

Vegetarian & Vegan Dinner Menu

June 1st – June 6th


Soups

Soup of the Day: Announced Daily 

Soup of the Week: Vegetable and Lentil 

Low Sodium: Vegetable    or Tomato  

Appetizers

Mini Baked Brie ~ Wrapped in Puff Pastry 

Salads

Salad of the Week:

Arugula Salad*** ♥  

W/Apples & Pecans. Tossed in
Honey Dijon Dressing

Caesar Salad ♥ 

Crisp Romaine Hearts Tossed with
Parmesan Cheese, Herb Croutons & Caesar
Dressing

Raw Vegetable Plate ♥   

Seasonal Selection of Fresh Veggies
served with Ranch Dipping Sauce

Garden Salad ♥   


Mixed Field Greens w/Tomatoes &
Cucumbers ~ Choice of Dressing


Seasonal Fruit Plate ♥   

Selection of Seasonal Fruit served
w/Low Fat Cottage Cheese upon
Request. (Cottage Cheese is not Vegan)

Jack Salad ♥   

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 Cream Sauce

Mushroom Stroganoff

Served w/Mixed Vegetables

Vegan Spinach Frittata

Served w/Fresh Berries

Vegan Tofu Lasagna


Served w/Corn Bread

Vegetables & Fruits

All Sides Vegan Upon Request

Collard Greens ♥GF 

Grilled Zucchini ♥GF 

Mashed Carrots ♥GF 

Bean Sprouts ♥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

Black Beans GF 

Home Fries GF 

Jasmine 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