

SUMMER/FALL VEGETARIAN MENU



SOUPS

Squash and leek bisque with tarragon

Pasta fagioli

Vegetarian chili with TVP

Vegetable barley

Minestrone

Cream of cauliflower with parmesan

Vegetable soup with fresh basil

Southwestern black bean

Chilled tomato basil

Spicy corn soup

Vegetable wild rice

Lentil bean

SALADS

Fresh seasonal salad with cherry tomatoes, cucumber, carrots, and radishes; served with your choice of raspberry vinaigrette, blue cheese, Tahiti ginger dressing, citrus vinaigrette, balsamic vinaigrette, Italian vinaigrette, lemon-thyme vinaigrette, or French dressing

Cucumber salad with dill, red onion, and tomato; served with red wine vinaigrette

Fresh sliced vine ripened tomatoes, buffalo mozzarella cheese, basil, cracked black pepper, drizzled with extra virgin olive oil and balsamic vinegar

Black bean salad

Tri-color peppers, scallions, tomatoes, and pepper jack cheese; tossed with cilantro vinaigrette

Fresh seasonal fruit served with yogurt dip

Spinach salad

Roma tomatoes, pine nuts and parmesan cheese; served with balsamic vinaigrette

White bean salad

Chicken pea salad with cucumber and tomatoes tossed with balsamic vinaigrette

Orzo pasta salad with garden vegetables; served with Italian vinaigrette topped with parmesan cheese

California salad with iceberg lettuce, carrots, raisins, tomatoes, and nuts; served with orange-honey vinaigrette

Julienne vegetable salad served with lemon dressing

APPETIZERS

Chips and salsa

Tomato bruschetta topped with fresh basil and melted mozzarella cheese

Shrimp cocktail

Stuffed mushrooms with wild rice topped with cheddar cheese served with béchamel sauce

Fried tomatoes with polenta crust with ranch dipping sauce

Hummus with grilled pita bread

Vegetable egg rolls served with sweet and sour sauce

White bean and jalepeno dip served with French crostini

ENTREES

PASTA

Tagliatelle pasta with tomatoes, scallion, extra virgin olive oil and fresh herbs

Cheese tortellini alfredo

Vegetable pad Thai

Penne pasta primavera with vegetable tossed with white wine sauce

Cheese ravioli with garden vegetable sauce

Penne pasta with grape tomatoes, fresh basil, feta cheese; served with light white wine sauce

Grilled vegetable risotto

Spinach cannelloni

Gnocchi tossed with peppers and onions served with spicy sundried tomato and feta sauce

Vegetable lasagna

ENTREES

VEGETABLE

Lentil Kulbyaka

A hearty casserole with lentil beans, rice, eggs, and mushrooms wrapped in phyllo pastry

Vegetarian moussaka

Spinach casserole

Italian stuffed zucchini

Spaghetti squash served with marinara sauce

Grilled polenta served with wild mushroom ragu

Mexican polenta and vegetable casserole

Veggie and bean burritos

Baked quiche filled with spinach and Swiss cheese

Chick peas in tomato sauce with feta and white wine

BEEF SUBSTITUTES

Lentil loaf

Vegetarian tacos

Stuffed peppers with mock ground beef, vegetables, and rice

Mock meat loaf

Veggie sloppy joes

TVP/TOFU/TEMPEH

Oriental tempeh stir fry with mushrooms, snow peas, and cashews; served with soy-peanut sauce

Seared tofu with vegetables served with red curry sauce

Sautéed tofu with asparagus, red pepper, onion, and roma tomatoes; tossed with pesto cream sauce

ENTREES

SEAFOOD

Sautéed tilapia served with shallot sauce

Sautéed shrimp with pine nuts, mushrooms, and shallots; served with a lemon butter sauce

Grilled shrimp served with mango barbecue sauce

Sautéed shrimp with white wine, parsley, and lemon juice

Sautéed Cajun shrimp served with remoulade sauce

Seared salmon served with a chilled cucumber dill sauce

Grilled salmon served with champagne sauce

Grilled Tuna steak served with mango salsa

Pesto crusted Tilapia served with citrus butter

Pan seared snapper served with almond scallion sauce

Sautéed scallops with garlic, lemon, and parsley

Seared scallops with mustard cream sauce

SIDE DISHES

VEGETABLES

Mixed mushroom sauté

Peas with garlic and thyme

Edamamme tossed with chives and extras virgin olive oil

Steamed broccoli with leeks

Steamed broccoli

Curried broccoli and cauliflower

Steamed asparagus served with a roasted red pepper coulis

Steamed asparagus with roasted garlic

Sautéed asparagus spears with oven roasted tomatoes

Sautéed green beans with mushrooms and dill

Green beans lyonnaise

Sautéed green beans with leeks

Sautéed carrots and snow peas

Orange glazed carrots

Steamed carrots tossed with minced thyme and butter

Sauteed spinach and chick peas

Sautéed oriental sugar snap peas and button mushrooms

Minted sugar snap peas

Grilled vegetable kabobs with Italian vinaigrette

Italian marinated vegetable medley

SIDE DISHES

VEGETABLES

Sautéed squash and leeks with parmesan cheese

Sautéed zucchini, squash, peppers, and leeks, with roasted garlic and herbs

Julienne vegetable medley with tarragon butter

Sautéed zucchini, squash, tomatoes, and peppers tossed with a marinara sauce

Steamed vegetable medley with lentil beans

Roasted corn on the cob with a roasted garlic butter

POTATOES & STARCHES

Lyonnaisse potatoes

Roasted red skin potatoes with Dijon crust

Parmesan mashed potatoes

Potato cakes with fontina cheese

Lemon glazed sweet potatoes

Garden vegetable risotto

Millet pilaf

Lemon basmati rice

Macaroni and cheese

Quinoa pilaf

Spanish rice

Fried rice

SIDE DISHES

POTATOES & STARCHES

Vegetable cous cous

Barley pilaf

Orchetta pasta with vine ripened tomatoes, basil, olive oil, and cracked black pepper

Asian noodles

Refried beans

Garlic bread

* Most items can be altered to accommodate special diets or restrictions