

Vegan Sun 10/15/17

Please circle your selections.

To Start Your Day

Fresh Banana Grapefruit Sections
Fresh Apple Fresh Orange
Applesauce Diced Pears

Breads

Wheat Bread Corn Tortilla
Wheat Bun

Cereals

Oatmeal Cream of Wheat
Cornflakes Cheerios
Rice Chex Raisin Bran

Breakfast Entrees

Tofu Breakfast Scramble
Scrambled tofu and onions seasoned with a spice mix
Breakfast Wrap
*Whole wheat tortilla - circle choices of:
Black beans Breakfast potatoes Diced onions Diced tomatoes Pico de Gallo on the side*

Breakfast Sides

Breakfast Potatoes Whole Almonds

Beverages

Vanilla Soy Milk Vanilla Almond Milk
Rice Milk Orange Juice
Cranberry Juice

Publishing, Vegan Test Room 3

Vegan Sun 10/15/17

Please circle your selections.

Appetizers

Relish Plate Hummus Dip

Entrees (Select One)

Burrito Platter
Whole wheat tortilla with black beans, brown rice, onions & peppers with condiments on the side
Vegan Sandwich
Fresh vegetables topped with avocado slices and hummus

Vegetables & Starches

Roasted Dinner Potatoes Steamed Jasmine Rice
Steamed Whole Green Beans Steamed Baby Carrots

Add-ons

Pico De Gallo Guacamole
Whole Cashews

Desserts

Fresh Apple Fresh Orange
Seasonal Fruit Diced Peaches

Beverages

Vanilla Almond Milk Rice Milk
Vanilla Soy Milk

Publishing, Vegan Test Room 3

Vegan Sun 10/15/17

Please circle your selections.

Appetizers

Vegetarian Vegetable Soup Garden Salad
Balsamic Vinaigrette Fat Free Catalina Dressing

Entrees (Select One)

Vegetarian Burger
Served on a wheat bun with condiments
Rice Macaroni
Rice pasta with vegan cheddar-style cheese

Vegetables & Starches

Roasted Dinner Potatoes Baked Potato
Brown Rice Steamed Baby Carrots
Seasonal Vegetable Potato Roll

Add-ons

Pico De Gallo Guacamole

Desserts

Fresh Banana Red Seedless Grapes
Applesauce Tropical Gelatin
Strawberry Sorbet Shortbread Cookies

Beverages

Vanilla Almond Milk Rice Milk
Vanilla Soy Milk

Publishing, Vegan Test Room 3

Vegan Mon 10/16/17

Please circle your selections.

To Start Your Day

Fresh Banana Grapefruit Sections
Fresh Apple Fresh Orange
Applesauce Diced Pears

Breads

Wheat Bread Corn Tortilla
Wheat Bun

Cereals

Oatmeal Cream of Wheat
Frosted Flakes Cheerios
Rice Chex Raisin Bran

Breakfast Entrees

Tofu Saute

Tofu sauted with vegetables and seasoned with soy sauce

Breakfast Wrap

Whole wheat tortilla - circle choices of:

Black beans Breakfast potatoes Diced onions Diced tomatoes Pico de Gallo on the side

Breakfast Sides

Breakfast Potatoes Whole Almonds

Beverages

Vanilla Soy Milk Vanilla Almond Milk
Rice Milk Orange Juice
Cranberry Juice

Publishing, Vegan

Test Room 3

Vegan Mon 10/16/17

Please circle your selections.

Appetizers

Relish Plate Hummus Dip

Entrees (Select One)

Mexican Bowl

Tofu sauted with spinach, brown rice, black beans, salsa and seasonings with avocado on the side

Vegan Sandwich

Fresh vegetables topped with avocado slices and hummus

Vegetables & Starches

Roasted Dinner Potatoes Steamed Jasmine Rice
Steamed Whole Green Beans Steamed Baby Carrots

Add-ons

Pico De Gallo Guacamole
Whole Cashews

Desserts

Fresh Apple Fresh Orange
Seasonal Fruit Diced Pears

Beverages

Vanilla Almond Milk Rice Milk
Vanilla Soy Milk

Publishing, Vegan

Test Room 3

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Please circle your selections.

Appetizers

Vegetarian Vegetable Soup Garden Salad
Balsamic Vinaigrette Fat Free Catalina Dressing

Entrees (Select One)

Pasta Marinara

Spaghetti noodles served with garden marinara and broccoli

Peanut Butter and Jelly Sandwich

Peanut butter and jelly served on wheat bread or bun

Vegetables & Starches

Roasted Dinner Potatoes Baked Potato
Brown Rice Steamed Baby Carrots
Seasonal Vegetable Potato Roll

Add-ons

Pico De Gallo Guacamole

Desserts

Fresh Banana Red Seedless Grapes
Applesauce Strawberry Gelatin
Lemon Sorbet Oreo Cookies

Beverages

Vanilla Almond Milk Rice Milk
Vanilla Soy Milk

Publishing, Vegan

Test Room 3

Vegan Tue 10/17/17

Please circle your selections.

To Start Your Day

Fresh Banana Grapefruit Sections
Fresh Apple Fresh Orange
Applesauce Diced Pears

Breads

Wheat Bread Corn Tortilla
Wheat Bun

Cereals

Oatmeal Cream of Wheat
Cornflakes Cheerios
Rice Chex Raisin Bran

Breakfast Entrees

Tofu Breakfast Scramble
Scrambled tofu and onions seasoned with a spice mix
Breakfast Wrap
*Whole wheat tortilla - circle choices of:
Black beans Breakfast potatoes Diced onions Diced tomatoes Pico de Gallo on the side*

Breakfast Sides

Breakfast Potatoes Whole Almonds

Beverages

Vanilla Soy Milk Vanilla Almond Milk
Rice Milk Orange Juice
Cranberry Juice

Publishing, Vegan Test Room 3

Vegan Tue 10/17/17

Please circle your selections.

Appetizers

Relish Plate Hummus Dip

Entrees (Select One)

Asian Stir Fry
Vegetables and tofu served with a flavorful stir fry sauce.
Vegan Sandwich
Fresh vegetables topped with avocado slices and hummus

Vegetables & Starches

Roasted Dinner Potatoes Steamed Jasmine Rice
Steamed Whole Green Beans Steamed Baby Carrots

Add-ons

Pico De Gallo Guacamole
Whole Cashews

Desserts

Fresh Apple Fresh Orange
Seasonal Fruit Diced Peaches

Beverages

Vanilla Almond Milk Rice Milk
Vanilla Soy Milk

Publishing, Vegan Test Room 3

Vegan Tue 10/17/17

Please circle your selections.

Appetizers

Vegetarian Vegetable Soup Garden Salad
Balsamic Vinaigrette Fat Free Catalina Dressing

Entrees (Select One)

Vegan Burger Burrito Platter
Whole wheat tortilla filled with brown rice, black beans & chopped vegan patty burger with condiments on the side
Roasted Vegetable Pizza
A rice crust pizza with artichokes, bell peppers, onions and mushrooms

Vegetables & Starches

Roasted Dinner Potatoes Baked Potato
Brown Rice Steamed Baby Carrots
Seasonal Vegetable Potato Roll

Add-ons

Pico De Gallo Guacamole

Desserts

Fresh Banana Red Seedless Grapes
Applesauce Tropical Gelatin
Strawberry Sorbet Almond Coconut Kind Bar

Beverages

Vanilla Almond Milk Rice Milk
Vanilla Soy Milk

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