

Food Combos for Vegetarian Eating

Think of the many vegetarian foods in the dining hall as ingredients.

Mix and match to build your own healthy meals. Here are a few ideas - choose one or more items from each area and construct the perfect meal!

**Note: these are a mix of vegan and lacto-ovo-vegetarian items. Choose those that fit your needs/preferences*

Grain		Vegetable		Protein		Miscellaneous
tortilla pita	+	vegetable		feta beans	+	salad dressing
pita bagel bread English muffin tortilla	+	cooked or raw vegetables		hummus	+	
pita bagel bread English muffin tortilla	+	tomato sauce		feta parmesan beans other cheeses	+	
rice pasta	+	cooked vegetables		tofu beans	+	stir fry sauces spices/herbs soy sauce
rice pasta	+	soup		tofu beans	+	
rice pasta	+	cooked or raw vegetable		hard boiled egg tofu beans	+	salad dressing
whole grain item	+	salad ingredients		cottage cheese tofu hard boiled egg beans	+	salad dressing
bread crackers tortilla pita bagel English muffin	+			peanut butter soy nut butter	+	sliced fruit dried fruit
healthy cereal	+			cottage cheese yogurt milk soy milk	+	fresh fruit canned fruit dried fruit
rice pasta	+	tomato sauce vegetables		tofu	+	feta Parmesan
tortilla pita	+	cooked vegetables		refried beans baked beans	+	
baked potato	+	cooked vegetables		beans feta parmesan	+	salad dressing tomato sauce plain yogurt