



# Vegetarian Menu

## We Believe in the Power of Food

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Our Patient Dining Associate will deliver all meals at a prescribed time to your room. If you would like to adjust your meal selections, a Patient Dining Associate will come to your room to take your order for the next day's meals.

To ensure timely delivery, all orders should be placed the night before for Breakfast, by 10 AM for Lunch, and by 3 PM for Dinner.

Should you be unable to place your orders at bedside, call  
**Cary Hospital: x02357** using hospital phone or **919-350-2357** using personal phone  
**Raleigh Campus: x08185** using hospital phone or **919-350-8185** using personal phone.

### Sunday

#### Breakfast

**Scrambled Eggs**  
 Total Cereal  
 Grits  
 Banana

#### Lunch

**Latin Black Beans**  
 Brown Rice  
 Carrots with Fresh Herbs  
 Cookies & Cream Mousse

#### Dinner

**Spiced Beyond Meat Patty**  
 Penne Pasta  
 Zucchini with Tomato  
 Fruit Cup  
 Sugar Cookie

### Monday

#### Breakfast

**Pancakes with Blueberry Compote**  
 Scrambled Eggs  
 Fruit Cup  
 Cheerios Cereal

#### Lunch

**Crispy Baked Tofu**  
 Garlic & Herb Roasted Potatoes  
 Italian Vegetables  
 Fruit Cup  
 Sherbet

#### Dinner

**Glazed Mushroom & Spinach Sandwich with Roasted Peppers**  
 Side Salad  
 Pineapple  
 Brownie

### Tuesday

#### Breakfast

**Scrambled Eggs with Cheese**  
 Home-Style Potatoes  
 Total Cereal  
 Pineapple

#### Lunch

**Spiced Beyond Meat Patty**  
 Mashed Potatoes  
 Fresh Steamed Broccoli  
 Banana Pudding Parfait

#### Dinner

**Crispy Baked Tofu**  
 Macaroni & Cheese  
 Fresh Braised Greens  
 Grapes  
 Italian Ice

# Wednesday

## Breakfast

**Scrambled Eggs**  
Grits  
Biscuit  
Cheerios Cereal  
Fruit Cup

## Lunch

**Latin Black Beans**  
Tomato & Spinach  
Brown Rice  
Roasted Ginger Carrots  
Sweet Cinnamon Apples

## Dinner

**Glazed Mushroom & Spinach  
Sandwich with Roasted  
Peppers**  
Side Salad  
Angel Food Cake with  
Whipped Topping  
Banana

# Thursday

## Breakfast

**Breakfast Skillet**  
(Home-Style Potatoes,  
Peppers & Onions,  
Scrambled Eggs)  
Total Cereal  
Banana

## Lunch

**Crispy Baked Tofu**  
Mashed Potatoes  
Seasoned Green Beans  
Italian Ice

## Dinner

**Mediterranean Platter**  
Fresh Vegetables &  
Hummus  
Fresh Steamed Broccoli  
Fruit Cup  
Peach Cobbler

# Friday

## Breakfast

**Banana Fosters French  
Toast**  
Scrambled Eggs  
Cheerios Cereal

## Lunch

**Glazed Mushroom &  
Spinach Sandwich with  
Roasted Peppers**  
Caramelized Carrots  
Blueberry Crisp

## Dinner

**Latin Black Beans**  
Stir-Fried Vegetables  
White Rice  
Pineapple  
Vanilla Ice Cream

# Saturday

## Breakfast

**Cheesy Scrambled Eggs**  
Grits  
Total Cereal  
Fruit Cup

## Lunch

**Crispy Baked Tofu**  
Brown Rice  
Fresh Steamed Broccoli  
Brownie Strawberry  
Delight

## Dinner

**Spiced Beyond Meat Patty**  
Brown Rice  
Italian Vegetables  
Dinner Roll  
Fresh Grapes  
Citrus Mousse



# Alternative Selections

## Breakfast

Available 6:30am - 9:30am

### Hot Cereals:

Grits, Oatmeal, Apple  
Cinnamon Cream of Wheat

### Cold Cereals:

Rice Krispies, Total, Rice Chex,  
Cheerios, Cornflakes, Frosted Flakes

### Bakery:

Blueberry Muffin  
English Muffin  
Biscuit, Plain Bagel

### Grill:

Scrambled Eggs  
Pancakes, French Toast  
Biscuit & Gravy, Tofu Scramble  
Breakfast Potatoes

### Yogurt:

Fruit, Granola & Yogurt  
Parfait

### Assorted Yogurt:

Strawberry, Raspberry, Light  
Vanilla

### Fruit:

Fresh Fruit: Fruit Cup, Peaches, Pears  
Whole Fruits: Apple, Orange, Banana

## Lunch & Dinner

Available 11am - 6:30pm

### Salads & Soups

Tomato Soup  
Side Salad  
Cottage Cheese & Fruit  
Plate

**Dressings:** Ranch, Italian,  
Caesar, Balsamic

### Sandwiches

Tuna Salad  
Peanut Butter & Jelly

### Hot Grill

Plant Based Burger  
Grilled Cheese  
Cheese Quesadilla

### Pizza

Cheese, Vegetable

### Sides

Mac & Cheese  
Mashed Potatoes  
White Rice  
Broccoli  
Green Beans  
Carrots  
Dinner Roll

### Comfort Food

Macaroni & Cheese,  
Olive Oil & Lemon  
Baked Salmon,  
Penne Pasta with  
Marinara

### Desserts

Angel Food Cake with  
Whip Topping  
Cookies: Chocolate  
Chip, Sugar, Vanilla  
Wafers

Ice Cream: Vanilla,  
Chocolate, Orange  
Sherbet, Italian Ice

Pudding: Vanilla,  
Chocolate

Gelatin: Red, Orange  
(Regular or Sugar-Free)

## Beverages

**Coffee:** Regular, Decaffeinated

**Tea:** Regular Hot Tea, Decaffeinated Hot Tea,  
Unsweetened Iced Tea, Sweet Iced Tea

**Hot Cocoa**

**Juice:** Apple, Orange, Grape, Prune

**Milk:** Skim, 2%

