



Halal Menu

Breakfast (all day)

Oatmeal (brown sugar or raisins optional)
Cream of wheat
Rice Porridge (green onion optional)
Vegetable broth
Cold cereal: granola, corn flakes,
mesa flakes w/ raisins, cocoa crispies
Scrambled eggs
Cheesy scrambled eggs
Hard boiled eggs
Scrambled eggbeaters
Pancakes (syrup and butter optional)
Chocolate Chip Pancakes
Impossible veggie sausage patty
Hashbrown
Bran muffin
White bread roll
Flour tortilla
String cheese
Cottage cheese
Greek yogurt: plain, strawberry,
or vanilla
Fresh fruit: sliced apples, banana,
pineapple, honeydew
Applesauce, pureed peaches or pears
Berry banana vegan smoothie

Beverages

Milk: whole, lowfat, chocolate, or
Lactose free
Almond milk vanilla
Soy milk vanilla
Juice: apple, orange, cranberry, prune
Coffee, decaf coffee
Hot tea: black, green, chamomile
Iced tea
Sparkling water
Gatorade
Ginger ale
Diet lemon lime soda

Lunch (available after 11am)

Vegetarian soup of the day
Vegetable broth (saltine crackers optional)
Rice porridge (green onion optional)
Pan seared salmon
Mashed potatoes (vegetarian gravy optional)
Dairy free mashed potatoes
Rice: white or brown
Steamed green beans or carrots
Braised greens
White bread roll (butter or margarine)
Salmon teriyaki
Tofu teriyaki
Cheese quesadilla (sour cream optional)
Pinto beans
Flour tortilla
Macaroni and cheese
Spaghetti w/ marinara (parmesan optional)
Grilled cheese sandwich
French fries
Side green salad
Snack veggie box (ranch dressing optional)
Cheese slices: American or Swiss

Dessert

Chocolate chip cookie
Mini vanilla cream puffs
Ice cream: chocolate or vanilla
Pudding: chocolate or diet vanilla
Vegan gelatin: orange or diet tropical
Milkshake: chocolate or vanilla
Vegan berry banana smoothie

Snacks

Graham crackers
Pretzels
Multigrain chips
String cheese
Popcorn
Cheddar or chocolate chip bunnies
PB&J Uncrustable
Almonds

