

Vegetarian & Vegan Dinner Menu

July 7th – July 12th

Soups

Soup of the Day: Announced Daily

Soup of the Week: Split Pea GF 

Low Sodium: Vegetable GF  or Tomato GF 

Appetizers

❖ Spinach & Artichoke Dip ~ Served w/Chips 

❖ Deviled Eggs ~ Served over Microgreens GF 

Salads

Salad of the Week:

Pasta Salad ♥ 

Mixed w/Peppers, Onions, Tomatoes, Artichokes & Fresh Mozzarella ~ Tossed in Italian 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

New York Roast***

Served w/Sweet Tomato Sauce

Vege~Chicken & Vegetable Wrap

Wrapped in a Tortilla w/Lettuce, Tomato, Carrots & Cucumbers

Vegan Avocado Tower

Served w/Sweet Potatoes & Alfalfa Sprouts

Vegan Stuffed Eggplant

Stuffed w/Vegetables & Vegan Cheese. Served w/Roasted Red Pepper Sauce

Vegetables & Fruits

Sauteed Spinach ♥GF

Raisin Glazed Carrots ♥GF

Sauteed Yellow Squash w/Onions ♥GF

Grilled 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

Wild Rice GF

Steamed Yuka GF

Roasted Potatoes GF

Fettuccini 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