



# SAMPLE MENU

For delivery the week of May 21, 2018

## Vegetarian

### breakfast

### lunch

### dinner

**t**

Sunshine Tomato Frittata, Oven Roasted Sweet Potatoes, and Orange Segments

Black Bean Burger with Chipotle Spread and a side of Classic Coleslaw

Florentine Ravioli topped with Rosemary Shallot Beurre Blanc, served with a side of Squash Medley

**w**

Carrot Bread, Fat-Free Vanilla Greek Yogurt, and a Vegetarian Sausage Patty

Teriyaki Tofu and Vegetable Bowl topped with Roasted Peanuts and served with Brown Rice

Vegetarian Bolognese over Whole Wheat Rotini, topped with Mozarella Cheese, and served with Broccoli

**th**

Date Pancakes with Cheesy Scrambled Eggs and Whites

Vegetarian Fajita Bowl - Agave Chile Lime Veggie Strips, Spanish Brown Rice, Pinto Beans, Sautéed Onions and Peppers, and Southwestern Ranch

Classic Meatless Loaf, Parsley Potatoes, and Sautéed Haricot Verts

**f**

Berry Granola Greek Yogurt Parfait with Fat-Free Vanilla Greek Yogurt, and Cherry, Blueberry and Oat Topping, served with a Vegetarian Sausage Patty

Sweet Potato Burger Pita with Lemon Basil Spread, served with Chickpea Salad

Lemongrass Tofu Pad Thai topped with Peanuts, and served with a side of Asian Vegetables

**s**

Build Your Own Farmer's Breakfast Potato Boats with Scrambled Eggs and Egg Whites, a Vegetarian Sausage Patty, Shredded Cheddar Cheese, and Green Onions, served with a Fresh Apple

Italian Cranberry Bean and Pasta Soup Topped with Parmesan Cheese

Mexican Vegetarian Rice Bowl with cooked Tomatoes, Peppers, Spinach, and Shredded Cheddar Cheese

**su**

Grown-up Whole Wheat Waffle with Apple Cinnamon Compote, Vanilla Greek Yogurt and a Vegetarian Sausage Patty

Peanut Glazed Tofu with Asian Peanut Sauce and Brown Rice, served with Ginger Glazed Carrots

Cheese Ravioli with Marinara Sauce, topped with Shredded Parmesan Cheese, and served with a side of Broccoli

**m**

Whole Wheat Buttermilk Pancakes with Blueberry Compote and Scrambled Eggs and Egg Whites

Southwest Veggie Strips with Spanish Brown Rice and a side of Fire-Roasted Corn and Peppers

Provencal Cakes, Mushroom Risotto, and Balsamic Peas with Onions