

# Plant-based Menu



To place your order, call Room Service at extension x16368 from the hospital phone or 323-361-6368.

## Breakfast

### Entrée's

- Breakfast Burrito (soyrizo, vegan beef crumble)

### Sides

- Hash Brown
- Oatmeal
- Cream of Wheat
- Cream of Rice
- Chia pudding

### Cold Cereals

- Corn Flakes, Frosted Flakes, Lucky Charms, Froot Loops, Rice Krispies, Raisin Bran

### Breads

- White or Wheat
- English Muffin
- Bagel (Plain or Cinnamon Raisin) \*
- Mini Bagel\*

### Fruit

- Fresh Fruit Cup (Mixed, Strawberries, Cantaloupe, Honeydew, Watermelon, Pineapple, Red Grapes\*)
- Banana, Apple\*, Orange
- Diced Peaches or Pears

### Snacks

- Carrot & Celery Sticks (May order separately or mixed)
- Pretzels
- Baked Lays

### Beverages

- Specialty Milk: Soy, Almond Milk
- Juices: Apple, Orange, Grape, Cranberry
- V-8, pineapple, Prune
- Crystal Light: Lemonade, Punch, Raspberry
- Tea: Sweetened or Unsweetened

- Blue Gatorade Low Sugar
- Hot Herbal Tea: Various flavors available
- Coffee (Regular or Decaf)

## Lunch & Dinner

### Entrée's

- Plant-based Meatballs
- Plant-based Chicken Nuggets
- Burrito (Plant based Ground Beef, black beans)
- Tacos (Plant-based Beef, black bean)
- Quesadillas (plant-based beef, plant-based cheese)
- Fajitas (plant-based beef crumble, tofu)
- Stir Fry (plant-based beef crumble Vegetable, Tofu)
- Pasta
  - Spaghetti Noodles, Wheat Penne, Cheese Tortellini
  - Top with: Marinara, plant-based beef crumble, plant-based Meatballs, Vegetables)
- Black Bean Burger

### Sides

- White, Brown, or Spanish Rice
- Baked Potato
- Broccoli
- Corn
- Green Beans
- Peas & Carrots (together or separate)
- Sautéed Spinach
- Garbanzo Beans
- Grilled Vegetables
- French Fries or Curly Fries
- Side Salad
- Broccoli salad with vegan mayonnaise
- Side salad with cherry tomato

### Soup

- Tomato

## Food and Nutrition Services

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org

Approved by PFE 4/22/22

## Entrée Salads

- Strawberry Spinach & Walnut Salad\*
  - Top with: Garbanzo Beans, or leave it plain

## Desserts

- Italian Ice (Cherry, Orange, Lemon)
- Oreos
- Animal Crackers
- Graham Crackers \*
- Fruit Roll Up

## Smoothies

- Banana [remove honey], Strawberry Banana Watermelon, Pineapple, Peach, Strawberry. Pineapple/banana- can be made with soy milk or almond milk

## Condiments

- Salt
- Pepper
- Splenda / Sugar
- Brown Sugar
- Raisins\*
- Lemon Wedge
- Guacamole
- Margarine
- Jelly (Grape or Strawberry, Diet available)
- Ketchup (low sodium available)
- Mustard
- Syrup (Sugar free available)
- Peanut Butter
- Honey
- Teriyaki Sauce
- Salsa
- BBQ Sauce
- Soy Sauce (Low Sodium available)
- Jalapenos

Please note, some food items may or may not be allowed depending on your child's age or diet order. Please check with your doctor. Items with an \* may not be allowed for infants and toddlers.