



February Almuerzo 2019

a vegetarian global Spanish menu
with culinary detours reflecting the Primavera community

February: 1-8

Friday: The Super Bowl of Lunches: the Vegetables vs. the Grains

Monday: White Bean Cassoulet, Crusty French Bread, Winter Fruit and Apple Celery Salad

Tuesday: Chinese New Year Jeweled Fried Rice, Crispy Panko Tofu, Sauteed Bok Choy and Peas

Wednesday: Collard Green Spring Rolls, Coconut Sticky Rice, Edamame and Pickled Daikon & Carrot

Thursday: Carmelized Onion Quiche, Classic Peasant Ratatouille and Seasonal Fruit

Friday: Vegan French Onion Soup, Gruyere, Baguette and White Balsamic Bean Salad

February 11-15

Monday: Patatas Bravas, Fire Roasted Tomato Aioli, Manchego Cheese and Lightly Pickled Radishes

Tuesday: Lentil-Mushroom Pozole with Tortilla, Lime, Avocado and Sour Cream

Wednesday: Vegan Paella Rice, Peas, Maduros, Baby Kale Salad with Cranberries



France Valentine's Day themed cooking class
Homemade Beet-Infused Pasta served with Lovely Vegetables

Join the fun and sign up for one of these 10:00am cooking classes:

Thursday: Beet-Infused Homemade Pasta served with Lovely Vegetable

Friday: Red, White and Blue Potatoes with White Cheddar and Hearty Greens

February 18 - 22 (Winter Break, President's Day 3-day Weekend, no school)

Tuesday: Sweet Potato Fries, Brussel Sprouts, Broccoli, Apple and Soft Brie Cheese

Wednesday: Smoky BBQ Boston Baked Beans, Herbed Crostini, Avocado and Crema

Thursday: Butternut Squash Risotto, Roasted Mushroom, Peas and Parmesan

Friday: Oven Roasted Root Vegetables, Whipped Bean Puree and Dried Fruits

February 25 - 28

Monday: Hearty Vegan White Bean Chili, Breadsticks, and Baby Kale Salad

Tuesday: Corn Tortilla, Refried Beans, Avocado, Fire Roasted Corn Salsa and Microgreens

Wednesday: Ciabatta Bread, Red Cabbage Slaw, Hummus and Spinach and Sprouts

Thursday: Smoky Four Bean Soup, Georgia Collards with Focaccia Croutons and Georgia Apples