodle Soup	Chalakilis Soup
	H	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad	Fresh Garden Salad

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