

## Diet-to-Go

LOCAL LOW-FAT VEGETARIAN MENU

| WEEK 1                              |                  |   |  |
|-------------------------------------|------------------|---|--|
|                                     | BREAKFAST        | LUNCH   | DINNER   |
| P<br>i<br>c<br>k<br><br>u<br>p<br>1 | <b>TUESDAY</b>   |   |  |
|                                     |                  |   | Penne Pasta<br>Meatless Soy Tomato Sauce<br>Carrot Coins, Zucchini                       |
|                                     | <b>WEDNESDAY</b> | Blueberry Pancakes<br>Maple Syrup<br>Soy Sausage                | Claire's Quinoa Salad<br>Black Bean Salad<br>Orange                                      |
|                                     | <b>THURSDAY</b>  | Fruit Ambrosia<br>Granola Bar                                   | Spanish Stuffed Peppers over Rice<br>Mediterranean Veggie Blend<br>Black Beans           |
|                                     | <b>FRIDAY</b>    | Ratatouille Omelet<br>Asparagus Spears                          | Mushroom Ravioli<br>Tomato Onion Sauce<br>German Veggie Blend                            |
| P<br>i<br>c<br>k<br><br>u<br>p<br>2 | <b>SATURDAY</b>  | Omelet Pomodoro<br>Sicilian Asparagus Cuts & Tips               | Black Bean Chili<br>Sour Cream, Jalapeño Cornbread<br>Herb Dip                           |
|                                     |                  |   | Mushroom Ravioli<br>with Ratatouille Sauce<br>Parmesan Cheese<br>Brussel Sprouts         |
|                                     | <b>SUNDAY</b>    | Whole Wheat Bagel<br>Cream Cheese<br>Orange Juice               | Southwestern Sandwich<br>(Black Bean Burger)<br>Multi-Grain Roll, Tomato, Salsa<br>Apple |
|                                     | <b>MONDAY</b>    | Blueberry Muffin<br>Raspberry Preserves<br>Yogurt, Orange Juice | Tuscan Soy<br>over Veggie Cous Cous<br>Asparagus Parmesan                                |
|                                     | <b>TUESDAY</b>   | Greek Stuffed Mushroom<br>Orange and Raisin Salad               | Mexican Style Burrito<br>Spanish Rice, Refried Beans<br>Fajita Veggies, Salsa Cup        |
| WEEK 2                              |                  |   |  |
|                                     | BREAKFAST        | LUNCH   | DINNER   |
| P<br>i<br>c<br>k<br><br>u<br>p<br>1 | <b>TUESDAY</b>   |   |  |
|                                     |                  |   | Tomato Veggie Pie<br>Zucchini & Yellow Pepper Medley                                     |
|                                     | <b>WEDNESDAY</b> | Oat & Raisin Scone<br>Orange Marmalade<br>Orange Juice          | Vegetable Ravioli<br>Ratatouille Mix<br>Chocolate Mousse                                 |
|                                     | <b>THURSDAY</b>  | Scrambled Eggs Rancheros<br>Whole Wheat Tortilla<br>Soy Sausage | Hummus<br>Pocket Bread<br>Moroccan Carrot Salad  |
|                                     | <b>FRIDAY</b>    | Tomato Mushroom Omelet<br>Brussel Sprout Medley                 | White Bean & Veggie Casserole<br>Wild Rice Pilaf   |
| P<br>i<br>c<br>k<br><br>u<br>p<br>2 | <b>SATURDAY</b>  | Whole Wheat Bagel<br>Cream Cheese<br>Apple Juice                | "The Jamie"<br>Black Bean Soup<br>Apple Juice  |
|                                     |                  |   | Stuffed Shells with<br>Roasted Pepper Sauce<br>Baby Carrots                              |
|                                     | <b>SUNDAY</b>    | Fajita Omelet<br>Mozzarella Cheese<br>Seasoned Artichokes       | Black Bean & Feta Cheese Wrap<br>Wild Rice Salad<br>Orange Juice                         |
|                                     | <b>MONDAY</b>    | Mushroom Strata<br>Soy Sausage<br>V8                            | Veggie Tamale Pie<br>Corn on the Cob   |
|                                     | <b>TUESDAY</b>   | Raisin Bran Muffin<br>Strawberry Preserves<br>Yogurt            | Mediterranean Melt<br>Bean Salad<br>Pear   |
|                                     |                  |   | Baked Spaghetti Pie<br>Cauliflower   |
|                                     |                  |   | Eggplant Parmesan<br>German Veggie Blend   |
|                                     |                  |   | Vegetables Smothered in<br>Curry Sauce, Basmati Rice<br>Indian Bean Mix                  |

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| WEEK 3                          |                  |  |   |
|---------------------------------|------------------|--|---|
|                                 | BREAKFAST        | LUNCH  | DINNER  |
| P<br>i<br>c<br>k<br>u<br>p<br>1 | <b>TUESDAY</b>   |  | Soy Stir Fry<br>Brown Rice  |
|                                 | <b>WEDNESDAY</b> | Corn Bread Muffin<br>Orange Marmalade<br>Cream Cheese<br>Orange Juice    | Macaroni & Cheese<br>Carrot Coins, Broccoli                                   |
|                                 | <b>THURSDAY</b>  | Asparagus and Swiss Frittata<br>V8 Fusion                                | "The Kelly"<br>Apple Juice<br>Brownie   |
|                                 | <b>FRIDAY</b>    | Breakfast Pizza<br>Apple Juice   | Chickpea BBQ<br>Kaiser Roll<br>Cole Slaw                                      |
|                                 | <b>SATURDAY</b>  | Spinach Quesadilla<br>Black Bean & Mint Salad<br>Asparagus Spears        | Fettucini in White Sauce<br>Broccoli, Whole Grain Roll<br>Red Pepper Spread   |
| P<br>i<br>c<br>k<br>u<br>p<br>2 | <b>SUNDAY</b>    | Granola and Yogurt<br>Apple Juice  | Soy Parmesan<br>Italian Veggie Blend  |
|                                 | <b>MONDAY</b>    | Eggs Florentine<br>Soy Sausage<br>Asparagus Spears                       | Soy Creole over Veggies<br>Brown Rice   |
|                                 | <b>TUESDAY</b>   | Strawberry Banana Muffin<br>Vanilla Cream Cheese<br>Apple                | Tomato Veggie Pie<br>Cous Cous<br>Cheese Wedge and Crackers                   |
|                                 | <b>WEDNESDAY</b> | Patty Melt<br>Texas Caviar, Flat Bread<br>Citrus Fruit Cup               |   |
|                                 | <b>THURSDAY</b>  | Grilled Veggie Burrito<br>Creamy Corn Polenta                            |   |
| WEEK 4                          |                  |  |   |
|                                 | BREAKFAST        | LUNCH  | DINNER  |
| P<br>i<br>c<br>k<br>u<br>p<br>1 | <b>TUESDAY</b>   |  | Lentil Loaf<br>Sweet Potatoes<br>Green Beans                                  |
|                                 | <b>WEDNESDAY</b> | Cranapple Muffin<br>Cran-Orange Cream Cheese<br>Orange                   | Bean Burritos<br>Red Rice, Veggie Blend<br>Salsa                              |
|                                 | <b>THURSDAY</b>  | Homemade Cinnamon Bar<br>Orange Juice                                    | Broccoli & Cheddar Soup<br>Soft Pretzel<br>Mustard                            |
|                                 | <b>FRIDAY</b>    | Whole Wheat Monte Cristo<br>Raspberry Maple Syrup<br>Citrus Yogurt Salad | Stuffed Shells with Spinach Sauce<br>Baby Carrots, Honey Wheat Roll           |
|                                 | <b>SATURDAY</b>  | Claire's Quinoa Salad<br>Bean Salad<br>Apple                             | Armenian Stew<br>Cauliflower Rice<br>Seasoned Brussel Sprouts                 |
| P<br>i<br>c<br>k<br>u<br>p<br>2 | <b>SUNDAY</b>    | Waffles<br>with Peaches & Apples in Syrup                                | Eggplant Parmesan<br>German Veggie Blend                                      |
|                                 | <b>MONDAY</b>    | Peachy Keen Muffin<br>Apple Butter<br>Cranberry Juice                    | Moroccan Lentil Salad<br>Whole Wheat Pita Bread<br>Yogurt Mint Sauce<br>Apple |
|                                 | <b>TUESDAY</b>   | Vegetables Smothered in Curry Sauce<br>Basmati Rice<br>Indian Bean Mix   | Soy Salisbury Steak<br>Mashed Potatoes, Gravy<br>Green Beans                  |
|                                 | <b>WEDNESDAY</b> | Chugwater Chili<br>Sour Cream, Mozzarella<br>Cornbread Biscuit           |   |

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## LOCAL LOW-FAT VEGETARIAN MENU

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