

VEGETARIAN SAMPLE MENUS

Breakfast

Whole grain pancakes with applesauce topping, calcium-fortified orange juice, fresh fruit

Lunch

Bean burritos: black beans in corn tortillas, topped with lettuce, tomatoes, and salsa, spinach salad with dressing

Dinner

Chinese stir-fry over brown rice: tofu chunks, broccoli, pea pods, water chestnuts, and Chinese cabbage (bok choy), cantaloupe chunks drizzled with fresh lime juice

Snack

Dried figs

Breakfast

1 cup oatmeal with cinnamon and raisins, 1/2 cup fortified soymilk, 1 slice toast with almond butter, 1/2 grapefruit

Lunch

Whole wheat pita stuffed with hummus, sliced tomatoes, and lettuce, carrot sticks

Dinner

1 veggie burger, 1 cup baked beans, baked sweet potato, steamed collard greens drizzled with lemon juice

Snack

baked apple

Breakfast

2 scrambled egg whites, 1 whole wheat English muffin, vegetable juice

Lunch

Peanut butter and jelly sandwich, apple, soy milk

Dinner

Whole wheat pasta with sautéed broccoli, mushrooms, onions and marinara sauce, a tossed salad with vinaigrette dressing and 1/2 cup frozen yogurt

Snack

Trail mix: 1/2 cup cheerios, 1/4 cup raisins and 1/4 cup peanuts

Breakfast

Banana smoothie: 2 cups frozen banana chunks blended with 1/2 cup chocolate soymilk

Lunch

1 cup lentil soup, baked potato topped with salsa and 1 cup of diced melons

Dinner

Veggie Chili: 1 can each of diced tomatoes, black beans, pinto beans and corn, seasoned with sautéed onions, green peppers and chili powder. Serve with cornbread and spinach salad topped with strawberries and raspberry vinaigrette

Snack

Low-fat Popcorn