


# Vegetarian & Vegan Dinner Menu

January 20<sup>th</sup> – January 25<sup>th</sup>

## Soups

Soup of the Day: Announced Daily

Soup of the Week: Cream of Mushroom GF 

Low Sodium: Vegetable GF  or Tomato GF 

## Appetizers

 Spinach & Artichoke Dip ~ served w/Pita Bread

## Salads

 Salad of the Week:

Greek Chickpea Chopped Salad ♥ GF

Served w/Feta Cheese, Peppers, Onions,  
Tomatoes, Cucumbers, Olives & Lemon.

Choice of Dressing

Caesar Salad ♥ 

Crisp Romaine Hearts Tossed with  
Parmesan Cheese, Herb Croutons & Caesar  
Dressing

Raw Vegetable Plate ♥ GF 

Seasonal Selection of Fresh Veggies  
served with Ranch Dipping Sauce

Garden Salad ♥ GF 


Mixed Field Greens w/Tomatoes &  
Cucumbers ~ Choice of Dressing


Seasonal Fruit Plate ♥ GF 

Selection of Seasonal Fruit served  
w/Low Fat Cottage Cheese upon  
Request. (Cottage Cheese is not Vegan)

Jack Salad ♥ GF 

Cucumber, Tomato, Avocado, Onion,  
Green & Black Olives ~ Choice of  
Dressing

 Choice of Dressings (GF) - Ranch, Blue Cheese, Thousand Island, French,  
Honey Mustard & Spicy Ranch

 Vegan Dressings (GF) - Balsamic Vinaigrette (low-fat), Sesame Ginger,  
Raspberry Vinaigrette (Low-Fat), Italian, Olive Oil & Red Wine Vinegar

## Pecan Patties\*\*\*

Served w/Mushroom Sauce

## Eggplant Parmesan

Served w/Roasted Tomato Sauce & Mozzarella Cheese

## Vegan Eggplant

Served w/Vegan Cheese & Tomato Sauce

## Vegan Falafel Sub

W/Tomato Sauce & Vegan Cheese

## Vegetables & Fruits

Green Beans w/Shallots ♥GF

Boiled Golden Beets ♥GF

Roasted Brussel Sprout ♥GF

Roasted Peppers ♥GF

Steamed 5 Way Mixed Veggies ♥GF

Homemade Apple Slices ♥GF

Homemade Apple Sauce ♥GF

\*Steamed Broccoli, \*Carrots,  
\*Cauliflower, & \*Succotash are  
available ♥GF

\*Steamed Vegetables Contain No Butter  
or Oil

## Starches

Yellow Rice GF

Green Peas GF

Chick Peas GF

Linguini Pasta

Choice of Sauce: Marinara, Pesto,  
Alfredo, Olive Oil, Garlic Butter

Mashed Potatoes GF 

Baked Potato ♥GF

Baked Sweet Potato ♥GF

Brown Rice ♥GF

Fettuccine Brown Rice Pasta GF

Spaghetti Whole Wheat Pasta


Vegetarian & Vegan Hamburgers, Hot Dogs  
& Sandwiches are Available Upon Request

\*This item may be served undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

\*\*\* – This Item Contains Nuts

GF – This Item is Gluten Free

 – This Item is Vegan

 – This Item is Vegetarian