

Vegetarian & Vegan Dinner Menu

September 8th – September 13th

Soups

Soup of the Day: Announced Daily

Soup of the Week: Split Pea GF



Low Sodium: Vegetable GF or Tomato GF

Appetizers

❖ Fried Mozzarella Cheese ~ Served w/Marinara Sauce

❖ Curry Chicken Salad on Endive GF

❖ BBQ Chipotle Meatball GF

Salads

Salad of the Week:

Citrus Mixed Greens ♥ GF

w/ Cranberries, Oranges, Blueberries & Strawberries

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~ Walnuts Meatball***



W/ Basil Tomato Sauce

Vegan Portobello Quesadilla



W/ Onions

Vegan Walnuts Meatball



Served over Brown Rice

Vegetables & Fruits



Bean Sprouts ♥GF

Mashed Carrots♥

Spinach ♥GF

Green Beans w Shallots ♥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



Lentils GF

Jasmine Rice GF

Pesto_Chickpeas

Cavatappi Noodles

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