

OVO VEGETARIAN DIET MENU

No Meat/Dairy • Allows 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

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|---------------------------------------|---|
| Assorted Cold Cereal | Oatmeal |
| Blueberry Muffin | Pop-Tarts® (<i>Brown Sugar, Strawberry</i>) |
| Cream of Wheat® | Tater Tots |
| Grits | Toast (<i>White & Whole Wheat</i>) |
| Hard Boiled Egg | Scrambled Eggs |
| Nature Valley®
Chocolate Chunk Bar | |
| Nature Valley®
Oatmeal Raisin Bar | |

ENTRÉES

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|----------------------------|----------------------|
| Caribbean Red Beans & Rice | Mediterranean Wrap |
| Crispy Baked Tofu | Pasta with Marinara |
| Cuban Black Beans & Rice | Pasta with Pesto |
| Fruit Plate | Three Bean Chili |
| Mediterranean Hummus Plate | Uncrustable® PB&J |
| | Vegetable Fried Rice |
| | Vegetable Stir Fry |

SOUP & SALAD

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

FRUIT

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

DESSERTS

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| Animal Crackers | Oreos® |
| Italian Ice | Popsicle |

SIDES & SNACKS

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| Baked Potato | Smiley Fries |
| Garlic Bread | Sweet Potato Fries |
| French Fries | Rice (<i>Brown & White</i>) |
| Hummus | |

Vegetables

- Cooked:* Broccoli, Carrots, Corn, Green Beans, and Green Peas
Raw: Broccoli, Carrots, Celery, and Cucumber

Assorted Chips:

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|---------------------|-----------------------|
| Fritos® | Pretzels |
| Lay's® Potato Chips | Ruffles® Potato Chips |

CONDIMENTS

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|-------------|---------------|
| Brown Sugar | Mayonnaise |
| Cinnamon | Mustard |
| Honey | Peanut Butter |
| Jelly | Salt & Pepper |
| Ketchup | Syrup |
| Margarine | |

BEVERAGES

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

