



Z.E.N. VEGETARIAN SELECT PROGRAM

Menu Choices

BREAKFAST

Banana Pancakes with Maple Syrup and Fresh Berries

Blueberry, Hemp Granola Bowl

Gluten Free Walnut Coffee Cake with Fresh Oranges

Healthy Baked Eggs Benedict with Sautéed Spinach and Fresh Sliced Tomatoes

Mushroom Frittata with Herbed Goat Cheese and Fresh Cantaloupe

Perfect 10 Bagel with Low Fat Cream Cheese and Fresh Berries

Raspberry Almond Oatmeal

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

BBQ Chopped Salad with Black Beans and Pepitas with Balsamic Vinaigrette

Curried Spaghetti Squash with Broccoli

Fruity Quinoa Salad with Raspberry Vinaigrette

Lentil Tacos with Cilantro Vinaigrette Slaw

Shrimp PoBoy Wrap

Soba Noodles with Cucumbers and Ginger Scallion Sauce

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

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

Vegetarian Style Mediterranean Soup with a Mixed Green Salad



DINNER

Asian Chili Glazed White Fish with Japanese Eggplant and Soba Noodles

BBQ Jackfruit with Pineapple Rice and Swiss Chard

Orange Roughy with Mustard Caper Sauce, Quinoa Pilaf & Green Beans

Roasted Primavera Vegetables with Vegan Basil Pesto, Gluten Free Penne and Cannellini Beans

Sesame Crusted Tofu with Lemon Grass-Orange Reduction, Brown Rice & Steamed Broccoli

Shrimp Pasta with White Wine Cashew Sauce and Broccolini

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

Teriyaki Salmon with Black Rice and Long Beans

Thai Noodle with Spinach and Snow Peas

Vegetarian Garam Marsala Bowl



SNACK

Apple with Almond Butter

Broccoli and Artichoke Dip with Crudités

Fresh Melon with Greek Yogurt

Jumbo Shrimp Cocktail

Mini Stacked Eggplant Parmesan

Pineapple with Pumpkin Seeds

Red Pepper Hummus with Rice Chips

Roasted Eggplant Dip with Crudités

Veggie Quesadilla

Zaatar Hummus with Crudités



DESSERT

Apricot Jam Bar

Carrot Cupcake with Cream Cheese Frosting

Chocolate Bliss

Chocolate Mousse

Chocolate Walnut Brownie

Coconut Shortbread Cookie

Dark Chocolate Almond Bar

Gluten Free Chocolate Chip Cookie

Raspberry Panna Cotta

Vanilla Bean Pudding