

**Diet-to-Go**  
LOCAL LOW-FAT VEGETARIAN MENU

WEEK 1				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	<b>TUESDAY</b>		Penne Pasta Meatless Soy Tomato Sauce Carrot Coins, Zucchini	
	<b>WEDNESDAY</b>	Blueberry Pancakes Maple Syrup Soy Sausage	Claire's Quinoa Salad Black Bean Salad Orange	Johnny's Veggie Pizza Broccoli
	<b>THURSDAY</b>	Fruit Ambrosia Cherry Almond Oatmeal Bar	Spanish Stuffed Peppers over Rice Mediterranean Veggie Blend Black Beans	Asian Soy over Sesame Rice Sugar Snap Peas
	<b>FRIDAY</b>	Ratatouille Omelet Asparagus Spears	Mushroom Ravioli Tomato Onion Sauce German Veggie Blend	Black Bean Chili Jalapeño Cornbread Sour Cream
	<b>SATURDAY</b>	Omelet Pomodoro Sicilian Asparagus Cuts & Tips	Mirkin Burger (Veggie Burger) Kaiser Roll, Salsa Fruit Salad	Mushroom Ravioli with Ratatouille Sauce Brussel Sprouts Parmesan Cheese
	<b>SUNDAY</b>	Whole Wheat Bagel Veggie Cream Cheese Tropical Fruit Salad	Southwestern Sandwich (Black Bean Burger) Multigrain Roll, Tomato, Salsa Apple	Tuscan Soy over Veggie Cous Cous Asparagus Parmesan
	<b>MONDAY</b>	Chocolate Zucchini Bread Orange Cranberry Cream Cheese Orange Sections	Greek Pasta Salad Asparagus Spears, Red Peppers Apple Juice	Mexican Style Burrito Spanish Rice, Refried Beans Fajita Veggies, Salsa
P i c k u p 2	<b>TUESDAY</b>	Greek Mushroom Greek Yogurt	Spinach-Red Pepper Meltover Mushroom & Artichoke Salad Cranberry Juice	
	<b>WEEK 2</b>			
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	<b>TUESDAY</b>		Tomato Veggie Pie Zucchini & Yellow Pepper Medley	
	<b>WEDNESDAY</b>	Oat & Raisin Scone Apple Butter Greek Yogurt	Tuscan Bean Salad Mesculin Mix, Parmesan Cheese Garlic Breadstick	Vegetable Ravioli Red Pepper Sauce Ratatouille Chocolate Mousse
	<b>THURSDAY</b>	Scrambled Eggs Rancheros Whole Wheat Tortilla Soy Sausage	Hummus Pocket Bread Moroccan Carrot Salad	White Bean and Veggie Casserole Wild Rice Pilaf
	<b>FRIDAY</b>	Tomato Mushroom Omelet Creamed Spinach Italian Roasted Potatoes	"The Jamie" (French Toast, Swiss Cheese, Tomato, Pesto Sauce, Blue Cheese) Black Bean Soup Apple Juice	Stuffed Shells with Roasted Pepper Sauce Baby Carrots
	<b>SATURDAY</b>	Whole Wheat Bagel Date & Raisin Cream Cheese Orange Mango Salad	Black Bean & Feta Cheese Wrap Wild Rice Salad Orange Juice	Veggie Tamale Pie Corn on the Cob
	<b>SUNDAY</b>	Fajita Omelet Mozzarella Cheese Orange Segments	Mediterranean Melt Bean Salad Pear	Baked Spaghetti Pie Cauliflower
	<b>MONDAY</b>	Mushroom Strata Soy Sausage Tropical Fruit Salad	Moroccan Lentil Salad Whole Wheat Pita Bread Yogurt Mint Sauce, Apple	Eggplant Parmesan German Veggie Blend
P i c k u p 2	<b>TUESDAY</b>	Raisin Bran Muffin Organic Yogurt	Vegetables in Curry Sauce Basmati Rice Indian Bean Mix	

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WEEK 3				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1  P i c k u p 2	<b>TUESDAY</b>		Soy Stir Fry Brown Rice Soy Chicken Nuggets	
	<b>WEDNESDAY</b>	Cornbread Muffin Greek Yogurt	Cold Bean & Pasta Salad Moroccan Carrot Salad Applesauce	Macaroni and Cheese Carrot Coins Broccoli
	<b>THURSDAY</b>	Kale & Swiss Frittata Soy Sausage	"The Kelly" (French Toast on Roasted Red Pepper, Swiss Cheese, Tomato, Pesto Sauce, Cream Cheese), Brownie, Apple Juice	Chickpea BBQ Kaiser Roll Cole Slaw
	<b>FRIDAY</b>	Breakfast Pizza Spiced Apples	Spinach Quesadilla Black Bean & Mint Salad Asparagus Spears	Fettucini in White Sauce Whole Grain Roll Red Pepper Spread Broccoli
	<b>SATURDAY</b>	Granola & Yogurt	Mexican Pizza Pomodoro Rice V8	Soy Parmesan Italian Veggie Blend
	<b>SUNDAY</b>	Eggs Florentine Soy Sausage Orange Sections	Spinach Tomato Melt Peach Crisp	Soy Creole over Veggies Brown Rice
	<b>MONDAY</b>	Strawberry Banana Muffin Vanilla Cream Cheese Apple	Patty Melt Texas Caviar Citrus Fruit Cup	Tomato Veggie Pie Cous Cous
<b>TUESDAY</b>	Apple Pancakes Soy Sausage Maple Syrup	Grilled Veggie Burrito Creamy Corn Polenta		
WEEK 4				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1  P i c k u p 2	<b>TUESDAY</b>		Lentil Loaf Sweet Potatoes Green Beans	
	<b>WEDNESDAY</b>	Cranapple Muffin Cran-Orange Cream Cheese Pineapple	Curried Cous Cous Spinach, Flat Bread String Cheese Orange Juice	Bean Burritos Red Rice, Veggies Salsa
	<b>THURSDAY</b>	Baked Cinnamon Bar Spiced Apples	Casablanca Soup Pretzel, Honey Mustard Cream Cheese	Stuffed Shells with Spinach Sauce Honey Wheat Roll Carrots
	<b>FRIDAY</b>	Whole Wheat Monte Cristo Raspberry Maple Syrup Citrus Yogurt Salad	Claire's Quinoa Salad White Bean Salad Apple	Armenian Stew Cauliflower Rice Seasoned Brussel Sprouts
	<b>SATURDAY</b>	Waffles with Peaches & Apples in Syrup	Black Bean & Feta Cheese Wrap Wild Rice Salad Cranberry Juice	Eggplant Parmesan German Veggie Blend
	<b>SUNDAY</b>	Peachy Keen Muffin Apple Butter Greek Yogurt	Moroccan Lentil Salad Whole Wheat Pita Bread Yogurt Mint Sauce Apple	Soy Salisbury Steak Mashed Potatoes, Gravy Green Beans
	<b>MONDAY</b>	Peach Pecan Oatmeal Bar Tropical Fruit Salad	Vegetables in Curry Sauce Basmati Rice Indian Bean Mix	Chugwater Chili Drop Biscuit
<b>TUESDAY</b>	Greek Burrito Soy Sausage Fajita Veggies	Tomato Pesto Meltover Apple Cake		

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WEEK 5				
	BREAKFAST	LUNCH	DINNER	
P i c k  u p  1    P i c k  u p  2	<b>TUESDAY</b>		Cauliflower & Pea Paprikash Egg Noodles	
	<b>WEDNESDAY</b>	Whole Grain Pancakes Strawberry Maple Syrup Soy Sausage	Portobello Meltover Nutty Wheatberry Salad V8 Fusion	Tuscan Vegetable Stack Sundried Tomato Rice
	<b>THURSDAY</b>	Egg and Broccoli Pie Apple	Vegetable Quesadilla Brazilian Rice Salsa	Channa Masala (Chickpeas) Basmati Rice Minted Carrots
	<b>FRIDAY</b>	Whole Grain French Toast Mango Cranberry Syrup	Ciabatta Bake Quinoa Salad Apple	Texas Tofu Chili Lentil Corn Muffin Sour Cream
	<b>SATURDAY</b>	Egg Quesadilla Potato Cake Citrus Cup	Zucchini & Potato Cakes Remoulade V8	Shaw's Shepherds Pie Asparagus Melange
	<b>SUNDAY</b>	Fruit & Granola Parfait Oatmeal Blueberry Bar	Portobello Lasagna White Bean Salad	Stuffed Cabbage Rolls Tomato Puree Cauliflower
	<b>MONDAY</b>	Mango Cranberry Muffin Greek Yogurt	Marinara Veg Burger Veggie Chips Spinach Dip	Ravioli Provencale Red Pepper Cream Sauce Italian Veggie Blend
<b>TUESDAY</b>	Noodle Kugel (Sweet Casserole) Apple	Savory White Bean Burrito Rice Pilaf Veggie Blend		