



Marie Jolie's
**2 Week Vegetarian
 Family Menu**

	Breakfast	Lunch	Dinner
Monday	Granola Cereal & Fruit	Waldorf Salad Sandwiches, Carrots & Dip	Mezze Platter: Hummus, Veggies, Pita Wedges, Tabouli, Fried Tofu w/Cucumber Sauce
Tuesday	Breakfast Burritos	Veggie, Sprout & Hummus Sandwiches	Smoky Chili over Polenta
Wednesday	Raspberry Oat Muffins & Smoothies	Burritos, Chips & Salsa	Lentil Loaf, Garlic Mashed Potatoes, Asparagus Almond Tomato Salad
Thursday	Granola Yogurt Fruit Parfaits	Shepherd's Pie Casserole (Lentil Loaf crumbles, mixed veggies, topped w/potatoes)	Mushroom & Wild Rice Soup, Slow Baked Tofu, Mixed Greens
Friday	Tofu Scramble w/Potatoes & Peppers	Vegetable Fried Rice	Veggie Pot Pies, Raw Kale Avocado Salad
Saturday	Strawberries & Cream French Toast	Latkes, Celery Apple Salad	Tostadas, Gourmet Guatemalan Black Beans
Sunday	Omelets, Hash-browns	Supreme Nachos w/all the Veggie Toppings!	Broccoli Cheese Soup over Brown Rice, Chipotle Corn Muffins
Monday	Apple Carrot Muffins, Scrambled Eggs & Veggie Bacon	Raw Almond Hummus Wraps w/ Greek Olives, Veggies & Sunflower Greens	Taco Salad- Chips, Lettuce, Pinto Beans, Tomatoes, Onions, Salsa, Cheese, Avocados, Olives
Tuesday	Chai Oatmeal, Apple Juice	Bakon, Lettuce & Tomato Sandwiches, Fries	Lentil Walnut Burgers, Coleslaw
Wednesday	Banana Bread French Toast w/Fruit Salad	Twice Baked Potatoes, Steamed Broccoli	Southern France-style Crudités w/ Dipping Sauces, Baguettes, Cheese

Thursday	Raw Apple Nut Breakfast Medley w/Almond Cream	Vegetable Rice & White Bean Soup w/Garlic Toast	7 Layer Veggie Burritos, Tossed Salad
Friday	Silver Dollar Pancakes, Eggs & Juice	Hawaiian Haystacks w/TVP Gravy & Veggies	Cauliflower Potato Soup, Stuffed Peppers
Saturday	Breakfast Banana Splits w/Smoothie Sauce & Cashew Cream	Shish-Kebabs	Eggplant Parmesan, Breadsticks, Spring Green Salad
Sunday	Baked Granola Apples, Yogurt	Petros (Chili over Fritos, topped w/Lettuce, Tomatoes, Onions, Olives, Cheese, Sour Cream, Hot Sauce)	Family Style Crepe Dinner

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