

# 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

V -- This Item is Vegan

-- This Item is Vegetarian

-- This Item is Non-Processed

