

Vegetarian Diet

Food and Nutrition Services offers a menu of fresh, seasonal, locally-grown foods and ingredients.

Daily breakfast options include Total Raisin Bran, orange juice and coffee. Breakfast, lunch, and dinner are served with milk and soup will be served upon request.

SUNDAY

Breakfast: Buttermilk pancakes, scrambled eggs, and yogurt

Lunch: Vegetarian stroganoff, rotelle pasta, baby carrots, and fresh fruit

Dinner: Teriyaki tofu, spicy broccoli, jasmine rice, and chocolate swirl cake

MONDAY

Breakfast: Vegetarian quiche Lorraine and breakfast potatoes

Lunch: Pasta alfredo with roasted vegetables and fresh fruit

Dinner: Vegetarian burger, roasted vegetables, and chocolate chip cookie

Soup of the Day: Red lentil

TUESDAY

Breakfast: French toast, scrambled eggs, and fresh fruit

Lunch: Chili lime tofu tacos, black beans, cilantro rice, and flour tortillas

Dinner: Butternut squash potato cake, cherry glaze, baby carrots, garden salad with dressing, and oatmeal raisin cookie

WEDNESDAY

Breakfast: Veggie scrambled eggs, breakfast potatoes, and yogurt

Lunch: House mac and cheese, zucchini, and apple slices

Dinner: Polenta cake with marinara sauce, mixed vegetables, and chocolate swirl cake

Soup of the Day: Seasonal soup

THURSDAY

Breakfast: Buttermilk pancakes and scrambled eggs

Lunch: Eggplant parmesan, pasta with marinara sauce, garden salad with dressing, roasted vegetables, and a banana

Dinner: Garden chili, pasta, broccoli, and a sugar cookie

FRIDAY

Breakfast: Vegetable frittata, breakfast potatoes, and fresh fruit

Lunch: Pasta with Portobello bolognese sauce, roasted vegetables

Dinner: Quinoa with seasonal vegetables, baby carrots, and chocolate chip cookie

SATURDAY

Breakfast: French toast, scrambled eggs, and fresh fruit

Lunch: Veggie burger, lettuce, onion, tomato, pickle, and sweet potato fries

Dinner: Pasta with alfredo sauce, fresh vegetables, and oatmeal raisin cookie

Soup of the Day: Chef's choice

BEVERAGES

Milk: Skim, low-fat, whole, lactose-free, chocolate, soy, or almond

Juice: Orange, apple, prune, cranberry, cran-grape, or diet cranberry

Hot beverage: Coffee (regular or decaf), tea (regular or decaf), hot chocolate (regular or sugar-free)

Bottled water

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SUNDAY

Breakfast: Buttermilk pancakes, scrambled eggs, and yogurt

Lunch: Vegetarian stroganoff, rotelle pasta, baby carrots, and fresh fruit

Dinner: Teriyaki tofu, spicy broccoli, jasmine rice, and chocolate swirl cake

MONDAY

Breakfast: Vegetarian quiche Lorraine and breakfast potatoes

Lunch: Pasta alfredo with roasted vegetables and fresh fruit

Dinner: Vegetarian burger, roasted vegetables, and chocolate chip cookie

Soup of the Day: Red lentil

TUESDAY

Breakfast: French toast, scrambled eggs, and fresh fruit

Lunch: Chili lime tofu tacos, black beans, cilantro rice, and flour tortillas

Dinner: Butternut squash potato cake, cherry glaze, baby carrots, garden salad with dressing, and oatmeal raisin cookie

WEDNESDAY

Breakfast: Veggie scrambled eggs, breakfast potatoes, and yogurt

Lunch: Risotto cake, roasted red potatoes, roasted vegetables, and fresh fruit

Dinner: Polenta cake with marinara sauce, mixed vegetables, and chocolate swirl cake

Soup of the Day: Seasonal soup

THURSDAY

Breakfast: Buttermilk pancakes and scrambled eggs

Lunch: Eggplant parmesan, pasta with marinara sauce, garden salad with dressing, roasted vegetables, and a banana

Dinner: Squash sofrito, house-made refried beans, Spanish rice, flour tortillas, and a sugar cookie

FRIDAY

Breakfast: Vegetable frittata, breakfast potatoes, and fresh fruit

Lunch: Pasta with Portobello bolognese sauce, roasted vegetables

Dinner: Quinoa with seasonal vegetables, baby carrots, and chocolate chip cookie

SATURDAY

Breakfast: French toast, scrambled eggs, and fresh fruit

Lunch: Garden burger, lettuce, onion, tomato, pickle, and sweet potato fries

Dinner: Pasta with alfredo sauce, fresh vegetables, and oatmeal raisin cookie

Soup of the Day: Chef's choice

BEVERAGES

Milk: Skim, low-fat, whole, lactose-free, chocolate, soy, or almond

Juice: Orange, apple, prune, cranberry, cran-grape, or diet cranberry

Hot beverage: Coffee (regular or decaf), tea (regular or decaf), hot chocolate (regular or sugar-free)

Bottled water