

Vegetarian & Vegan Dinner Menu

March 2nd – March 7th

Soups

Soup of the Day: Announced Daily 

Soup of the Week: Cream of Carrot & Ginger GF 

Low Sodium: Vegetable GF   or Tomato GF 

Appetizers

Falafel Ball w/ Cucumber Yogurt Sauce 

Salads

Salad of the Week:

Rice Salad ♥ GF 

w/Scallions, Peppers, Celery, Carrots,&
Cilantro Tossed in Olive Oil Rice Vinegar
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

N. Y. Roast***

Served w/ Sweet Tomato Sauce

Char's Meatballs

Over Angel Hair Pasta w/ Marinara Sauce

Vegan Oatmeal Burger

W/ Lettuce, Tomato & Avocado

Vegan Falafel Patties

Served w/ Fresh Salsa, Brown Rice & Steamed Broccoli

White Bean Spread w/ Veggies

Vegetables & Fruits

All Sides Vegan Upon Request 

Sauteed Spinach ♥GF 

Ratatouille ♥GF 

Asparagus ♥GF 

Swiss Red Chard ♥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

Corn GF 

Roasted Potatoes GF 

Basmati Rice GF 

Angel Hair 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