



Diet-to-Go
LOCAL LOW-FAT VEGETARIAN MENU

WEEK 1				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Penne Pasta with Tomato Sauce Carrot Coins Zucchini	
	WEDNESDAY	Blueberry Pancakes Maple Syrup Soy Sausage Patty	Claire's Quinoa Salad Black Bean Salad Orange	Johnny's Veggie Pizza Broccoli Florets
	THURSDAY	Fruit Ambrosia Granola Bar	Spanish Stuffed Peppers Green Pepper, Rice, Parmesan & Sauce Mediterranean Veggie Blend	Asian Soy over Sesame Rice Soy Nuggets with Sesame Rice Blend Sugar Snap Peas
	FRIDAY	Ratatouille Omelet Asparagus Spears	Mushroom Ravioli with Tomato-Onion Sauce German Veggie Blend	Black Bean Chili Sour Cream Jalapeno Corn Bread Herb Dip
	SATURDAY	Omelet Pomodoro Sicilian Asparagus Cuts & Tips	Mirkin Burger, Kaiser Roll, American Cheese, Sliced Tomato, BBQ Sauce Diced Pears	Mushroom Ravioli with a Ratatouille Mix Parmesan Cheese Seasoned Brussel Sprouts
	SUNDAY	Plain Bagel Cream Cheese Orange Juice	Southwestern Sandwich - Black Bean Burger on a Multi-Grain Roll with Sliced Tomato, Salsa Cup Apple	Tuscan Soy over Veggie Cous Cous Soy Nuggets with Italian Cous Cous Mix Asparagus Parmesan
	MONDAY	Blueberry Muffin Raspberry Preserves Organic Yogurt Orange Juice	Greek Pasta Salad - Bowtie Pasta with Feta, Cucumber, Black Olives, Red Onion Asparagus & Diced Red Peppers Apple Juice	Mexican Style Burrito Spanish Rice Side of Refried Beans Fajita Veggies and Salsa Cup
TUESDAY	Greek Stuffed Mushroom V8	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 Orange Marmalade Orange Juice	Tuscan Bean Salad with Parmesan Cheese Mesculin Mix Garlic Bread Stick	Vegetable Ravioli with a Ratatouille Mix & Red Pepper Sauce Chocolate Mousse
	THURSDAY	Scrambled Eggs Benedict	Hummus Pocket Bread Moroccan Carrot Salad	White Bean & Veggie Casserole Wild Rice Pilaf
	FRIDAY	Tomato Mushroom Omelet Brussel Sprout Medley	"The Jamie" - Tomato, Swiss, Pesto & Blue Cheese on French Toast Black Bean Soup Apple Juice	Stuffed Shells with Roasted Red Pepper Sauce Baby Carrots
	SATURDAY	Plain Bagel Cream Cheese Apple Juice	Black Bean & Feta Cheese Wrap Wild Rice Salad Orange Juice	Veggie Tamale Pie Corn on the Cob
	SUNDAY	Fajita Omelet Mozzarella Cheese Seasoned Artichokes	Mediterranean Melt Bean Salad Pear	Vegetarian Spaghetti Pie Spaghetti w/ Sauce & Mozzarella Cheese Cauliflower Florets
	MONDAY	Mushroom Strata	Moroccan Lentil Salad Whole Wheat Pita Bread Apple	Eggplant Parmesan German Veggie Blend
TUESDAY	Raisin Bran Muffin Strawberry Preserves Organic Yogurt	Vegetables Smothered in Curry Sauce Basmati Rice Indian Bean Mix		
P i c k u p 2				



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WEEK 3				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Soy Stir Fry Soy Nuggets with Stir Fry Veggies and Brown Rice	
	WEDNESDAY	Corn Bread Muffin Orange Marmalade Cream Cheese Orange Juice	Cold Bean & Pasta Salad Moroccan Carrot Salad Apple	Macaroni & Cheese Carrot Coins Broccoli Florets
	THURSDAY	Asparagus & Swiss Frittata	"The Kelly" - Tomato, Swiss, Pesto, Red Pepper & Cream Cheese on French Toast Apple Juice Brownie	Chickpea BBQ on a Kaiser Roll Cole Slaw
	FRIDAY	Breakfast Pizza with a Scrambled Egg & Cheese Topping Apple Juice	Spinach Quesadilla Black Bean & Mint Salad Asparagus Spears	Fettucini in White Sauce Broccoli Florets Whole Grain Roll with Red Pepper Spread
	SATURDAY	Granola Organic Yogurt Apple Juice	Mexican Pizza with Salsa Pomodoro Rice V8 Juice	Soy Parmesan Soy Patty, Pasta, Tomato Sauce & Cheeses Italian Veggie Blend
P i c k u p 2	SUNDAY	Eggs Florentine Soy Sausage Asparagus Spears	Spinach Tomato Melt Peach Crisp	Soy Creole over Veggies Soy Nuggets & Creole Veggies Brown Rice
	MONDAY	Strawberry Banana Muffin Vanilla Cream Cheese Apple	Patty Melt - Soy Patty, Tomato Sauce & Mozzarella on a Multi-Grain Roll Texas Caviar Everything Flat Bread Citrus Fruit Cup	Tomato Veggie Pie Cous Cous Angel Food Cake
	TUESDAY	Apple Pancakes Maple Syrup Soy Sausage Patty	Grilled Veggie Burrito Peppers, Onion, Garlic Eggplant, Mushroom, Sauce & Mozzarella Creamy Corn Polenta	

WEEK 4				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Lentil Loaf Sweet Potatoes Whole Green Beans	
	WEDNESDAY	Cranapple Muffin CranOrange Cream Cheese Orange	Curried Cous Cous Spinach Everything Flat Bread String Cheese Orange Juice	Bean Burritos Red Rice California Veggie Blend Salsa Cup
	THURSDAY	Homemade Cinnamon Power Bar Orange Juice	Broccoli & Cheddar Soup Soft Pretzel with Mustard	Stuffed Shells with Spinach Sauce Baby Carrots Honey Wheat Roll
	FRIDAY	Whole Wheat Monte Cristo Raspberry Maple Syrup Citrus Yogurt Salad	Claire's Quinoa Salad Bean Salad Apple	Armenian Stew Cauliflower Rice Seasoned Brussel Sprouts
	SATURDAY	Waffles Peaches & Apples in Syrup	Black Bean & Feta Cheese Wrap Wild Rice Salad Cranberry Juice	Eggplant Parmesan German Veggie Blend
P i c k u p 2	SUNDAY	Peachy Keen Muffin Apple Butter Cranberry Juice	Moroccan Lentil Salad Whole Wheat Pita Bread Yogurt Mint Sauce Apple	Soy Salisbury Steak with Gravy Mashed Potatoes Whole Green Beans
	MONDAY	Cranberry Oat Scone Orange Marmalade Orange Juice	Vegetables Smothered in Curry Sauce Basmati Rice White Bean & Veggie Mix	Chugwater Chili Sour Cream Shredded Mozzarella Biscuit
	TUESDAY	Greek Style 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 over Egg Noodles	
	WEDNESDAY	Whole Grain Pancakes Strawberry Maple Syrup Soy Sausage	Portobello Meltover Nutty Wheatberry Salad Yogurt Smoothie	Tuscan Vegetable Stack Sundried Tomato Rice
	THURSDAY	Egg and Broccoli Pie Apple Juice	Vegetable Quesadilla Brazilian Rice Salsa	Channa Masala 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 and Granola Parfait Muffin	Portobello Lasagna White Bean Salad	Stuffed Cabbage Rolls with Tomato Puree Cauliflower
	MONDAY	Mango-Cranberry Muffin Orange Marmalade Yogurt Smoothie	Marinara Veg Burger Veggie Chips w/ Spinach Dip	Ravioli Provencale' Cardinal Sauce Vegetable Mix
TUESDAY	Noodle Kugel Applesauce Cranberry Juice	Savory White Bean Burrito Cranberry Juice Mixed Veggies		