

VEGETARIAN DIET

UC Davis Health Patient Menu

Meal Delivery Times:

Breakfast 6:45 a.m. – 9:30 a.m.

Lunch 11:00 a.m. – 2:00 p.m.

Dinner 4:45 p.m. – 7:30 p.m.



How to make selections:

1. Please review the menu daily so you are ready with your selections.
2. A Dietetic Assistant will call or visit you daily to get your menu choices.
3. The Daily Special will be automatically delivered if you do not make selections.

Please note, menu items may need to be adjusted to meet special diet needs prescribed by your doctor. Some items may be restricted.

Vegetarian Diet

Food and Nutrition Services offers a menu of fresh, seasonal, locally grown foods and ingredients.

Daily breakfast options include Total Raisin Bran, 10 grain hot cereal, and coffee. Breakfast, lunch, and dinner are served with milk, and soup will be served upon request.

Sunday

Breakfast: Buttermilk pancakes, scrambled eggs, apple slices, and yogurt

Lunch: Quinoa vegetables, baby carrots, and a banana

Dinner: Teriyaki tofu, spicy broccoli, and brown rice

Monday

Breakfast: Vegetarian quiche, breakfast potatoes, and red grapes

Lunch: Alfredo pasta and vegetables, roasted vegetables, and apple slices

Dinner: Stuffed portabella mushroom, roasted red potatoes, cauliflower carrots, and a banana

Soup of the Day: Red lentil

Tuesday:

Breakfast: French toast, scrambled eggs, and a banana

Lunch: Chili lime tofu, black beans, corn tortillas, and cilantro lime rice

Dinner: Butternut squash potato cake, cherry glaze, baby carrots, and a garden salad with dressing

Wednesday:

Breakfast: Veggie scrambled eggs, breakfast potatoes, and yogurt

Lunch: Risotto cake, roasted red potatoes, roasted vegetables, and a banana

Dinner: Polenta cake with marinara, roasted vegetables, and red grapes

Soup of the Day: Butternut squash

Thursday:

Breakfast: Buttermilk pancakes, yogurt, and scrambled egg

Lunch: Eggplant parmesan, pasta with marinara sauce, cauliflower carrots, and a banana

Dinner: Squash sofrito, house made refried beans, Spanish rice, and corn tortillas

Friday:

Breakfast: Vegetable frittata, breakfast potatoes, and a banana

Lunch: Pasta with portobello bolognese sauce, roasted vegetables, and a banana

Dinner: Risotto cake with rouille sauce, summer bean medley, and red grapes

Saturday:

Breakfast: French toast, scrambled eggs, and apple slices

Lunch: Garden burger, tomato, pickles, lettuce, onion, and baby carrots

Dinner: Pasta with alfredo sauce, broccoli and carrots, and a garden salad with ranch dressing

Soup of the Day: Minestrone

Beverages:

Milk: Skim, low-fat, whole, lactose-free, chocolate, soy, or almond

Juice: Orange, apple, prune, cranberry, cran-grape or diet cranberry

Hot beverage: Coffee (regular or decaf), tea (regular or decaf), hot chocolate (regular or sugar-free)

Bottled water

Additional Selections**Breakfast Entrees**

Entrees: Scrambled eggs, buttermilk pancakes, French toast, breakfast potatoes, and vegetarian sausage

Breads: Blueberry or plain bagel, English muffin, wheat or white toast

Hot and cold cereal: 10 Grain Hot Cereal, Cream of Wheat, Cheerios, Rice Krispies, or Total Raisin Bran

Fruit: Fresh fruit or fresh fruit and cottage cheese plate

Lunch and Dinner Entrees

Entrees: Macaroni and cheese, pasta (torchiette, macaroni noodles, or gluten-free spaghetti noodles) with choice of sauce: marinara, alfredo or lemon herb sauce, vegetarian tacos, garden burger, cheese pizza

Sandwiches: Vegetarian, peanut butter and jelly, egg salad, or grilled cheese

Salad: Vegetarian taco or vegetarian entrée salad

Fruit: Fresh fruit or fresh fruit and cottage cheese plate

Side Items

Potato: Mashed potatoes or French fries

Rice: Brown or Jasmine

Dinner roll: white or wheat

Chips: Baked Lays

Fruit: Apple slices, red grapes, orange slices, banana, seasonal fruit cup; canned peaches, mandarin oranges, or applesauce

Vegetables: Baby carrots, broccoli, zucchini, side salad with choice of dressing (ranch, Italian, or Thousand Island)

Soups: Tomato soup or vegetable broth

Desserts

Sorbet, Italian Ice, Jell-O, pudding, shortbread cookies, or animal cookies