

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 Cherry Almond Oatmeal 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, Salsa Fruit Salad	Mushroom Ravioli with Ratatouille Sauce Brussel Sprouts Parmesan Cheese	
	SUNDAY	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	
	MONDAY	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	TUESDAY	Greek Mushroom Greek Yogurt	Spinach-Red Pepper Meltover Mushroom & Artichoke Salad Cranberry Juice		
	WEEK 2				
		BREAKFAST	LUNCH	DINNER	
	P i c k u p 1	TUESDAY		Tomato Veggie Pie Zucchini & Yellow Pepper Medley	
		WEDNESDAY	Oat & Raisin Scone Apple Butter Greek Yogurt	Tuscan Bean Salad Mesculin Mix, Parmesan Cheese Garlic Breadstick	Vegetable Ravioli Red Pepper Sauce Ratatouille, Broccoli Chocolate Mousse
		THURSDAY	Scrambled Eggs Rancheros Whole Wheat Tortilla Soy Sausage Mango Salad	Mediterranean Tapas Red Pepper Hummus Baba Ganouj, Tabouleh Whole Wheat Pita Bread	White Bean and Veggie Casserole Wild Rice Pilaf
		FRIDAY	Tomato Mushroom Omelet Creamed Spinach Italian Roasted Potatoes	"The Jamie" (French Toast, Swiss Cheese, Tomato, Pesto Sauce, Blue Cheese) Spiced Apples	Stuffed Shells with Roasted Pepper Sauce Baby Carrots
SATURDAY		Whole Wheat Bagel Date & Raisin Cream Cheese Orange Mango Salad	Black Bean & Feta Cheese Wrap Wild Rice Salad Sour Cream	Veggie Tamale Pie Corn on the Cob	
SUNDAY		Fajita Omelet Mozzarella Cheese Orange Segments	Mediterranean Melt Bean Salad Pear	Baked Spaghetti Pie Cauliflower	
MONDAY		Mushroom Strata Soy Sausage Tropical Fruit Salad	Moroccan Lentil Salad Whole Wheat Pita Bread Yogurt Mint Sauce, Apple	Eggplant Parmesan German Veggie Blend	
TUESDAY	Raisin Bran Muffin Strawberry Preserves Greek Yogurt	Vegetables in Curry Sauce Basmati Rice Indian Bean Mix			

Diet-to-Go
LOCAL LOW-FAT VEGETARIAN MENU

WEEK 3				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Soy Stir Fry Brown Rice Soy Chicken Nuggets	
	WEDNESDAY	Cornbread Muffin Cranberry Cream Cheese Greek Yogurt	Cold Bean & Pasta Salad Moroccan Carrot Salad Applesauce	Macaroni and Cheese Carrot Coins Broccoli
	THURSDAY	Kale & Swiss Frittata Soy Sausage	"The Kelly" (French Toast on Roasted Red Pepper, Swiss Cheese, Tomato, Pesto Sauce, Cream Cheese), Brownie, Citrus Salad	Chickpea BBQ Kaiser Roll Cole Slaw
	FRIDAY	Breakfast Pizza Spiced Apples	Spinach Quesadilla Black Bean & Mint Salad Asparagus Spears	Fettucini in White Sauce Whole Grain Roll Red Pepper Spread Broccoli
	SATURDAY	Granola & Yogurt	Mexican Pizza Pomodoro Rice V8	Soy Parmesan Italian Veggie Blend
	SUNDAY	Eggs Florentine Soy Sausage Orange Sections	Spinach Tomato Melt Peach Crisp	Soy Creole over Veggies Brown Rice
	P i c k u p 2	MONDAY	Strawberry Banana Muffin Vanilla Cream Cheese Apple	Patty Melt Texas Caviar Citrus Fruit Cup
TUESDAY		Apple Pancakes Soy Sausage Apple Syrup	Grilled Veggie Burrito Creamy Corn Polenta	

WEEK 4				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Lentil Loaf Sweet Potatoes Green Beans	
	WEDNESDAY	Cranapple Muffin Cran-Orange Cream Cheese Pineapple	Curried Cous Cous Spinach, Flat Bread String Cheese Orange Juice	Bean Burritos Red Rice, Veggies Salsa
	THURSDAY	Baked Cinnamon Bar Spiced Apples	Casablanca Soup Pretzel, Honey Mustard Cream Cheese	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 Greek Yogurt	Moroccan Lentil Salad Whole Wheat Pita Bread Yogurt Mint Sauce Apple	Soy Salisbury Steak Mashed Potatoes, Gravy Green Beans
	P i c k u p 2	MONDAY	Peach Pecan Oatmeal Bar Tropical Fruit Salad	Vegetables in Curry Sauce Basmati Rice Indian Bean Mix
TUESDAY		Greek Burrito Soy Sausage Fajita Veggies	Tomato Pesto Meltover Apple Cake	

Diet-to-Go
LOCAL LOW-FAT VEGETARIAN MENU

WEEK 5				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	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	Vegetable Quesadilla Brazilian Rice Salsa	Channa Masala (Chickpeas) Basmati Rice Minted Carrots
	FRIDAY	Whole Grain French Toast Mango Cranberry Syrup	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 Oatmeal Blueberry Bar	Portobello Lasagna White Bean Salad	Stuffed Cabbage Rolls Tomato Puree Cauliflower
	P i c k u p 2	MONDAY	Mango Cranberry Muffin Orange Marmalade Greek Yogurt	Marinara Veg Burger Veggie Chips Spinach Dip
TUESDAY		Noodle Kugel (Sweet Casserole) Apple	Savory White Bean Burrito Rice Pilaf Veggie Blend	

SUBSTITUTION MENU	
S u b s t i t u t i o n M e n u	BREAKFAST Apple Pancakes, Soy Sausage, Apple Syrup Blueberry Pancakes, Maple Syrup, Soy Sausage Cinnamon Raisin Bagel, Cream Cheese Cup, Apple Waffles, Light Syrup Whole Wheat Bagel, Cream Cheese, Apple
	LUNCH Black Bean Soup, Soft Pretzel Green Salad, Dressing Du Jour, Flatbread, String Cheese Grilled Cheese Sandwich, Apple Grilled Veggie Sandwich, Multigrain Roll, Baked Potato Chips Peanut Butter & Grape Jelly, Whole Wheat Bread, Applesauce Southwestern Sandwich (Black Bean Burger), Multigrain Roll, Tomato, Salsa, Apple Tomato Meltover, Applesauce
	DINNER Chugwater Chili, Low-Fat Chocolate Pudding, Roll, Cream Cheese Cup Eggplant Parmesan, Green Beans Johnny's Veggie Pizza, Broccoli Stuffed Shells with Tomato Sauce, Baby Carrots