

SAMPLE VEGETARIAN CHILD AND ADULT CARE MENU

<u>DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>	<u>DAY 5</u>
Breakfast 1% or fat-free milk Strawberries Whole-wheat pancake	Breakfast 1% or fat-free milk Bananas Cinnamon oatmeal	Breakfast 1% or fat-free milk Mixed berries Corn muffins	Breakfast 1% or fat-free milk Grapes Whole-wheat French toast	Breakfast 1% or fat-free milk Nectarine Grits
Snack Cottage cheese Sliced peppers	Snack Watermelon Cheese cubes	Snack Whole-grain pretzels Hummus	Snack Cucumber slices Greek yogurt dip	Snack Apple slices Peanut butter
Lunch/Supper 1% or fat-free milk Pan-fried tofu Quinoa Sauteed kale Orange	Lunch/Supper 1% or fat-free milk Veggie burger Whole wheat bun Roasted broccoli Pear	Lunch/Supper 1% or fat-free milk Tempeh Wild rice Roasted cauliflower Mango chunks	Lunch/Supper 1% or fat-free milk Refried beans Yellow rice Sauteed squash Mixed berries	Lunch/Supper 1% or fat-free milk Grilled cheese sandwich Whole wheat bread Tomato and cucumber salad Mandarin oranges
<u>DAY 6</u>	<u>DAY 7</u>	<u>DAY 8</u>	<u>DAY 9</u>	<u>DAY 10</u>
Breakfast 1% or fat-free milk Peaches Cottage cheese	Breakfast 1% or fat-free milk Broccoli omelet Tangerine	Breakfast 1% or fat-free milk Avocado Banana Whole-wheat toast	Breakfast 1% or fat-free milk Raisin bread Applesauce	Breakfast 1% or fat-free milk Tomato slices Cream cheese Whole-wheat bagel
Snack Boiled egg Whole-wheat crackers	Snack Baked plantains Guacamole	Snack Rice cakes Vanilla yogurt	Snack Black bean dip Carrots & celery	Snack Strawberry and banana smoothie
Lunch/Supper 1% or fat-free milk Black bean burger Whole wheat bun Roasted broccoli Baked apples with cinnamon	Lunch/Supper 1% or fat-free milk Whole wheat pasta with lentils and mushrooms Carrots Peach	Lunch/Supper 1% or fat-free milk Vegetarian chili with kidney beans, squash, and barley Cantaloupe	Lunch/Supper 1% or fat-free milk Whole wheat quesadilla with rice and beans Roasted Brussel sprouts Honeydew melon	Lunch/Supper 1% or fat-free milk Chickpea stew White rice Roasted broccoli Apricot

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