

# Vegetarian Menu

## Breakfast

### Entrees

- Low Cholesterol Scrambled Eggs
- Scrambled Tofu
- Pancakes (Buttermilk or Whole Wheat)
- French Toast (Reg or Whole Wheat)
- Hard Boiled Egg
- Create-Your-Own Burrito or Omelet\*  
Low Cholesterol Eggs, Black Beans  
Whole Wheat, Flour, or Corn Tortilla  
Diced Green Peppers, Tomatoes,  
Onions, Mushrooms, Spinach  
Cheddar or Swiss Cheese

### Sides

- Hash Brown Potatoes
- Hot Cereal (Grits, Oatmeal, Cream of Wheat)
- Cold Cereal (Cheerios, Rice Chex, Cornflakes,  
Raisin Bran, Frosted Flakes, Granola)
- Greek Yogurt (Strawberry or Vanilla)
- Yogurt (Vanilla or Strawberry)
- Bagel (White, Wheat, Cinnamon)
- Whole Wheat English Muffin
- Whole Wheat or White Bread
- Blueberry Muffin
- Biscuit

### Fruit

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

## Lunch/Dinner

### Entrees

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

### Sides

- Mashed Potatoes
- Macaroni & Cheese
- Baked French Fries
- Baked Sweet Potato Fries
- White or Brown Rice
- Quinoa
- Black Beans
- Baked Potato Chips

### Soup

- Vegetable Broth
- Garden Vegetable Soup
- Tomato Soup

### Veggies

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

### Salad

- Side Garden Salad  
Italian Dressing  
French Dressing  
Ranch  
Oil & Vinegar

## Desserts

- Angel Food Cake
- Fruit Crisp
- Vanilla Wafers
- Graham Crackers
- Cookie (Chocolate Chip, Sugar, or Oatmeal  
Raisin)
- Regular Gelatin (Berry or Citrus)
- Diet Gelatin (Berry or Citrus)
- Pudding (Chocolate or Vanilla)
- Sugar-Free Pudding (Chocolate or Vanilla)
- Lemon Fruit Ice
- Sherbet (Lime or Orange)
- Ice Cream (Vanilla, Chocolate, or Strawberry)

## Beverages

### Hot

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

### Cold

- Cola / Gingerale / Lemon Lime Soda (Reg  
or Diet)
- Lemonade (Reg or SF)
- Ice Tea (Sweet or Unsweet)

### Milk

- Non-Fat or Low Fat
- Low Fat Chocolate
- Lactaid
- Soy
- Unsweetened Almond

### Juice

- Orange
- Apple
- Grape
- Cranberry
- Prune

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