



Z.E.N. VEGETARIAN SELECT PROGRAM

Menu Choices

BREAKFAST

Apple Cinnamon Baked Oatmeal with Almond Milk and Fresh Fruit

Apple Crepes

Blueberry Lemon Pancakes with Ricotta Crème and Fresh Blueberries

Broccoli and Cheddar Souffle with Fresh Sliced Oranges

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

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

Classic Tuna Salad with Pita with Lettuce and Tomato

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 Posole Soup with Radish Cabbage Slaw



DINNER

BBQ Jackfruit with Pineapple Rice and Swiss Chard

Grilled Eggplant and Tofu Steaks with Sticky Hoisin Glaze, Brown Rice 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 & Steamed Broccoli

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

Veg Thai Coconut Tofu Noodle Soup

Vegetarian Garam Marsala Bowl



SNACK

Black Bean Cakes

Broccoli and Artichoke Dip with Crudités

Buffalo Cauliflower with Toasted Pumpkin Seeds

Fresh Orange Slices with Walnuts

Fresh Winter Melon with Greek Yogurt , Raw Honey and Walnuts

Mini Stacked Eggplant Parmesan

Red Pepper Hummus with Rice Chips

Roasted Eggplant Dip with Crudites

Shrimp Cocktail

Veggie Quesadilla



DESSERT

Amandine Pear Tart

Chocolate Bliss

Chocolate Mousse

Chocolate Walnut Brownie

Dark Chocolate Peppermint Almond Bar

Gluten Free Chocolate Chip Cookie

Passion Fruit Mousse

Pumpkin Cheesecake

Red Velvet Cupcake

Vanilla Tapioca