



Z.E.N. VEGETARIAN SELECT PROGRAM

Menu Choices

BREAKFAST

Apple Cinnamon Baked Oatmeal with Almond Milk and Fresh Fruit

Baked Eggs with Black Eyed Pea Hash and Fresh Fruit

Blueberry Muffin with Fresh Fruit and Greek Yogurt

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

Maple Cinnamon Yogurt with Quinoa Pudding with Strawberries and Almonds

Mushroom and Caramelized Onion Frittata with Fresh Fruit

Perfect 10 Bagel with Tofutti Cream Cheese and Fresh Berries

Walnut Amaranth Pancakes with Maple Syrup and Fresh Fruit

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

ZEN Granola Parfait



LUNCH

Mushroom and Barley Veggie Burger

Orange Roughy Po Boy Wrap with Pineapple Yam Mash

Quinoa and Kale Salad

Shredded Jackfruit with Vegetable Stew

Shrimp Caesar Salad

Southwestern Shrimp Salad with Lime Vinaigrette

Vegan Spinach and White Bean Burger with Chipotle Aioli

Vegetarian Garam Masala Bowl

Vegetarian Strawberry Patch Salad with Citrus Dressing

Vegetarian Taco Salad



DINNER

Coconut Curry White Fish with Mixed Green Salad

Curry Vegetables with Lentils and Couscous

Orange Roughy with Warm Quinoa and Beet Salad and Green Beans

Shrimp Pasta with White Wine Cashew Sauce and Broccolini

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

Teriyaki Salmon with Black Rice and Snow Peas

Teriyaki Veggie Bowl with Soba Noodles

Tokyo Bowl

Vegetable Risotto with Quinoa

Vegetarian Greek Lentil Casserole



SNACK

Black Bean Cakes with Cilantro Crème

Fresh Berry Parfait

Fresh Melon with Cottage Cheese

Mango Pineapple Crème with Fresh Fruit

Mini Stacked Eggplant Parmesan

Parsnip Hummus with Crudités

Thai Shrimp with Sweet Chili Sauce

Toasted Pine Nut Hummus with Crudités

Veggie Lovers Pate with Crudités

Veggie Quesadilla



DESSERT

Blueberry Cheesecake Squares

Chocolate Bliss

Chocolate Hazelnut Mousse

Dark Chocolate Covered Strawberries

Dark Chocolate Hazelnut Bar

Fresh Fruit Tart

Gluten Free Chocolate Chip Cookie

Mango Mousse

Peanut Butter Cupcake

Red Velvet Cupcake

Vanilla Tapioca Pudding