

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
 Maple 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

 Peanut Butter and Pita
 Cheddar Cheese
 Carrots

 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

 Stuffed Shells with Tomato Sauce
 Sauteed Veggie Slaw

WEDNESDAY

 Oat & Raisin Scone
 Apple Butter
 Greek Yogurt

 Tuscan Bean Salad
 Mesculin Mix, Parmesan Cheese
 Garlic Breadstick

 Vegetable Ravioli
 Red Pepper Sauce, Ratatouille
 Sauteed Brussels Sprouts

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	
P i c k u p 1	TUESDAY		Soy Stir Fry Brown Rice Soy Chicken Nuggets	
	WEDNESDAY	Egg & Cheese Breakfast Sandwich Tropical Fruit Salad	Cold Bean & Pasta Salad Moroccan Carrot Salad	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	Stuffed Shells with Tomato Sauce Sautéed Veggie Slaw
2	TUESDAY	Apple Pancakes Soy Sausage Light 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 Veggie Cream Cheese	Bean Burritos Red Rice, Veggies Salsa
	THURSDAY	Baked Cinnamon Bar Spiced Apples	Peanut Butter and Pita Cheddar Cheese Carrots	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	Johnny's Veggie Pizza Broccoli
2	TUESDAY	Greek Burrito Soy Sausage Fajita Veggies	Tomato Pesto Meltover Apple	

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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
Salsa

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

Egg & Cheese Breakfast Sandwich
Tropical Fruit Salad

Savory White Bean Burrito
Rice Pilaf
Veggie Blend

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BALANCE - SUBSTITUTION MENU**BREAKFAST**

Apple Pancakes, Soy Sausage, Light Syrup
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

Field Greens Salad with Chicken, Lemon Basil Vinaigrette
Green Salad with Nut Mix, Lemon Basil Vinaigrette
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, Baby Carrots, 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