



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

