


# Vegetarian & Vegan Dinner Menu

May 4th – May 9th

## Soups

**Soup of the Day:** Announced Daily 

**Soup of the Week:** Cream of Roasted Vegetables GF 

**Low Sodium:** Vegetable GF   or Tomato GF 

## Appetizers

Stuffed Mushroom w/Mushroom Ragout GF  

## Salads

### Salad of the Week:

**Spring Mix Salad\*\*\*** ♥ GF 

W/Toasted Almonds, Feta Cheese,  
Tomatoes, Cucumber & Mandarin Oranges.  
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

## New York Roast\*\*\*

Served w/Sweet Tomato Sauce

## Char's Vege~Meatballs

Served over Angel Hair Pasta w/Tomato Basil Sauce

## Vegan Gardenburger

w/Avocado, Tomato & Onion, served w/Fresh Fruit


## Vegan Cheese Polenta

Served w/Grilled Vegetables

### Vegetables & Fruits

All Sides Vegan Upon Request

Steamed Green Beans ♥GF 

Herb Roasted Cherry Tomatoes ♥GF 

Red Swiss Chard ♥GF 

Apricot Glazed Carrots ♥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

Roasted Potatoes GF 

Yellow Rice GF 

Fried Plantains GF 

Black Beans GF 


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