

**DIETITIAN'S RECOMMENDATIONS**  
**FOR VEGETARIANS**  
**AT RHODE ISLAND COLLEGE**

\* indicates food appropriate for vegans

**VEGETARIAN DAILY SPECIALS**

Vary each day – check the menu

Some of the selections are:

Vegetarian Vegetable Soup\*

Lentil Soup\*

Pasta Primavera\*

Roast Vegetable Pocket\*

Baked Macaroni and cheese

Vegetarian Stuffed Shells

Vegetable Quesadillas\*

Penne with Vodka Sauce

Cheese Pizza

Spinach and Feta Calzone

Eggplant Parmesan\*

Vegetable Shepard's Pie

**AT THE GRILLE**

Garden Veggie Burger\*

Falafel

Eggplant Sandwich\*

Soy Dogs\*

Cereal or Oatmeal\*

Egg Beaters

Egg white omelets w/ vegetables

Yogurt

Grapefruit halves, Bananas\*

Bagels, English muffins, Toast\*

Peanut Butter and Jelly\*

**FRUIT BAR**

Fresh Fruit\*

Fresh Fruit Cups\*

Canned Fruit\*

Cottage Cheese

See other side for more selections...

**SALAD BAR**

Dark Green Lettuce\*  
Fresh cut vegetables\*  
Pasta Salad\*  
Tofu cubes\*  
Beans\*  
Raisins, sunflower seeds, nuts\*

**DELI**

Tortillas\*  
Wheat & Rye Bread\*  
Pocket Bread\*

**QUICK PICK**

Moujedra (Lentil & Rice with Wheat germ)\*  
Sabra Hummus with Pita Chips (3 flavors)\*  
Columbo Frozen Yogurt  
Pudding  
Soy Chips\*  
Pita Chips\*  
Smartfood Popcorn  
Quakes Rice Snacks\*

**BEVERAGES**

Assorted Milk  
Lactaid Milk  
Bottled Water\*  
Variety of 100% Juices\*  
Orange Juice\*  
Arizona Green Tea/honey\*  
Coffee, Tea\*