



Grandma LuLu's Table

A Plant-Based Mobile Breakfast
& Wellness Program

JOIN US FOR A FREE MEAL AT GRANDMA LULU'S TABLE! 🌱

Rooted in Respect, Made with Love

Nourishing Our Elders One Plant-Based Meal at a Time

Saturday, October 18, 2025

11:00am to 1:00pm

Location: Barrio Senior Villas

At Grandma LuLu's Table, we celebrate healthy eating with a star ingredient in every meal! This month, we're featuring a **"Star Ingredient"**, packed with flavor and health benefits.

This month's Star Ingredient is **Lentils**

Join us for a vibrant, plant-based meal where lentils shine in every course—from the entrée to the salad to a creative dessert you won't forget!

What to Expect:

- **A Free Meal:** Enjoy a freshly prepared, plant-based meal featuring the star ingredient.
- **Cooking Inspiration:** Discover how to create affordable and delicious recipes for your family.
- **Community Connection:** Meet your neighbors and enjoy a warm, welcoming atmosphere.
- **Nutrition** education and recipe cards for home use

Contact us at: info@grandmalulustable.org
www.grandmalulustable.org

Grandma LuLu's Table is a 501(c)3 non-profit entity.
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**STAR
INGREDIENT**