

Vegetarian & Vegan Dinner Menu

April 6th – April 11th

Soups

Soup of the Day: Announced Daily 

Soup of the Week: Corn Chowder GF 

Low Sodium: Vegetable GF   or Tomato GF 

Appetizers

Grilled Portobello Mushroom w/ Spinach & Roasted Red

Peppers GF  

Salads

Salad of the Week:

Peach Salad ♥ GF 

w/ Cottage Cheese Over Mixed Greens

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 Loaf ***



Served w/ Mushroom Sauce

Vegetarian Tofu Walnuts Patties ***



Served w/ Brown Gravy

Vegan Tabouli Salad



Served w/ Side of Fruit

Vegan Chicken & Rice Soup



Served w/ Corn Bread

Vegetables & Fruits

All Sides Vegan Upon Request

Sauteed Cremini Mushroom ♥GF

Sauteed Yellow Squash ♥GF

Golden Beets ♥GF

Collard Greens ♥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

Mexican Rice GF

Refried Beans GF

Boiled Yukon Potato 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

-- This Item is Non-Processed