

# Mount Madonna Sample Menus

## **Typical Breakfast**

Kitchari  
Oatmeal  
Fruit in season  
Granola  
Nuts & seeds; raisins  
Breads and Spreads  
(Baked goods)

## **Lunches**

Creamy Zucchini soup (no dairy)  
Quinoa  
Carrot salad  
Walnuts  
Fresh Salad w/avocado dressing

Potato Soup  
Bagels w/cream cheese  
Avocado slices  
Fresh Salad w/basil vinaigrette  
Sunflower seeds

Baked potatoes  
Tempeh  
Rice  
Cottage cheese  
Cherry tomatoes  
Sour cream

## **Dinners**

Mac & cheese (vegan and GF options)  
Mushroom, broccoli medley  
Bean Salad  
Tofu  
Walnuts  
Salad

“Egg” Rolls (no egg)

Brown Rice

Veg Medley– Cauliflower, greens & carrots

Salad w/ ginger dressing

Black beans

Tortillas

Veg Medley- kale, corn, zucchini, carrots

Basmati rice<sup>3</sup>

Salsa, Jack cheeses

Salad w/Jicama

Dessert- chocolate chip cookies

Mung Dal

Basmati rice

Cauliflower, kale carrots

Yogurt

Cucumber & radish

Tamarind chutney

Salad / balsamic vinaigrette