



SAMPLE VEGETARIAN MENUS AT SEVEN CIRCLES RETREAT CENTER
All with coffee, teas, ice tea (milk on request)

BREAKFAST

Cinnamon swirl French toast
Chunky maple applesauce
Juice

LUNCH

Curried roasted vegetable wraps
Cucumber-yogurt salad
String cheese sticks
Date bars

DINNER

Asian sesame tofu with ginger sauce
Jasmine rice
Stir-fry vegetables
Garden salad
Hawaiian wedding cake (pineapple and coconut)

BREAKFAST

Country hash brown potatoes with onions and peppers
Scrambled eggs
Blueberry muffins
Juice

LUNCH

Greek tortellini salad with artichoke hearts, olives and feta cheese
Wheat crackers
Vegetable sticks and dip
Baklava

DINNER

Stuffed green peppers with fresh Italian tomato sauce
Dinner rolls
Garden salad
Ginger cake with vanilla pudding

BREAKFAST

Mexican omelets in tortillas with avocado sauce
Cinnamon rolls
Juice

LUNCH

Creamy tomato-red pepper soup
Grilled cheese triangles
Coleslaw
Carrot cookies

DINNER

Pesto pasta with walnuts and Parmesan cheese
Italian crusty rolls
Cold pea salad
Peach upside-down cake

BREAKFAST

Waffles with chunky spiced apple-cranberry sauce
Sausages
Juice

LUNCH

Indonesian peanut sauce vegetable salad over rice
Egg rolls
Almond cookies

DINNER

Soy meatball and mixed mushroom stroganoff
Egg noodles
Peas
Garden salad
Pistachio cake
