

VEGAN DIET MENU

No Meat, Dairy, or Eggs

We understand this diet is limited. Please ask to speak with a registered dietitian who can work with the chef to make additional accommodations.

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BREAKFAST

Assorted Cold Cereal	Nature Valley
Cream of Wheat	Oatmeal Rasin Bar
Grits	Oatmeal
	Tater Tots

ENTRÉES

Baked Potato	Uncrustable PB&J
Penne Pasta with Marinara	Vegetable Stir Fry

SOUP & SALAD

Vegetable Broth	<i>Saltines</i>
Vegetable Soup	<i>Italian Dressing</i>
Garden Salad	

FRUIT

Apple	Orange
Applesauce	Peaches
Banana	Pears
Blueberries	Pineapple
Fresh Fruit Cup	Strawberries
Grapes	
Mandarins	

DESSERTS

Italian Ice	Teddy Grahams
Oreos	
Popsicle	

SIDES & SNACKS

Hummus	Sweet Potato Fries
French Fries	Rice (<i>Brown & White</i>)

Vegetables

Cooked: Broccoli, Carrots, Corn, Green Beans, and Green Peas

Raw: Broccoli, Carrots, Celery, and Cucumber

Assorted Chips:

Fritos	Pretzels
Lay's Baked Potato Chips	Ruffles Potato Chips

CONDIMENTS

Brown Sugar	Mustard
Cinnamon	Peanut Butter
Jelly	Salt & Pepper
Ketchup	Syrup

BEVERAGES

Almond Milk (<i>Chocolate & Vanilla</i>)	Juice (<i>Apple, Cranberry & Orange</i>)
Bottled Water	Soda (<i>Cola, Diet Cola, Ginger Ale & Lemon Lime</i>)
Crystal Light	
Gatorade	Soy Milk (<i>Vanilla</i>)
Gatorade Zero	

