

Vegetarian Diet (Lacto-Ovo)



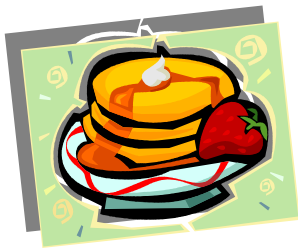
Your doctor has prescribed a vegetarian diet for you during your stay. Our lacto-ovo vegetarian suggestions from the At Your Request® menu are listed below. If you require a more stringent vegetarian or vegan diet, you may request a Dietitian Consult to assist you with your choices.



Breakfast:

Entrees

Buttermilk Pancakes
 Scrambled Eggs
 Cholesterol Free Scrambled Eggs
 Hard Boiled Eggs
 Omelet with choice of:
 Onion/Green Pepper/Tomato/
 Mushroom/Cheese



Cereals

Cheerios®
 Grits, Oatmeal
 Cream of Wheat®
 Rice Krispies®
 Frosted Flakes®
 Special K®
 Raisin Bran®
 Corn Flakes®

Yogurt/Fruit

Yogurt: Strawberry/Vanilla/
 Plain Greek
 Cottage Cheese
 Fresh Fruit Cup
 Quartered Orange
 Canned: Peaches/Pears
 Apple

Bakery

Toast: Wheat/White
 English Muffin
 Bagel: Plain
 Muffin: Plain/Blueberry
 Buttermilk Biscuit

Side Orders

Breakfast Potatoes



Lunch/Dinner:

Entrees

Grilled Vegetable Wrap
 Grilled Cheese Sandwich
 Veggie Burger
 Vegetable Quesadilla
 Marinara Sauce with:
 Spaghetti or Whole Wheat Penne
 Personal Pan Pizza with:
 Onion/Green Pepper/Cheese/Tomato/
 Mushroom

Deli Bar

Bread: Wheat/White/Tortilla
 Garden: Onion/Lettuce/Tomato/
 Dill Pickle/ Cucumber
 Cheese: American/Cheddar/
 Swiss/Provolone
 Fillings: Egg Salad/
 Peanut Butter/Jelly

On the Side

Yellow Squash
 White Rice
 Whipped Potatoes
 Green Peas
 Broccoli
 Parsley Boiled Potatoes
 Steak Fries
 Buttermilk Biscuit
 Sliced Carrots
 Green Beans
 Corn
 Zucchini
 Macaroni & Cheese
 Corn Muffin
 Potato Chips
 Dinner Roll
 Sliced Bread: Wheat/White

Soup/Salad

Tomato
 Garden Vegetable
 Cream of Potato
 Vegetable Broth
 Cottage Cheese & Fruit
 Coleslaw
 Garden Salad

Desserts

Vanilla Wafers
 Graham Crackers
 Ice Cream/Sherbet
 Lemon Fruit Ice
 Popsicle (assorted flavors)
 Cookies: Sugar/Chocolate Chip/
 Oatmeal Raisin/Peanut Butter
 Pudding: Reg or Diet
 Apple Pie
 Sweet Potato Pie
 Chocolate Brownie

