



We offer
Homemade
Mango Lassi
& Vegan
Cakes

Serving great vegetarian meals in Tucson for 34 years

January 2026

* non daily
+ wheat free

Top vege is
served all
day, Bottom is
evening
entree



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Welcome to Tucson, Gem Show Visitors. 		Next Festival Maha Shiva Ratri Sunday, February 15th Stage Performances with Kakoli Dance Troupe, Live Music, Temple Ceremonies & Free Feast		Special Vegan New Year's Meal 12 to 5 pm 	1 2 Vegan Veggies & Edamame*+ Vegetable Croquettes*+	3 Vegetable Stroganoff+ Vegetable Manicotti*
4 Sunday Brunch Pancakes, Scrambled Tofu, Fruit Salads, Home Frys & more	5 	6 A taste of India Indian Cuisine Curries, Poories, Chutneys, Salads, Raitas & more	7 Cauliflower, Peas & Soy Cream*+ Sloppy Joes with mung beans*+	8 Broccoli, Chickpeas & Tofu*+ Potato Quesadillas*	9 Green Beans, Taro Root & Almonds*+ Vegan Veggie Pizza*	10 Cabbage, Carrot & Fresh Cheese+ Vege Fritters & Chutney*+
11 Sunday Brunch Pancakes, Scrambled Tofu, Fruit Salads, Home Frys & more	12 	13 A taste of India Indian Cuisine Curries, Poories, Chutneys, Salads, Raitas & more	14 Ratatouille*+ Organic Tofu Sticks & Almond Tarter Sauce*	15 Cauliflower, Broccoli & Tempeh*+ Eggplant Medallions*+	16 Peas, Tomato & Tofu*+ Spinach Filo*	17 Broccoli, Carrot, Almond & Fresh Cheese+ Vegetable Lasagna*
18 Sunday Brunch Pancakes, Scrambled Tofu, Fruit Salads, Home Frys & more	19 Feeding the Un-housed on Tucson's Southside. Join us at 7 am	20 A taste of India Indian Cuisine Curries, Poories, Chutneys, Salads, Raitas & more	21 Cauliflower, Snap Peas, Cashews & Coconut Creme*+ Lentil Croquettes & Gravy*+	22 Broccoli, Green Beans & Tempeh*+ Tex-Mex Fajitas*	23 Mung Bean Patties & Veggies*+ Veggie Stuffed Shells*	24 Spinach & Fresh Cheese+ Enchilada Casserole*+
25 Sunday Brunch Pancakes, Scrambled Tofu, Fruit Salads, Home Frys & more	26 	27 A taste of India Indian Cuisine Curries, Poories, Chutneys, Salads, Raitas & more	28 Stir Fry Broccoli, Bamboo Shoots & Tofu*+ Kofta (Vege Croquettes)	29 Manchurian Vegetable Balls*+ Thai Chili Tofu*	30 Chickpea Squares*+ Savory Nut Loaf*+	31 Cauliflower, Pea, Carrot & Fresh Cheese Eggplant Parmesan*+

For more information contact Govinda's Natural Foods - 520-792-0630 or www.GovindasOfTucson.com