

# Vegan Menu

## Breakfast

### Entrees

- Scrambled Tofu

### Sides

- Hash Brown Potatoes
- Hot Cereal (Grits, Oatmeal, Cream of Wheat)
- Cold Cereal (Cheerios, Rice Chex, Cornflakes, Frosted Flakes, )
- Bagel (White, Wheat, Cinnamon)
- Whole Wheat English Muffin
- Whole Wheat or White Bread

### Fruit

- Apple
- Banana
- Orange
- Grapes
- Fresh Fruit Cup
- Applesauce
- Peach Slices
- Pear Halves
- Mandarin Oranges

## Lunch/Dinner

### Entrees

- Create-Your-Own Deli/Grill Sandwich\* (Hummus)
- Create-Your-Own Salad\*
- Create-Your-Own Pasta\* (Marinara Sauce)
- Create-Your-Own Taco or Quesadilla\*(Black Beans)
- Create-Your-Own Rice Bowl\* (Tofu, black beans)
- Create- Your- Own Pizza (Marinara)
- Hummus with Pita and Vegetables
- Fresh Fruit Platter

### Sides

- Baked French Fries
- Baked Sweet Potato Fries
- White or Brown Rice
- Quinoa
- Black Beans
- Pretzels
- Crackers

### Soup

- Vegetable Broth
- Garden Vegetable Soup
- Tomato Soup

### Veggies

- Broccoli
- Corn
- Yellow Squash
- Green Peas
- Sliced Carrots
- Green Beans

### Salad

- Side Garden Salad  
Italian Dressing  
Oil & Vinegar

## Desserts

- Popsicle(Reg or sugar free)

## Beverages

### Hot

- Coffee (Reg or Decaf)
- Hot Tea (Reg or Decaf)
- Hot Cocoa (Reg or SF)

### Cold

- Gingerale / Lemon Lime Soda (Reg or Diet)
- Ice Tea (Sweet or Unsweet)
- Strawberry Banana Smoothie

### Milk

- Soy
- Unsweetened Almond

### Juice

- Orange
- Apple
- Grape
- Cranberry
- Prune

\*Refer to At Your Request regular tri-fold patient menu for detailed list of options.