

VEGETARIAN MENU

Chef Daily Specials

Revised Feb 2022

	BREAKFAST	LUNCH	DINNER
SUNDAY	Buttermilk Pancakes, Scrambled Eggs, Oatmeal & Pears	Falafel Fritters, Broccoli, Brown Rice, Mixed Green Salad & Fresh Fruit Cup	Broccoli Penne Pesto, Baby Carrots, Mashed Potatoes & Dinner Roll
MONDAY	Scrambled Eggs, Hash Brown Potatoes, English Muffin, Oatmeal & Applesauce	Veggie Burger, Mashed Potatoes, Dinner Roll & Pears	Hummus Wrap, Broccoli, Mixed Green Salad, Dinner Roll & Oatmeal Raisin Cookie
TUESDAY	Buttermilk Pancakes, Tofu Scramble, Grits & Mandarin Oranges	BBQ Tofu, Spanish White Rice, Corn, Roasted Bell Peppers, Dinner Roll, & Tomato Basil Soup	Simple Quinoa Primavera, Cali Mixed Vegetables, Mixed Green Salad, Dinner Roll & Fresh Fruit Cup
WEDNESDAY	Eggs with Veggies & Cheese, Hash Browned Potatoes, English Muffin, Oatmeal & Pears	Penne with Marinara, Green Beans, Mixed Green Salad, & Choc Chip Cookie	Simple Quinoa Primavera, Mixed Green Salad, Dinner Roll, Pears & Angel Food Cake
THURSDAY	French Toast, English Muffin, Greek Yogurt, Cheerios & Peaches	Simple Quinoa Primavera, Mashed Sweet Potatoes, Cauliflower, Mixed Green Salad & Vanilla Pudding	BBQ Tofu, Dijon Roasted Potatoes, Green Beans, Corn Muffin & Fresh Fruit Cup
FRIDAY	Cheese Omelet, Blueberry Muffin, Oatmeal & Pears	Hummus Wrap, Collard Greens, Mashed Potatoes, Corn Muffin & Mandarin Oranges	Falafel Fritters, Mashed Potatoes, Green Beans, Dinner Roll & Peach Cobbler
SATURDAY	French Toast, Hash Brown Potatoes, Grits & Applesauce	Falafel Fritters, Brown Rice, Baby Carrots, Dinner Roll & Peaches	BBQ Tofu, Mashed Potatoes, Green Beans, Dinner Roll & Choc Chip Cookie

ALWAYS AVAILABLE

BREAKFAST

Regular or Low-Cholesterol Scrambled Eggs
Hard Boiled Egg
Buttermilk Pancakes
French Toast (Reg or WW)
Tofu Scramble
Hash Brown Potatoes
Blueberry Muffin
Buttermilk Biscuit
Bagel - Wheat, White, Cinnamon
Whole Wheat English Muffin
Hot Cereal - Oatmeal, Cream of Wheat, Grits
Cold Cereal - Cheerios, Corn Flakes, Frosted Flakes, Raisin Bran, Rice Krispies
Greek Yogurt - Vanilla or Blueberry
Yogurt - Vanilla or Strawberry
Cottage Cheese

ENTREES

Cheese Quesadilla
Penne & Marinara
Grilled Cheese Sandwich
Cheese Pizza
Hummus Wrap
Tofu Scramble
Veggie Burger

Build-Your-Own Sandwich

Choice of: Whole Wheat Bread, White Bread, Hamburger Bun, Whole Wheat Burger Bun, 10" Flour Tortilla or 6" Corn Tortilla

Choice of: Egg Salad, Hummus, Peanut Butter, Grape Jelly, Strawberry Jelly, Sliced Cheddar, Swiss Cheese, American Cheese, Provolone Cheese

Add On: Leaf Lettuce, Sliced Tomatoes, Sliced Yellow Onions

Chef Salad
Hummus & Pita Plate
Fresh Fruit Plate
Apples, Grapes, Strawberries & Cantaloupe

SIDES

Green Beans
Broccoli
Collard Greens
California Mixed Vegetables
Mixed Green Salad
Carrot & Celery Sticks

Brown Rice
White Rice
Mashed Potatoes
Macaroni & Cheese
Penne Pasta

White Dinner Roll
Wheat Dinner Roll
Regular Lay's Chips

Tomato Basil Soup
Vegetable Soup
Vegetable Broth

DESSERTS

Angel Food Cake
Peach Cobbler
Orange Sherbet
Lemon Fruit Ice
Cookies

Chocolate Chip, Oatmeal Raisin
Sugar, Vanilla Wafers, Graham
Crackers

Ice Cream
Vanilla, Chocolate, Strawberry
Pudding (Reg or sf)
Chocolate or Vanilla
Gelatin (Reg or sf)

Berry or Citrus
Fresh Whole Fruit: Apple, Banana,
Orange, Fresh Fruit Cup, Diced
Peaches or Pears, & Mandarin Oranges

Speak with the Call Center
Representative for
Additional Options

CALL US 843-792-3892