

**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
P i c k u p 2	<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	Mexican Style Burrito Spanish Rice, Refried Beans Fajita Veggies, Salsa
	<b>TUESDAY</b>	Greek Mushroom Greek Yogurt	Spinach-Red Pepper Meltover Spiced Apples	

WEEK 2				
	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 Mesclun Mix, Parmesan Cheese Garlic Breadstick	Vegetable Ravioli Red Pepper Sauce Ratatouille, Broccoli Chocolate Mousse
	<b>THURSDAY</b>	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
	<b>FRIDAY</b>	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
	<b>SATURDAY</b>	Whole Wheat Bagel Date & Raisin Cream Cheese Orange Mango Salad	Black Bean & Feta Cheese Wrap Wild Rice Salad	Veggie Tamale Pie Corn on the Cob
P i c k u p 2	<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
	<b>TUESDAY</b>	Raisin Bran Muffin Strawberry Preserves Greek 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	<b>TUESDAY</b>		Soy Stir Fry Brown Rice Soy Chicken Nuggets	
	<b>WEDNESDAY</b>	Cornbread Muffin Cranberry Cream Cheese 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, Citrus Salad	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	Soy Patty Melt Texas Caviar Citrus Fruit Cup	Tomato Veggie Pie Cous Cous
<b>TUESDAY</b>	Apple Pancakes Soy Sausage Apple Syrup	Grilled Veggie Burrito Creamy Corn Polenta		

WEEK 4				
	BREAKFAST	LUNCH	DINNER	
P i c k  u p  1   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 Veggie Cream Cheese	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	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	<b>TUESDAY</b>		Cauliflower & Pea Paprikash Egg Noodles	
	<b>WEDNESDAY</b>	Whole Grain Pancakes Strawberry Maple Syrup Soy Sausage	Portobello Meltover Nutty Wheatberry Salad	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 Orange Marmalade Greek Yogurt	Marinara Veg Burger Veggie Chips Spinach Dip	Ravioli Provencale Red Pepper Cream Sauce Italian Veggie Blend
2	<b>TUESDAY</b>	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	<b>BREAKFAST</b> 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
	<b>LUNCH</b> 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
	<b>DINNER</b> 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