

Vegetarian & Vegan Dinner Menu

February 9th – February 14th

Soups

Soup of the Day: Announced Daily 

Soup of the Week: Cream of Roasted Root Vegetable GF 

Low Sodium: Vegetable GF   or Tomato GF 

Appetizers

Boursin & Apple – Served on a Cracker 

Salads

Salad of the Week:

Mediterranean Salad ♥ GF

Ferro w/Green Peas, Pearl Onions, Olives,
Carrots, Tomatoes & Feta Cheese
Your Choice of 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

Pecan Patties***



Served w/Mushroom Cream Sauce

Rice Patties



Vegan Scrambled Tofu



Served w/Quinoa & Vegetables

Vegan Cheese Polenta



Served w/Spinach & Fruit

Vegetables & Fruits

All Sides Vegan Upon Request

Sauteed Spinach ♥GF

Sauteed Yellow Squash ♥GF

Okra ♥GF

Roasted Cherry Tomatoes ♥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

All Sides Vegan Upon Request

Chickpeas GF

Lentils GF

Basmati Rice GF

Linguine 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

-- This Item is Non-Processed