

# 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 Balsamic 

## Salads

### Salad of the Week:

Pasta Salad\*\*\* ♥ GF 

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 

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

## 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

Served w/Caramelized Onions & Vegan Cheese

## Vegan Chicken Nuggets

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

## Vegetables & Fruits

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 

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