



Diet-to-Go
Local Vegetarian Menu

WEEK 1

BREAKFAST

LUNCH

DINNER

TUESDAY

Vegetarian Penne Pasta
Meatless Soy Tomato Sauce
Carrot Coins, Zucchini

WEDNESDAY

Blueberry Pancakes
Blueberry Syrup
Soy Sausage

Aztec Quinoa Salad
Oranges
Almonds

Johnny's Veggie Pizza
Broccoli

THURSDAY

Coconut Parfait
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

Mexican Style Burrito
Spanish Rice, Refried Beans
Fajita Veggies, Salsa

TUESDAY

Greek Mushroom
Greek Yogurt

Spinach-Red Pepper Meltover
Spiced Apples

WEEK 2

BREAKFAST

LUNCH

DINNER

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

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

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
Italian Veggie Blend

TUESDAY

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

TUESDAY

Soy Stir Fry
Brown Rice
Soy Chicken Nuggets

WEDNESDAY

Cornbread Muffin
Cranberry Cream Cheese
Greek Yogurt

Cold Bean & Pasta Salad
Moroccan Carrot Salad
Apple

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

MONDAY

Strawberry Banana Muffin
Vanilla Cream Cheese
Apple

Soy Patty Melt
Texas Caviar
Citrus Fruit Cup

Tomato Veggie Pie
Cous Cous

TUESDAY

Apple Pancakes
Soy Sausage
Apple Syrup

Grilled Veggie Burrito
Creamy Corn Polenta

WEEK 4

BREAKFAST

LUNCH

DINNER

TUESDAY

Lentil Loaf
Sweet Potatoes
Green Beans

WEDNESDAY

Cranapple Muffin
Cran-Orange Cream Cheese
Pineapple

Curried Cous Cous
Spinach, Flat Bread
Veggie Cream Cheese

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

Vegetarian 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

Eggplant Parmesan
Italian 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

MONDAY

Peach Pecan Oatmeal Bar
Tropical Fruit Salad

Vegetables in Curry Sauce
Basmati Rice
Indian Bean Mix

Chugwater Chili
Drop Biscuit

TUESDAY

Greek Burrito
Soy Sausage
Fajita Veggies

Tomato Pesto Meltover
Apple Cake

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Diet-to-Go
Local Vegetarian Menu

WEEK 5

BREAKFAST

LUNCH

DINNER

TUESDAY

Cauliflower & Pea Paprikash
Egg Noodles

WEDNESDAY

Whole Grain Pancakes
Strawberry Maple Syrup
Soy Sausage

Portobello Meltover
Nutty Wheatberry Salad

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

Vegetarian Portobello Lasagna
White Bean Salad

Stuffed Cabbage Rolls
Tomato Puree
Cauliflower

MONDAY

Mango Cranberry Muffin
Orange Marmalade
Greek Yogurt

Marinara Veg Burger
Veggie Chips
Spinach Dip

Ravioli Provencale
Red Pepper Cream Sauce
Italian Veggie Blend

TUESDAY

Noodle Kugel
(Sweet Casserole)
Apple

Savory White Bean Burrito
Rice Pilaf
Veggie Blend

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BALANCE - SUBSTITUTION MENU

BREAKFAST

Apple Pancakes, Light Syrup, Soy Sausage
Blueberry Pancakes, Maple Syrup, Soy Sausage
Cinnamon Raisin Bagel, Golden Raisin Cream Cheese, Greek Yogurt
Cinnamon Walnut Cereal, Plain Greek Yogurt
Egg & Cheese Breakfast Sandwich, Tropical Fruit Cup
Power Protein Box, Hard-Boiled Egg, Cheese Wedge, Plain Greek Yogurt with Almonds
Sunny Breakfast Box: Plain Greek Yogurt, Snack Mix, Mango & Raspberry Fruit Cup
Vegetarian Whole Wheat Monte Cristo, Raspberry Maple Syrup, Sweet Plantains
Veggie & Cheese Omelet with Fire-Roasted Tomatoes
Waffles with Peaches & Apples in Syrup
Whole Wheat Bagel with Peanut Butter, Mango & Raspberry Fruit Cup

LUNCH

Grilled Cheese Sandwich, Tomato Basil Soup, Brownie
Peanut Butter and Pita, Cheddar Cheese, Carrots
Southwestern Sandwich (Black Bean Burger), Multigrain Roll, Salsa, Green Veggie Slaw
Tomato Pesto Meltover, Spiced Apples
Tuna Salad, Mediterranean Veggies, Provolone Cheese

DINNER

Blackened Salmon on Spinach Cauliflower Puree, Brussels Sprouts, Lemon Wedge
Eggplant Parmesan, Italian Veggie Blend
Johnny's Veggie Pizza, Broccoli
Stuffed Shells with Tomato Sauce, Sauteed Veggie Slaw
Whitefish Parmesan, Whole Grain Roll, Baby Carrots & Peas