



## Z.E.N. VEGETARIAN SELECT PROGRAM

### Menu Choices

#### BREAKFAST

*Cinnamon French Toast with Spiced Berry Compote and Mixed Berries*

*Gluten Free Zucchini Bread with Cottage Cheese and Fresh Fruit*

*Healthy Baked Eggs Benedict with Black Bean Patty and Fresh Fruit*

*Mushroom Frittata and Herbed Goat Cheese with Sliced Tomatoes*

*Persian Baked Herb Quiche with Fresh Herbed Tomatoes*

*Raw Muesli with Organic Maple Syrup, Almond Milk and Fresh Berries*

*Steel Cut Oats with Spiced Peaches, Almonds and Coconut Milk*

*Strawberry Chia Breakfast Bowl*

*Zen Fluffy Broccoli & Cheese Breakfast Egg Cup with Paleo Mini Cinnamon Muffin and Fresh Fruit*

*ZEN Granola Parfait*



## LUNCH

*Black Bean Burger with Thin Wheat Bun, Lime Aioli and Cilantro Slaw*

*Classic Tuna Salad in Butter Lettuce Cup*

*Cranberry Pecan Salad with Pinto Beans and Raspberry Vinaigrette*

*Garden Tacos with Spanish Quinoa*

*Jackfruit Acapulco Tacos*

*Margherita Pizza with Mixed Green Salad*

*Nutty Beet Salad with Apples, Pecans and Balsamic Vinaigrette*

*Vegan Caesar Salad with Romaine Greens, Kale, Sundried Tomatoes and Cannellini Beans*

*Veggie Fajitas with Tortilla, Sautéed Peppers and Onions*

*ZEN Chinese Salad with Edamame and Almonds with Sesame Ginger Dressing*



## DINNER

*BBQ Black Beans with Pineapple Rice and Swiss Chard*

*Calico Bean Stew with Austin Spring Corn Bread*

*Curry Vegetables with Lentil Dahl*

*Eggplant Parmesan with Marinara Sauce, Penne and Broccoli*

*Lemony Shrimp with Long Grain and Wild Rice Pilaf and Asparagus*

*Ratatouille with Cannellini Beans and Gluten Free Penne*

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

*Teriyaki Salmon with Brown Rice and Snow Peas*

*Vegetarian Garam Masala Bowl*

*White Fish with Jicama and Pineapple Salsa, Jasmine Rice and Sautéed Spinach*



## SNACK

*Citrus Fruit with Raw Walnuts*

*Cucumber and Tomato Greek Yogurt*

*Jumbo Shrimp Cocktail*

*Mini Stacked Eggplant Parmesan*

*Roasted Eggplant Dip with Crudités*

*Strawberry Crème with Fresh Fruit*

*Veggie Lovers Pate with Crudités*

*White Fish Cakes with Lemon Aioli*

*Zattar Hummus with Pita Triangles*

*ZEN Trail Mix*



## DESSERT

*Apple Crumble*

*Chocolate Bliss*

*Chocolate Cherry Brownie*

*Chocolate Mousse*

*Dark Chocolate Almond Bar*

*Gluten Free Chocolate Chip Cookie*

*Lemon Cashew Cookie*

*Paleo Apricot Walnut Bar*

*Vanilla Bean Pudding*

*Vegan Vanilla Cupcake*