

Vegetarian & Vegan Dinner Menu

November 10th – November 15th

Soups

Soup of the Day: Announced Daily

Soup of the Week: Autumn Squash GF 

Low Sodium: Vegetable GF  or Tomato GF 

Appetizers

Vegetarian Appetizer Not Available This Week

Salads

Salad of the Week:

Fruity Mixed Greens Salad ♥ GF 

W/Peaches, Blueberries, Cranberries & Watermelon. Served w/Raspberry 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

Mushroom Nut Loaf***



Served w/ Mushroom Sauce

Pecan Patties***



Served w/ Tomato Sauce Over Angel Hair Pasta

Vegan Grilled Tofu Sandwich



Served on Gluten Free Bread w/ Avocado, Lettuce & Tomato

Vegan Mediterranean Butternut Squash

Casserole



Made w/ Spinach & Sundried Tomatoes

Vegetables & Fruits

Grilled Zucchini ♥GF

Grilled Golden Beets ♥GF

Ratatouille ♥GF

Sauteed Spinach ♥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

Jasmine Rice GF

Boiled Fingerling Potatoes GF

Curry Lentils GF

Penne 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