



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*)

