

Pick Your Own Plate at

Grace Dodge

Lunch & Dinner

<i>Type</i>	<i>Fruits & Vegetables</i>	<i>Protein</i>	<i>Grains</i>	<i>Other</i>
Soup and Salad	<ul style="list-style-type: none"> • Spinach • Cucumbers • Mushrooms 	<ul style="list-style-type: none"> • Miso soup (tofu) • Edamame 	Brown rice	<ul style="list-style-type: none"> • Sweet chili sauce • Ginger sesame sauce
Salad Bowl	<ul style="list-style-type: none"> • Spinach/arugula • Tomatoes • Craisins • Carrots • Onions 	Daily rotation of chicken or fish or tofu of legume	Brown rice, quinoa or farro	<ul style="list-style-type: none"> • Olive oil • Balsamic vinegar • Lite Italian dressing
Southwestern	<ul style="list-style-type: none"> • Jalapenos • Bell peppers • Corn • Onions 	Black beans	Brown rice	<ul style="list-style-type: none"> • Sour cream • Salsa • Shredded cheese
Mediterranean	<ul style="list-style-type: none"> • Tomatoes • Kalamata olives • Spinach • Bell peppers • Cucumbers 	<ul style="list-style-type: none"> • Hard boiled eggs • Hummus 	Quinoa	<ul style="list-style-type: none"> • Olive oil • Feta
Fruit Quinoa Salad	<ul style="list-style-type: none"> • Sliced apples • Craisins • Arugula/spinach/kale 	<ul style="list-style-type: none"> • Seeds (chia or sunflower) 	Quinoa	<ul style="list-style-type: none"> • Balsamic vinaigrette • Feta