

May 28  
Sunday

May 29  
Monday

May 30  
Tuesday

May 31  
Wednesday

SDA Menu 2023  
June 1  
Thursday

June 2  
Friday

June 3  
Saturday

June 4  
Sunday

Breakfast

Eggs/Tofu

Grits/Oatmeal in pot. W/topping

Morningstar Patties

Biscuits/Toast/Gravy  
Belgian Waffles

Blueberries

Juice, Milk, Cereal  
Fresh Fruit

Lunch

Indian Hay Stacks (vegan)  
Seasoned Lentils  
White and Brown Rice  
Shredded lettuce  
Diced Tomato/Red Onions  
Diced Green Peppers

Ranch Dressing  
Salad and dessert Bar  
Optional Shredded Cheese

Dinner

Roasted Tomato  
Yellow Rice (vegan)  
Black Beans (vegan)  
Roasted Cauliflower  
Salad and Dessert Bar

Dinner

Boneless Nuggets w/sauce  
Broccoli Quiche (vegetarian)  
Capri Blend (vegan)  
Onion Rings (vegan)  
Salad and Dessert Bar

Breakfast

Eggs/Tofu

Grits/Oatmeal in pot W/topping

Morningstar Strips

Biscuits/Toast/Gravy  
Applesauce

French Toast Casserole

Juice, Milk, Cereal  
Fresh Fruit

Lunch

Stuffed Peppers (vegan)  
Caprese Veggie Patty  
Corn O'Brien  
Squash Casserole  
Cape Cod Blend (vegan)  
Rolls

Salad and Dessert Bar

Dinner

Pasta Primavera (vegetarian)  
Pinto Beans (vegan)  
Brussel Sprouts (vegan)  
Breaded Okra (vegetarian)  
Salad and Dessert Bar

Breakfast

Eggs/ Tofu

Morningstar Patties

Biscuits/Toast/Gravy

Hashbrowns  
Cinn. Peaches w/scone

Grits/Oatmeal w/toppings

Juice, Milk, Cereal  
Fresh Fruit

Lunch

Jack Fruit BBQ (vegan)  
Mac and Cheese (vegetarian)  
Roasted Edamme (vegan)  
(vegan)  
Malibu Blend (vegan)  
Rolls/Buns

Salad and Dessert Bar

Dinner

Vegetarian Chili (vegan)  
Baked Potato (vegan)  
Chopped Broccoli (vegan)  
Assorted Toppings  
Fried Squash (vegetarian)

Breakfast

Eggs/Tofu

Morningstar Strips

Biscuits/Toast/Gravy

Pancakes  
Applesauce

Grits/Oatmeal w/toppings

Juice, Milk, Cereal  
Fresh Fruit

Lunch

Monterry Beans (vegetarian)  
Sweet potatoes (vegan)  
Cream Style Corn (vegan)  
Lima Beans (vegan)  
Carribean Blend (vegan)  
Rolls

Salad and Dessert Bar

Dinner

Mushroom Stroganoff  
w/Egg Noodles (vegetarian)  
Broccoli Rice Cass. (vegetarian)  
Roasted Beets (vegan)  
Parisian Carrots (vegan)

Breakfast

Eggs/Tofu

Morningstar Patties

Biscuit/Toast/Gravy

French Toast Sticks  
Applesauce

Grits/Oatmeal w/toppings

Juice, Milk, Cereal  
Fresh Fruit

Lunch

Eggplant Parmesan (vegetarian)  
Broccoli Alfredo (vegetarian)  
Sicillian Blend (vegan)  
Roasted Corn and Black Beans (vegan)  
Peas and Onions (vegan)  
Rolls

Salad and Dessert Bar

Dinner

Blean Bean Burger (vegan)  
Curly Fries (vegan)  
Corn on the Cob (vegan)  
Green Bean Casserole (vegetarian)  
Salad and Dessert Bar

Breakfast

Eggs/Tofu

Grits/Oatmeal w/toppings

Morningstar Strips

Biscuits/Toast/Gravy  
Scones

Hashbrowns

Juice, Milk, Cereal  
Fresh Fruit

Lunch

Vegetable Lasagne (vegetarian)  
Hay Stacks W/Fritos (vegan)  
Chili beans (vegan)  
Shredded Lettuce  
Diced Tomato & purple onion  
Diced Red and green Peppers

Vegan Cheese Sauce  
Salad and Dessert Bar

Dinner

Stuffed Manicotti (vegetarian)  
Coconut rice (vegan)  
Indian Stew  
Corn and Peppers (vegan)  
Salad and Dessert Bar

Breakfast

Eggs/Tofu

Grits/Oatmeal in Pot

Morningstar Strips

Biscuit/Toast/Gravy  
Belgian Waffles

Blueberries

Juice, Milk, Cereal  
Fresh Fruit