Vegetarian & Vegan Dinner Menu

August 4th – August 9th

Soups

Soup of the Day: Announced Daily

Soup of the Week: Tortilla GF



Low Sodium: Vegetable GF 🕜 or Tomato GF 🗸

Appetizers

❖ Tomato Bruschetta Crostini ~ w/Fresh Mozzarella, Basil & White





Salads

Salad of the Week:

Pasta Salad*** ♥ GF V



Arugula w/Feta & Pecans ~ Tossed in Truffle Oil & White Balsamic Vinaigrette

Caesar Salad



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

Raw Vegetable Plate ♥ GF V



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 🚺

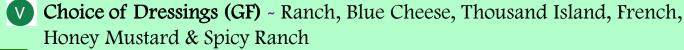


Selection of Seasonal Fruit served w/Low Fat Cottage Cheese upon Request. (Cottage Cheese is not Vegan)

Jack Salad ♥ GF 🚺



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





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

Char's Vege-balls •

w/Tomato Basil Sauce served over Angel Hair Pasta & Garlic Bread

Mushroom Roast Loaf

Served w/Creamy Mushroom Sauce

Vegan Gardenburger Patty Melt W

Served w/Caramelized Onions & Vegan Cheese

Vegan Chicken Nuggets W



w/Sesame Teriyaki Glaze served w/Steamed Broccoli & Brown Rice

Vegetables & Fruits V



Red Swiss Chard ♥GF Fried Okra •

Sweet & Sour Red Cabbage ♥GF

White Beans ♥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 🐼

White Rice GF Baked Acorn Squash GF

Roasted Fingerling Potatoes GF **Creamy Grits**

Choice of Sauce: Marinara, Pesto,

Alfredo, Olive Oil, Garlic Butter

Mashed Potatoes GF V

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