



## Z.E.N. VEGETARIAN SELECT PROGRAM

Menu Choices

### BREAKFAST

*Alternate Bagel with Smoked Salmon Mousse and Fresh Fruit*

*Steel Cut Oats with Blackberries, Chopped Walnuts and Almond Milk*

*Gluten Free Blueberry Muffin with Cottage Cheese and Fresh Fruit*

*Strawberry Pancakes with Ricotta Crème and Fresh Fruit*

*Gluten Free Steel Cut Oats with Blackberries, Chopped Walnuts and Almond Milk*

*Gluten Free Strawberry Pancakes with Ricotta Crème and Fresh Fruit*

*Healthy Baked Eggs Benedict with Southwest Veggie Sausage and Roasted Tomatoes*

*Mushroom Scramble with Herbed Goat Cheese and Sliced Tomatoes*

*Florentine Frittata with Fresh Fruit*

*Cinnamon French Toast with Spiced Berry Compote and Scrambled Eggs*

*Scrambled Egg Whites Tomato and Basil Fresh Melons*

*ZEN Granola Parfait*

*Fresh Fruit Bowl with Greek Yogurt*

*Breakfast Pizza with Asparagus, Mushrooms and Mozzarella*

*Soyrizo Breakfast Burrito with Pico de Gallo, Sour Cream, and Fresh Pineapple*



## LUNCH

*Wild Mushroom Pizza with Caramelized Onion and an Arugula Salad*

*Pineapple Cucumber Gazpacho*

*Cranberry Vegetable Wrap with Fresh Melon*

*Egg Salad with Sliced Tomatoes and a Whole Wheat Pita*

*Egg Salad with Sliced Tomatoes in a Butter Lettuce Cups*

*Gluten Free Wild Mushroom Pizza with Caramelized Onion and an Arugula Salad*

*Gluten Free Cranberry Vegetable Wrap with Fresh Melon*

*Vegetarian Chopped Salad with Low Fat Ranch*

*Tofu Salad with Whole Wheat Pita and a Cucumber Salad*

*Shredded Asian Soy Chicken Salad with Sesame Peanut Dressing*

*Tuna Salad with Green Apples & Sweet Pickles in a Butter Lettuce Cups*

*Tuna Salad with Green Apples & Sweet Pickles with a Whole Wheat Pita*

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

*Chickpea Burger with Tzatziki Sauce and a Small Greek Salad*

*Gardein Beef Fajitas with Tortillas, Sautéed Pepper and Onions, with Pico de Gallo and Light Sour Cream*



## DINNER

*Gardein Chicken with Tikka Masala, Roasted Zucchini, Brown Rice and Chickpeas*

*Teriyaki Tofu with Brown Rice, Snow Peas and Carrots*

*Orange Roughy with Ginger Citrus Relish, Quinoa and Japanese Eggplant*

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

*Thai Coconut Curry Shrimp*

*Penne Arrabbiata with Gardein Chicken, Zucchini and Eggplant*

*BBQ Tuscan White Beans with Lemon Garlic Swiss Chard & Cauliflower*

*Teriyaki Salmon with Brown Rice, Snow Peas and Carrots*

*Chimmi Churri Gardein Beef Steak Tips with Garlic Mashed Potatoes and Green Beans*

*Veggie Chili with Roasted Sweet Potatoes*

*Ginger Soy Chicken with Brown Rice and Broccoli*



## SNACK

*Tofu Waldorf Salad in Butter Lettuce Cups*

*Buffalo Soy Chicken Tenders with Low Fat Ranch and Cucumber Spears*

*Edamame and Oranges*

*Fresh Melons with Cottage Cheese*

*Fresh Mixed Berries with Walnuts*

*Jumbo Shrimp Cocktail*

*White Bean Hummus with Crudités*

*Caprese*

*Cod Cakes with Meyer Lemon Aioli*

*Veggie Quesadilla with Sage Sour Cream*

*Veggie Lovers Pate with Crudités*

*Veggie Lovers Pate with Crackers*



## **DESSERT**

*Tapioca Pudding*

*Chocolate Covered Strawberries*

*Chocolate Mousse*

*Gluten Free Chocolate Chip Cookie*

*Gluten Free Heaven Cake*

*Gluten Free Coconut Cupcake*

*Gluten Free Walnut Brownie*

*White Macadamian Nut Cookie*

*Dark Chocolate Cherry Bar*

*Lemon Lim Dip with Fresh Fruit*