



## 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\*)

