



Z.E.N. VEGETARIAN SELECT PROGRAM

Menu Choices

BREAKFAST

Baked Eggs with Black Eyed Pea Hash and Fresh Cantaloupe

Banana Cocoa Cashew Oatmeal

Blueberry Pancakes with Maple Syrup and Fresh Blueberries

Broccoli Cheddar Soufflé with Fresh Orange Slices

Chocolate Raspberry Chia Breakfast Bowl

Coconut French Toast with Maple Syrup, Ricotta Creme and Fresh Berries

Mushroom and Caramelized Onion Frittata with Fresh Grapefruit

Perfect 10 Bagel with Tofutti Cream Cheese and Fresh Berries

Zen Fluffy Florentine Breakfast Egg Cup with Mini Cinnamon Muffin and Fresh Honeydew

ZEN Granola Parfait



LUNCH

Grilled Salmon Salad Wrap with Cabbage Slaw

Lentil Soup with Mixed Green Salad

Shrimp Caesar Salad

Southwestern Shrimp Salad with Lime Vinaigrette

Tuna and White Bean Salad with Citrus Dressing

Vegan Spinach and White Bean Burger with Chipotle Aioli

Vegetarian Strawberry Patch Salad with Citrus Dressing

Vegetarian Taco Salad

Vegetarian Tortilla Soup with Mixed Green Salad

Veggie Fajita Bowl with Pico de Gallo and Tofutti Sour Cream



DINNER

BBQ Black Beans with Pineapple Salsa, Brown Rice and Grilled Zucchini

Curry Vegetables with Lentils and Couscous

Eggplant Parmesan with Marinara Sauce, Penne and Green Beans

Orange Roughy with Thai Yellow Curry Sauce on bed of Brown Rice

Orange Roughy with Warm Quinoa and Beet Salad and Green Beans

Shrimp Pasta with White Wine Cashew Sauce and Broccoli

Spaghetti Squash with Marinara Sauce, Sautéed Broccoli with Garlic and Pine Nuts

Teriyaki Salmon with Black Rice and Snow Peas

Tokyo Bowl

Vegetable Risotto with Quinoa



SNACK

Apple with Almond Butter

Black Bean Cakes with Cilantro Crème

Fresh Berry Parfait

Mango Pineapple Crème with Fresh Fruit

Mini Stacked Eggplant Parmesan

Shrimp Cocktail

Southwestern Bean Dip with Rice Chips

Toasted Pine Nut Hummus with Crudités

Veggie Lovers Pate with Crudités

Veggie Quesadilla



DESSERT

Banana Tapioca Pudding

Black and White Cupcake

Chocolate Bliss Cake

Cinnamon Coconut Shortbread Cookie

Dark Chocolate Covered Strawberries

Dark Chocolate Hazelnut Bar

Gluten Free Chocolate Chip Cookie

Mango Mousse

Raspberry Lemon Pie

Strawberry Cheesecake Squares