

Vegetarian & Vegan Dinner Menu

October 20th – October 25th

Soups

Soup of the Day: Announced Daily

Soup of the Week: Potato Leek GF

Low Sodium: Vegetable GF  or Tomato GF 

Appetizers

❖ Caramelized Acorn Squash GF 

Salads

Salad of the Week:

Roasted Chickpea Salad*** ♥ GF 

W/Chopped Kale, Candied Pecans,
Cranberries & Carrots. Tossed in Honey
Balsamic 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

Char's Vege~Meatballs

Served over Angel Hair Pasta w/ Tomato Basil Sauce

Vegan Quinoa Portobello Mushrooms & Vegetables

Vegan Eggplant Parmigiana

Served w/ Steamed Broccoli

Vegetables & Fruits

Roasted Brussel Sprouts ♥GF 

Steamed Green Beans ♥GF 

Golden Beets ♥GF 

Raisin Glazed Carrots ♥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

Basmati Rice GF 

Sugar Snap Peas GF

Twice Baked Potato 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