

WHAT'S FOR Dinner???

Sustainability

Health

EATING OUT

Kindness



THAI

Spicy Dishes include: **Singapore Noodle, Red Curry** (shown), Massaman or Green Curry, Ginger or Basil stir fries over rice. Mild Noodle Dishes: Pad Thai, Woon Sen, Fried Rice, **Tom Kha Kai Soup** (shown, check vegan) and more. Order with veggies or tofu, no egg or fish sauce.

Savory



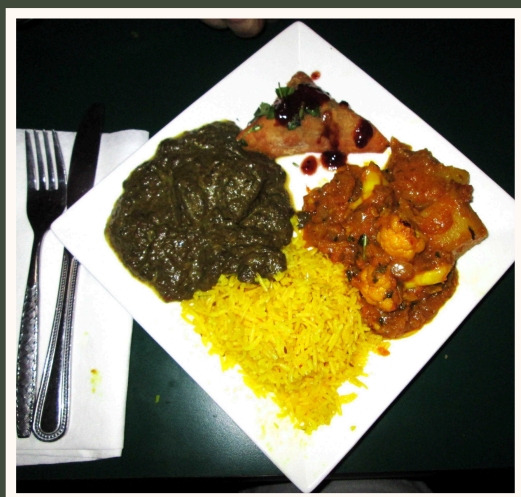
ETHIOPIAN

Group dinner is served on a large pancake tray with mild and spicy dishes arranged on top: **Lentil and chickpea dishes; potato, cabbage & carrot; greens; beets, and green salad; all scooped and eaten with and on injera flat bread** (shown). Find these delicious restaurants in larger cities.



MIDDLE-EASTERN

Home of Hummus also has **Portabella/vegetable Stir Fry w. Rice, Falafel chickpea balls** (shown). Baba Ghanoush, Grape Leaves. Tabouli and other salads. Flavorful but mild. me of Hummus also has Portabella/vegetable Stir Fry w. Rice, Falafel chickpea balls (shown). Baba Ghanoush, Grape Leaves. Tabouli and other salads. Flavorful but mild.



INDIAN

Spicy! Samosa, Spinach & Potatoes (Saag Aloo), Cauliflower (Aloo Gobi) (shown). Lentils or chickpeas (Dahl), Channa), eggplant & peas (Baingen Bharta), okra (Bhindi)... South Indian specialtes include Uttapam (dinner pancakes) and Dosas (filled crepes).



ITALIAN

Ever popular **Pizza** (shown)... and noodles: Spaghetti Marinara or stir fry veggies in olive oil and garlic.

CHINESE

May include a variety of mild and spicy Tofu and/or Veggie dishes: greens with mushrooms, broccoli, moo shu.

Spicy

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SUMMER MEALS

Select 3 or More of:

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Health

Sweet



SOUPS (COLD)

Watermellon and Fennel Soup with Fruit (shown). **Gazpacho** (below): tomatoes, cucumber, onion with specialty vinegar or lemon juice. Rhubarb Soup with Berries. Warm light soups might include Miso soup with Greens.



BREADS, PANCAKES & SANDWICHES

Teff Bread (or other wheat or Gluten-Free). Banana, Pumpkin or Blueberry Oat or Buckwheat Muffins or Pancakes. Pates to spread include Walnut & Basil pate, Curried Chickpea Salad, Peanut Butter/ Almond/ Cashew Butter & Jelly. Potato Pancakes & apple sauce. Pizza.



SALADS

High-protein salads include **Chickpea or lentil Noodle Salad** (shown) with your choice of added toppings and favorite vinegarett dressing. Also, the ever-popular 3-Bean Salad, **Potato Salad**, **Lettuce Salad and Apple Salad with Peanut-Butter-Apple Juice Dressing** (shown), Waldorf Salad (or other fruit salad).



VEGGIES & FRUITS

Mushrooms cooked in toasted sesame oil and ume plum vinegar, served on yam.

Artichoke (shown). Corn on the cob, asparagus, steamed kale with favorite vinaigrette. Berry and/or Mango Smoothies with greens. French fries, melon with blueberries (below). Watermelon.



PROTEINS

Barbecue beans, burger (shown), plant-protein sausages, hot dogs. Lentil salad with cherry tomatoes and pineapple (cold). Quinoa Salad with Olives & Corn. Baked beans.

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FALL-WINTER MEALS



SOUPS - PROTEIN

Hot soups include **Mexican Black Bean Soup** (Beans, salsa, tomato sauce) (shown), Lentil & Veggie Soup, Navy Bean Soup, Chili with Mushrooms, Green Beans and Corn. Peanut Butter Soup with Okra and Corn. Tofu-Miso soup.



SOUPS - OTHER

Creme of Tomato-Basil (shown), Broccoli, or Asparagus (when made with cashew creme, adds protein). Mushroom-Barley Soup, Stews: tomato, miso or wine-soy sauce based. Spicy Yam Soup with Peanuts. Onion Soup (with miso), Minestrone (with bean noodles). Spinach Soup. Breads or Salads go well with Soups.



MAIN DISHES

Mushroom Stroganoff with Cashew Cream over Chickpea Noodles (shown). Zucchini Lasagna, Coriander Potato Enchiladas with Corn, Olives, Refried Bean-Guacamole Tacos, Cajun/Creole/ Italian Stuffed Peppers with Quinoa and Lentils.



STIR-FRIES

Proteins may include: walnuts, peanuts, cashews, tofu, tempeh, seitan or chickpeas. Seasonings may include: garlic, ginger, basil, chili peppers, Italian spices, vinegar, soy sauce. Your choice of veggies, shown here with **black rice**.



DESERTS

Mini-Banana Split with nuts and/or berries (shown).

Cupcakes, brownies, berry pies or raw (e.g., peach) pie with walnut crust. Tapioca or rice pudding. Apple strudel.

Sustainability



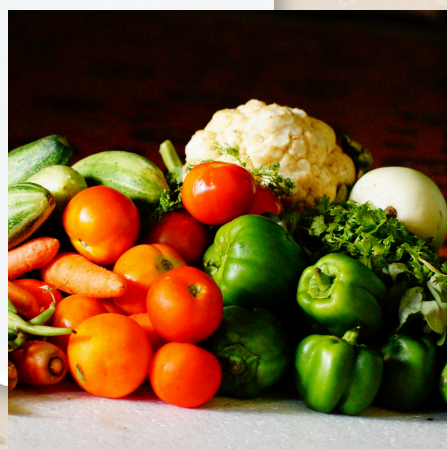
Nutrition Guide

FROM: VEGETARIAN AND VEGAN NUTRITION, GEORGE EISMAN



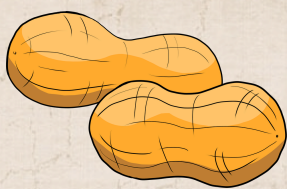
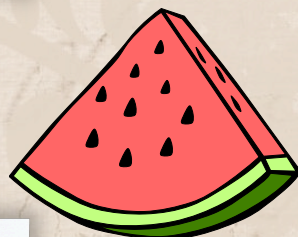
Vegetables

Includes cruciferous (broccoli, bok choy, cabbage, kale, arugula), other greens, root vegetables, asparagus, squash, peppers, mushrooms, salad vegetables, sea vegetables. Most veggies: high in **fiber & protein** (25%), low in fat (10%). **Calcium**: high in greens. **Vit. C**: greens, tomatoes. **Vit. A**: carrots, yams, greens, winter squash.



Fruit

Includes: berries, melons, apples/pears/peaches, citrus, grapes, bananas, avocado, mango,...
Ascorbic Acid (Vit. C) in citrus, melons, kiwi and some berries.
Beta-carotene (Vit. A) in yellow/orange fruit apricots, peaches, tangerines, cantelope



Legumes, Nuts Seeds

Includes: Legumes (lentils, peas, peanuts, beans) nuts, seeds (sunflower, sesame, pumpkin seeds). Legumes are high in **protein** (25%), carbohydrates (**energy**) and **fiber**. Soy is very high in protein; is found in tofu, miso, tempeh. Nuts and seeds are high in fat and some protein (10%).



Grains

Include: rice, corn, quinoa, oats, buckwheat, wheat, faro, barley, teff, rye, amaranth.. Grains are a source of carbohydrates (**energy**), **fiber**, **Vit. B and E**, and **minerals** depending on soil and whole grain status. Vit. B12 must be supplemented in vegan diet, Vit D is recommended

