

Vegetarian And Fish Dishes

SALADS

Seasonal Greens W/*Garden Vegetables & Balsamic Vinaigrette*
Endive Salad W/*Orange & Rosemary*
Chicken Caesar Salad
Lentil Salad W/*Lemon Vinaigrette*
Cranberry-Apple Spinach Salad
Chicken Waldorf Salad
Tomato, Basil & Mozzarella Salad
Marinated Cucumber Salad
Carrot & Raisin Salad
Asian Millet Salad
Quinoa Salad
Garden Bounty Salad
Spring Greens W/*Pears, Gorgonzola Cheese & Candied Walnuts*
Chinese Long Green Beans W/*Feta (Low-Fat)*
Apples, Stilton Cheese, Walnuts & *A Citrus Vinaigrette*
Balsamic Tomatoes & Mozzarella Salad
Couscous Salad W/*Asparagus, Toasted Almonds, & Cranberries*

SOUPS AND STEWS

Leek & Potato Soup
Lentil Minestrone
Vegetable Chowder
Thai Tofu & Winter Squash Stew
Curried Butternut Squash Soup W/*Ginger, Garlic & Cilantro*
Barley W/*Mushrooms*
Misc Tofu Soup W/*Wakame*
Vegetable Tortilla Soup

ENTRÉES

Pan-Seared Cajun Shrimp
Eggplant Curry Casserole
Blackened Ahi Tuna
Vegetarian Lasagna W/Spinach & Mushrooms
Mahi-Mahi W/Mango-Papaya Salsa
Grilled Vegetables In Balsamic Tomato Sauce W/Couscous
Pelenta & Vegetable Casserole
Orange Roughy Vera Cruz
Citrus Red Snapper
Mediterranean Vegetable Risotto W/Organic Brown Rice
Butternut Squash Lasagna
Wasabi-Encrusted Ahi Tuna
Baked Portobello Caps W/Low-Fat Goat Cheese
Grilled Halibut W/Mango-Papaya Salsa
Seared Scallops W/Asian Lime Chile Sauce
Arugula & Basil Low-Fat Pesto Linguine
Eggplant Parmesan
Citrus Chilean Sea Bass
Butternut Squash Lasagna (Low-Fat Version)
Sea Bass W/Sun-Dried Tomatoes And Black Olive Tapenade
Frittata W/Spinach & Mushrooms
Squash & Zucchini Casserole
Teriyaki Salmon
Vegetable Moussaka
Bulgur Stir-Fry
Pelenta & Vegetable Casserole
Eggplant Curry Casserole

VEGETABLES

Sautéed Spinach W/Balsamic & Garlic
Braised Red Chard W/Soy, Ginger & Garlic
Orange Ginger Asparagus
Artichokes W/Lemon & Garlic
Roasted Yams W/Balsamic
Curry Vegetables
Broccoli Raab
Roasted Beets
Vegetable Medley
Brussels Sprouts W/Lemon & Garlic
Chinese Long Green Beans W/Cherry Tomatoes, Ginger, Chilies & Soy
Steamed Broccoli
Roasted Root Vegetables

SIDE DISHES

Thai Charred Eggplant W/Tofu, Vegetables, & A Spicy Peanut Sauce
Quinoa Tabbouleh
South Indian Lentils W/Vegetables
Asparagus Cashew Rice Pilaf
Coconut Curry Tofu
Quinoa W/Dried Cranberries And Asparagus
Curried Chick Peas
Tabbouleh W/Fresh Fruit
Organic Brown Rice
Lentils W/Tomatoes And Herbs
Zucchini Risotto
Adzuki Beans W/Miso Dressing
Charred Eggplant W/Tofu And Vegetables
Barley Risotto
Curried Chick Peas
Zucchini Risotto
Jasmine Rice W/Lemon Zest & Coconut Milk
Quinoa, Wild Rice Or Brown Rice Pilaf
Lentils W/Tomatoes & Herbs
Squash W/Asiago Cheese
Orange- Ginger Green Beans

SNACKS

Granny Green Apple Slices W/Peanut Butter
Granola W/Plain Yegurt And Fresh Blueberries
Baba Ghancush W/Whole Wheat Pita Bread
Turkey Roll-Ups W/Cilantro Low-Fat Mayo
Asian Pear Slices W/Laughing Cow Light Cheese