

Additional Selections

BREAKFAST ENTRÉES

Entrées: Buttermilk pancakes, French toast, scrambled eggs, vegetarian sausage, breakfast potatoes

Breads: Bagel, bran or blueberry muffin, English muffin, wheat or white toast, biscuit

Cereals: Oatmeal, Cream of Wheat, Cheerios, Frosted Flakes, Rice Krispies, Corn Flakes, Total Raisin Bran

Fruits: Fresh fruit plate or fresh fruit and cottage cheese plate

LUNCH AND DINNER ENTRÉES

Entrées: Macaroni and cheese • Pasta (penne, macaroni noodles, or gluten-free spaghetti noodles) with choice of sauce: marinara, Alfredo or lemon herb sauce • Vegetarian tacos • Quinoa veggie burger • Cheese pizza

Sandwiches: Vegetarian, peanut butter and jelly, egg salad, or grilled cheese

Salads: Vegetarian taco or vegetarian entrée salad

Fruits: Fresh fruit plate or fresh fruit and cottage cheese plate

SIDE ITEMS/VEGETABLES

Potatoes: Mashed potatoes or French fries

Rice: Brown rice or jasmine rice

Dinner roll: White or wheat

Chips: Potato, Doritos or Baked Lays

Fruits: Apple slices, red grapes, orange slices, a banana, seasonal fruit cup; canned peaches, mandarin oranges, pears, pineapple or applesauce

Veggies: Baby carrots, broccoli, zucchini, side salad with choice of dressing (ranch, Italian, or Thousand Island)

Soups: Tomato soup or vegetable broth

DESSERTS

Frozen yogurt, sorbet, Italian ice, Jell-O or pudding, shortbread or animal cookies

PATIENT MENU

Vegetarian Diet



MEAL DELIVERY TIMES

Breakfast: 6:45 – 9:30 a.m.

Lunch: 11 a.m. – 2 p.m.

Dinner: 4:45 – 7:30 p.m.

HOW TO MAKE SELECTIONS

1. Please review the menu daily so you are ready with your selections.
2. A Dietetic Assistant will call or visit you daily to get your menu choices.
3. The Daily Special will be automatically delivered if you do not make selections.

Please note, menu items may need to be adjusted to meet special diet needs prescribed by your doctor. Some items may be restricted.

Please keep this menu
throughout your stay.

Vegetarian Diet

Food and Nutrition Services offers a menu of fresh, seasonal, locally-grown foods and ingredients.

Daily breakfast options include Total Raisin Bran, orange juice and coffee. Breakfast, lunch and dinner are served with milk and soup will be served upon request.

SUNDAY

Breakfast: Buttermilk pancakes and scrambled eggs

Lunch: Vegetarian stroganoff, egg noodles, baby carrots and fresh fruit

Dinner: Marinated tofu, spicy broccoli, jasmine rice and a chocolate swirl cake

MONDAY

Breakfast: Vegetarian quiche Lorraine and breakfast potatoes

Lunch: Pasta alfredo with roasted vegetables and fresh fruit

Dinner: Vegan burger, roasted cauliflower and chocolate chip cookie

Soup of the Day: Red lentil

TUESDAY

Breakfast: French toast, scrambled eggs and fresh fruit

Lunch: Chili lime tofu tacos, black beans, cilantro rice, and flour tortillas

Dinner: Cauliflower potato cake, cherry glaze, baby carrots, garden salad with dressing and an oatmeal raisin cookie

WEDNESDAY

Breakfast: Veggie scrambled eggs and breakfast potatoes

Lunch: House mac & cheese, zucchini and apple slices

Dinner: Polenta cake with marinara sauce, mixed vegetables and chocolate swirl cake

Soup of the Day: Seasonal soup

THURSDAY

Breakfast: Buttermilk pancakes and scrambled eggs

Lunch: Eggplant parmesan, penne pasta with marinara sauce, garden salad with dressing, roasted carrots and cauliflower, and a banana

Dinner: Garden chili, dinner, broccoli and a sugar cookie

FRIDAY

Breakfast: Vegetable frittata, breakfast potatoes and fresh fruit

Lunch: Pasta with Portobello Bolognese sauce, roasted vegetables

Dinner: Quinoa with seasonal vegetables, baby carrots and a chocolate chip cookie

SATURDAY

Breakfast: French toast, scrambled eggs and fresh fruit

Lunch: Quinoa veggie burger, lettuce, onion, tomato, pickle, and sweet potato fries

Dinner: Penne pasta with alfredo sauce, fresh vegetables

Soup of the Day: Chef's choice

BEVERAGES

Milk: Skim, low-fat, whole, lactose-free, chocolate, soy, or almond

Juice: Orange, apple, prune, cranberry, cran-grape, or diet cranberry

Hot beverage: Coffee (regular or decaf), tea (regular or decaf), hot chocolate (regular or sugar-free)

Bottled water