

Diet-to-Go

LOCAL LOW-FAT VEGETARIAN MENU

WEEK 1				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Penne Pasta Meatless Soy Tomato Sauce Carrot Coins, Zucchini	
	WEDNESDAY	Blueberry Pancakes Maple Syrup Soy Sausage	Claire's Quinoa Salad Black Bean Salad Orange	Johnny's Veggie Pizza Broccoli
	THURSDAY	Fruit Ambrosia Granola Bar	Spanish Stuffed Peppers over Rice Mediterranean Veggie Blend Black Beans	Asian Soy over Sesame Rice Sugar Snap Peas
	FRIDAY	Ratatouille Omelet Asparagus Spears	Mushroom Ravioli Tomato Onion Sauce German Veggie Blend	Black Bean Chili Jalapeño Cornbread Sour Cream
	SATURDAY	Omelet Pomodoro Sicilian Asparagus Cuts & Tips	Mirkin Burger (Veggie Burger) Kaiser Roll, American Cheese, Tomato Salsa, Diced Pears	Mushroom Ravioli Ratatouille Sauce Brussel Sprouts Parmesan Cheese
P i c k u p 2	SUNDAY	Whole Wheat Bagel Cream Cheese Orange Juice	Southwestern Sandwich (Black Bean Burger) Multi-Grain Roll, Tomato, Salsa Apple	Tuscan Soy over Veggie Cous Cous Asparagus Parmesan
	MONDAY	Blueberry Muffin Raspberry Preserves Organic Yogurt, Orange Juice	Greek Pasta Salad Asparagus Spears, Red Peppers Apple Juice	Mexican Style Burrito Spanish Rice, Refried Beans Fajita Veggies, Salsa
	TUESDAY	Greek Mushroom Orange & Raisin Salad	Spinach-Red Pepper Meltover Mushroom & Artichoke Salad Cranberry Juice	
	WEDNESDAY			
WEEK 2				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Tomato Veggie Pie Zucchini & Yellow Pepper Medley	
	WEDNESDAY	Oat & Raisin Scone Orange Marmalade Orange Juice	Tuscan Bean Salad Mesculin Mix, Parmesan Cheese Garlic Breadstick	Vegetable Ravioli Red Pepper Sauce Ratatouille Chocolate Mousse
	THURSDAY	Scrambled Eggs Rancheros Whole Wheat Tortilla Soy Sausage	Hummus Pocket Bread Moroccan Carrot Salad	White Bean & Veggie Casserole Wild Rice Pilaf
	FRIDAY	Tomato Mushroom Omelet Brussel Sprout Medley	"The Jamie" (French Toast, Swiss Cheese, Tomato, Pesto Sauce, Blue Cheese) Black Bean Soup Apple Juice	Stuffed Shells with Roasted Pepper Sauce Baby Carrots
	SATURDAY	Whole Wheat Bagel Cream Cheese Apple Juice	Black Bean & Feta Cheese Wrap Wild Rice Salad Orange Juice	Veggie Tamale Pie Corn on the Cob
P i c k u p 2	SUNDAY	Fajita Omelet Mozzarella Cheese Breakfast Cobbler	Mediterranean Melt Bean Salad Pear	Baked Spaghetti Pie Cauliflower
	MONDAY	Mushroom Strata Soy Sausage V8	Moroccan Lentil Salad Whole Wheat Pita Bread Yogurt Mint Sauce, Apple	Eggplant Parmesan German Veggie Blend
	TUESDAY	Raisin Bran Muffin Strawberry Preserves 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 2	TUESDAY		Soy Stir Fry Brown Rice Soy Chicken Nuggets	
	WEDNESDAY	Corn Bread Muffin Orange Marmalade Cream Cheese Orange Juice	Cold Bean & Pasta Salad Moroccan Carrot Salad Apple	Macaroni & Cheese Carrot Coins Broccoli
	THURSDAY	Asparagus & Swiss Frittata V8 Fusion	"The Kelly" (French Toast, Tomato, Swiss, Pesto Red Pepper, Cream Cheese) Apple Juice, Brownie	Chickpea BBQ Kaiser Roll Cole Slaw
	FRIDAY	Breakfast Pizza Apple Juice	Spinach Quesadilla Black Bean & Mint Salad Asparagus Spears	Fettucini in White Sauce Whole Grain Roll Red Pepper Spread Broccoli
	SATURDAY	Granola & Organic Yogurt Apple Juice	Mexican Pizza Pomodoro Rice Sour Cream, V8	Soy Parmesan Italian Veggie Blend
	SUNDAY	Eggs Florentine Soy Sausage Asparagus Spears	Spinach Tomato Melt Peach Crisp	Soy Creole over Veggies Brown Rice
	MONDAY	Strawberry Banana Muffin Vanilla Cream Cheese Apple	Patty Melt Texas Caviar Citrus Fruit Cup Flat Bread	Tomato Veggie Pie Cous Cous
TUESDAY	Apple Pancakes Soy Sausage Maple Syrup	Grilled Veggie Burrito Creamy Corn Polenta		
WEEK 4				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1 2	TUESDAY		Lentil Loaf Sweet Potatoes Green Beans	
	WEDNESDAY	Cranapple Muffin Cran-Orange Cream Cheese Orange	Curried Cous Cous Spinach, Flat Bread String Cheese Orange Juice	Bean Burritos Red Rice, Veggies Salsa
	THURSDAY	Baked Cinnamon Bar Orange Juice	Casablanca Soup Soft Pretzel, Cream Cheese Mustard, Apple	Stuffed Shells with Spinach Sauce Honey Wheat Roll Carrots
	FRIDAY	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
	SATURDAY	Waffles with Peaches & Apples in Syrup	Black Bean & Feta Cheese Wrap Wild Rice Salad Cranberry Juice	Eggplant Parmesan German Veggie Blend
	SUNDAY	Peachy Keen Muffin Apple Butter Cranberry Juice	Moroccan Lentil Salad Whole Wheat Pita Bread Yogurt Mint Sauce Apple	Soy Salisbury Steak Mashed Potatoes, Gravy Green Beans
	MONDAY	Cranberry Oat Scone Orange Marmalade Orange Juice	Vegetables in Curry Sauce Basmati Rice Indian Bean Mix	Chugwater Chili Sour Cream, Cornbread Biscuit Yogurt Drink
TUESDAY	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	TUESDAY		Cauliflower & Pea Paprikash Egg Noodles	
	WEDNESDAY	Whole Grain Pancakes Strawberry Maple Syrup Soy Sausage	Portobello Meltover Nutty Wheatberry Salad V8 Fusion	Tuscan Vegetable Stack Sundried Tomato Rice
	THURSDAY	Egg and Broccoli Pie Apple Juice	Vegetable Quesadilla Brazilian Rice Salsa	Channa Masala (Chickpeas) Basmati Rice Minted Carrots
	FRIDAY	Whole Grain French Toast Mango Cranberry Syrup Orange Juice	Ciabatta Bake Quinoa Salad Apple	Texas Tofu Chili Lentil Corn Muffin Sour Cream
	SATURDAY	Egg Quesadilla Potato Cake Citrus Cup	Zucchini & Potato Cakes Remoulade V8	Shaw's Shepherds Pie Asparagus Melange'
	SUNDAY	Fruit & Granola Parfait Cornbread Muffin	Portobello Lasagna White Bean Salad	Stuffed Cabbage Rolls Tomato Puree Cauliflower
	MONDAY	Mango Cranberry Muffin Orange Marmalade Yogurt Drink	Marinara Veg Burger Veggie Chips Spinach Dip	Ravioli Provencale' Cardinal Sauce Italian Veggie Blend
TUESDAY	Noodle Kugel (Sweet Casserole) Applesauce Cranberry Juice	Savory White Bean Burrito Rice Pilaf Veggie Blend		