

# Vegetarian Diet (Lacto-Ovo)



Your doctor has prescribed a vegetarian diet for you during your stay. Our lacto-ovo vegetarian suggestions from the At Your Request® menu are listed below. If you require a more stringent vegetarian or vegan diet, you may request a Dietitian Consult to assist you with your choices.



## Breakfast:

### Entrees

Buttermilk Pancakes  
 French Toast  
 Scrambled Eggs  
 Breakfast Sandwich  
 Cholesterol Free Scrambled Eggs  
 Hard Boiled Eggs  
 Fruit Plate  
 Omelet with choice of:  
 Onion/Green Pepper/Tomato/  
 Mushroom/Cheese



### Cereals

Cheerios®  
 Grits, Oatmeal  
 Cream of Wheat®  
 Rice Krispies®  
 Frosted Flakes®  
 Special K®  
 Raisin Bran®  
 Corn Flakes®

### Yogurt/Fruit

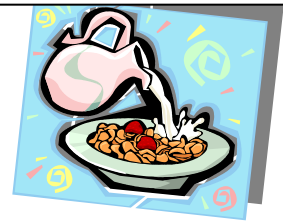
Yogurt: Strawberry/Vanilla/  
 Plain Greek  
 Cottage Cheese  
 Fresh Fruit Cup  
 Quartered Orange  
 Canned: Peaches/Pears  
 Apple  
 Banana

### Bakery

Toast: Wheat/White  
 English Muffin  
 Bagel: Plain  
 Muffin: Plain/Blueberry  
 Buttermilk Biscuit  
 Chocolate Chip Muffin  
 Pop tart

### Side Orders

Breakfast Potatoes  
 Cottage Cheese



## Lunch/Dinner:

### Entrees

Grilled Vegetable Wrap  
 Grilled Cheese Sandwich  
 Veggie Burger  
 Vegetable Quesadilla  
 Marinara Sauce with:  
 Spaghetti or Whole Wheat Penne  
 Personal Pan Pizza with:  
 Onion/Green Pepper/Cheese/Tomato/  
 Mushroom

### Deli Bar

Bread: Wheat/White/Tortilla  
 Garden: Onion/Lettuce/Tomato/  
 Dill Pickle/ Cucumber  
 Cheese: American/Cheddar/  
 Swiss/Provolone  
 Fillings: Peanut Butter/Jelly

### On the Side

Yellow Squash  
 White Rice  
 Whipped Potatoes  
 Green Peas  
 Broccoli  
 Parsley Boiled Potatoes  
 Steak Fries  
 Buttermilk Biscuit  
 Sliced Bread: Wheat/White  
 Sliced Carrots  
 Green Beans  
 Corn  
 Macaroni & Cheese  
 Corn Muffin  
 Potato Chips  
 Dinner Roll

### Soup/Salad

Tomato  
 Garden Vegetable  
 Garden Salad  
 Vegetable Broth  
 Cottage Cheese & Fruit  
 Coleslaw  
 Chef Salad

### Desserts

Vanilla Wafers  
 Graham Crackers  
 Ice Cream/Sherbet  
 Lemon Fruit Ice  
 Popsicle (assorted flavors)  
 Cookies: Sugar/Chocolate Chip/  
 Oatmeal Raisin/Peanut Butter  
 Pudding: Reg or Diet  
 Apple Pie  
 Sweet Potato Pie  
 Chocolate Brownie

