

ideas Lunch and Dinner

ITEMS ALWAYS AVAILABLE

- Peanut Butter and Jelly
- Carb Corner (Monday - Friday)
mashed potatoes, brown or white rice or baked potatoes
- Cold Cereal w/Soy milk
- Sweet Endings Area
frozen yogurt, ice cream

KITCHEN CLASSICS

- Hot vegetables

OFTEN OFFERS MEATLESS ENTREÉS SUCH AS:

- Baked Ziti
- Cheese Manicotti
- Cheese Ravioli
- Mushroom Stroganoff Casserole
- Tofu Mushroom Lasagna
- Vegetarian Szechwan
- Vegetarian Burritos
- Cheese Tortellini w/Marinara Sauce
- Vegetarian Spaghetti Sauce w/ Whole Grain Pasta
- Vegetarian Sweet & Sour
- Fettuccine Alfredo
- Vegetarian Chili w/Grilled Cheese
- Florentine Lasagna
- Vegetarian Sloppy Joes
- Vegetarian Teriyaki
- Vegetarian Pastie
- Vegetarian Devonshire
- Macaroni & Cheese
- Vegetarian Stir Frys
- Garden Parmesan Sandwich
- Cheese Quesadilla
- Mexican Lasagna
- Mexican Ravioli
- Variety of Grilled Cheese Sandwiches

SOUPS (examples of meatless soups)

- Canadian Cheese
- Cheesy Cream of Broccoli
- Cream of Corn
- Cream of Potato
- Tomato
- Vegetable
- Wisconsin Cheese
- Cream of Wild Rice
- Curry Potato

Suggestions for Eating a Healthy Vegetarian Diet

- Eat a variety of plant foods (nuts, seeds, grains, soy foods, vegetables, fruits and legumes) that provide protein and adequate calories.
- If you avoid dairy products, make sure to obtain adequate calcium and vitamin D. Plant sources of calcium include broccoli, sunflower seeds, kale, rutabaga, and dried figs. Purchase calcium and vitamin D-fortified juices, cereals, soy milk and tofu products.
- To improve the absorption of iron from a vegetarian diet choose plant foods that contain iron such as legumes (e.g. kidney and garbanzo beans, etc.), iron-fortified breads and cereals (whole grain is best), tofu, spinach, prune juice and dried fruit. Include a vitamin C-rich food at every meal (e.g. orange, broccoli, tomatoes, berries or green peppers) because vitamin C helps the body absorb iron.
- Milk, cheese and yogurt are good sources of zinc. If you are a vegan, plant sources of zinc are whole grains, legumes, tofu, seeds and nuts.
- Vegans will have a difficult time consuming enough vitamin B12. To obtain adequate vitamin B12, vegans should look for breakfast cereals, soy milk products and vegetarian burger patties fortified with B12. You should also consider taking a vitamin B12 supplement that contains no more than 100% of the RDA/ DRI for vitamin B12 (check the label on the vitamin to obtain information).

University Dining Services is seeking your suggestions for vegetarian recipes and food items. If you have ideas, you can contact us via our website:

www.uwstout.edu/dining.

If you have questions about vegetarian nutrition, contact our Registered Dietitian at 232-3599.

Credible resource for vegetarian nutrition information:
The Vegetarian Resource Group www.vrg.org

This publication was not produced at taxpayer expense.

designs by Angel Kehren | July 2011

Vegetarian Alternatives at Commons and North Point



UNIVERSITY DINING SERVICE
www.uwstout.edu/dining

UNIVERSITY OF WISCONSIN
STOUT
WISCONSIN POLYTECHNIC UNIVERSITY



Non-Meat Food Alternatives at the Commons and North Point Dining Halls

(Foods that do NOT contain beef, pork, chicken, or fish but may contain dairy products, eggs or honey)

specialty bars Lunch and Dinner



Omelets made to order with eggs or egg white. Choose from our meatless toppings: tomatoes, cheeses, peppers, onions, mushrooms and more!



Fill a flour tortilla (white or whole grain wheat available) with seasoned strips of Boca burger and assorted veggies. Compliment with Spanish Rice.



Belgian waffle topped with fruit filling, chocolate chips and whipped cream.



Top one of our pastas with creamy alfredo or red veggie sauce w/side of breadsticks. Our Penne is whole grain.



Try a veggie stir fry with cashews or tofu. Compliment with a side of fried or white rice or lo-mein noodles.



A wide variety of traditional and unique pizza choices can be found here with a vegetarian option always one of the choices. Served by the slice on a thin white wheat crust.



Diners will find unique entree selections at our "du jour" station. Most entrees are built to order and offer individualized choices. Many of the entrees are or can be prepared to be vegetarian at the diner's request.



Always available at both locations: Original Garden Burger, Black Bean Burger or Boca Burger.



Soft tortilla (white or whole grain wheat) hard corn shell or taco salad made with corn chips or served in a fried or baked tortilla shell. Built to order with refried beans, vegetarian taco filling, vegetables and cheese.



Sandwiches made to order with hummus, herbed cream cheese or cheese. Soy cheese also available. Weekly special: Zen Energy Wrap.

Salad Fixings: Assorted greens topped with cheese, eggs, cottage cheese, beans, soy nuts or sunflower nuts. Also watch for yogurt, deviled eggs, macaroni salad, vegetable pasta toss, black bean and barley salad, and gelatin salads.

creative Combinations

Take a look around and "Mix It Up" for a balanced diet:

- Top rice or potato from the "Carb Corner" with beans, veggies, and cheese from "Salad Bar" - microwave.
- Add soy nuts, beans, egg or sunflower seeds to cottage cheese or spinach salad.
- Use whole grain bread for a sandwich - fill it with cucumbers, alfalfa sprouts, shredded carrots, mushrooms, and dress with reduced fat ranch.
- Microwave fresh spinach from "Salad Bar" top with cheese and garbanzo or kidney beans.
- Top a side of refried beans from "Taco's & More" with cheese and picante sauce.

foods Breakfast

- Scrambled eggs
- Cook your own egg
- Peanut butter on assorted breads
- Hot and cold cereal with milk or soy milk
- Waffles or waffle bar with toppings
- Pancakes/French toast
- Muffins