



Vegetarian Menu

A well-balanced, lacto-ovo diet without meat, fish, or poultry.

*Vegan, where indicated.

Breakfast (Served all day)

Oatmeal*
 Cream of wheat*
 Rice Porridge (green onions optional)*
 Organic Corn Flakes
 Organic Multigrain with Raisins*
 Honey Nut Cheerios
 Granola*
 Scrambled Eggs
 Scrambled Eggs with Cheese
 Eggbeaters (egg substitute)
 Breakfast Egg & Cheese Sandwich
 Hard Boiled Egg (served chilled)
 Classic Pancakes
 Chocolate Chip Pancakes
 Hashbrown Triangle*
 Impossible Sausage Patty*
 Gluten-free Impossible Sausage Patty

Snacks and Sides

Fruit: Sliced Apple*, Honeydew Melon*,
 Pineapple*, Whole Banana*, Seasonal
 Whole Fruit* (ask for current selection)
 Applesauce*
 Pureed Peaches*
 Pureed Pears*
 Avocado* (half)
 Sour Cream
 Salsa*
 Yogurt (Vanilla, Strawberry, Plain)
 Cottage Cheese
 Flour Tortilla*
 Bread Roll
 Gluten-free Bread (Two slices)*
 Bran Muffin
 Raisins*
 Dry Roasted Almonds*
 Peanut Butter Packet*
 Crackers (Honey Grahams or Saltines*)





Vegetarian Menu (continued)

Snacks and Sides (continued)

Uncrustables PB&J Sandwich
 Multigrain chips*
 Popcorn*
 Pretzels*
 Annie's Bunny Crackers (cheddar)
 Annie's Bunny Friends (chocolate chip)
 Cheese slices (American or Swiss)
 Mozzarella String Cheese
 Mozzarella Tomato Basil Fresca Sandwich
 Kale Quinoa Salad*
 (Pumpkin dressing on the side)
 Mixed Green Side Salad*
 (Balsamic or Ranch dressing optional)
 Lettuce, Tomato, Onion garnish
 Snack Vegetable box* (dressing optional)
 Vegetable Broth*

Additional Sides (Available after 11AM)

French Fries*
 White or Brown Rice*
 Mashed Potatoes
 Allergy Mashed Potatoes*
 Vegetarian Gravy

Pinto Beans*
 Steamed Carrots*
 Steamed Green Bean Blend*
 Braised Greens* (mix of collards, kale and chard)
 Cheese Sauce
 Teriyaki Sauce
 Marinara Sauce

Entrees (Available after 11AM)

Macaroni and Cheese
 Tofu Teriyaki*
 Plain Cooked Tofu*
 Cheese Quesadilla
 Spaghetti w/ Marinara*
 Grilled Cheese
 (Swiss or American, White or Wheat Bread)
 Beyond Burger Patty*
 (Swiss or American Cheese, optional.
 Pretzel or Wheat buns are vegetarian, not
 vegan)
 Saag Paneer
 Chana Chaat Masala*





Vegetarian Menu (continued)

Soups of the Day

Sunday: Hot and Sour

Monday: Minestrone

Tuesday: Lentil*

Wednesday: Italian Ribollita*

Thursday: Butternut Squash

Friday: Mushroom Barley*

Saturday: Black Bean*

Available Daily: Vegetable Broth*

Desserts

Chocolate Chip Cookie

Vanilla Cream Puffs

Chocolate or Diet Vanilla Pudding

Regular or Sugar-free Jello*

(Ask for available flavors)

Ice Cream (Chocolate or Vanilla)

Milkshake

(Berry Banana*, Chocolate or Vanilla)

Beverages

Juice: Apple*, Orange*, Cranberry*, Diet

Cranberry*, Prune*

Milk: Whole, Lowfat 1%, Nonfat Chocolate,

Lactose-free, Soy Vanilla* Almond Vanilla*

Beverages (continued)

Soda: Ginger Ale* or Diet Lemon Lime*

La Croix Sparkling Water*

Gatorade*

Unsweetened Iced Tea (caffeinated)*

Hot Tea: Black*, Green*, Herbal

Chamomile*

Coffee: Regular* or Decaf*

Additional Condiments

Salt*

Pepper*

Mrs. Dash Herb Seasoning*

Soy Sauce*

BBQ Sauce

Ketchup*

Mustard*

Mayonnaise (Regular or Reduced Fat)

Cholula Hot Sauce*

Sweeteners: Sugar (White* or Brown*),

Splenda*, Breakfast Syrup (Regular* or Sugar-Free*), Honey

Butter or Smart Balance Margarine

Parmesan Cheese

Jelly (Grape Flavor, Regular* or Diet*)

