



## Z.E.N. VEGETARIAN SELECT PROGRAM

### Menu Choices

#### BREAKFAST

##### *Apple Crepes*

*Apricot Baked Oatmeal with Chopped Walnuts and Almond Milk*

*Blueberry Lemon Pancakes with Ricotta Crème and Fresh Blueberries*

*Gluten Free Zucchini Bread with Greek Yogurt with Fresh Pineapple*

*Healthy Baked Eggs Benedict with Sautéed Spinach and Fresh Sliced Tomatoes*

*Perfect 10 Bagel with Low Fat Cream Cheese and Fresh Berries*

*Potato and Apple Breakfast Frittata with Fresh Sliced Oranges*

*Strawberry French Toast with Maple Syrup and Fresh Strawberries*

*Zen Fluffy Tomato and Basil Breakfast Cup with Mini Cinnamon Muffin and Fresh Melon*

*Zen Granola Parfait*



## LUNCH

*Arugula Orange Salad with Citrus Dressing*

*Curried Spaghetti Squash with Broccoli*

*Nicoise Salad with White Albacore Tuna and Dijon Vinaigrette*

*Quinoa and Kale Salad*

*Shrimp PoBoy Wrap*

*Soba Noodles with Cucumbers and Ginger Scallion Sauce*

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

*Vegan Pumpkin Bisque with Small Mixed Green Salad*

*Vegan Spinach and White Bean Burger with Chipotle Aioli and Cherry Tomato Salad*

*Vegetarian Tacos Salad*



## DINNER

*BBQ Jackfruit with Pineapple Rice and Swiss Chard*

*Eggplant Parmesan with Marinara Sauce, Penne and Asparagus*

*Orange Roughy with Mustard Caper Sauce, Quinoa Pilaf and Green Beans*

*Oven Roasted White Fish with Coconut Curry and Broccoli*

*Sesame Crusted Tofu with Lemon Grass-Orange Reduction, Black Rice & Zucchini*

*Shrimp Pasta with White Wine Cashew Sauce and Broccoli*

*Spaghetti Squash with Marinara Sauce, Shaved Parmesan and Broccoli with Garlic*

*Teriyaki Salmon with Black Rice and Long Beans*

*Thai Noodles with Spinach and Snow Peas*

*Vegetarian Garam Marsala Bowl*



## SNACK

*Black Bean Cakes with Cilantro Crème*

*Broccoli and Artichoke Dip with Crudités*

*Fresh Melon with Greek Yogurt, Raw Honey and Walnuts*

*Fresh Orange Slices with Walnuts*

*Mini Stacked Eggplant Parmesan*

*Red Pepper Hummus with Rice Chips*

*Roasted Eggplant Dip with Crudités*

*Shrimp Cocktail*

*Tomato and Cucumber Salad with Feta*

*Veggie Quesadilla*



## DESSERT

*Banana Pudding*

*Chocolate Bliss*

*Chocolate Mousse*

*Chocolate Walnut Brownie*

*Dark Chocolate Hazelnut Bar*

*Gluten Free Chocolate Chip Cookie*

*Guava Panna Cotta*

*Peach Pie*

*Red Velvet Cupcake*

*Tuxedo Cheesecake*