

Breakfast at the Mirage (Las Vegas)

Eating

Hash browns,
Salsa,
Ketchup,
Oatmeal,
Dry Toast,
Jelly,
Herb Tea,
Juice,
Mixed Fruit



Cheap & Simple Mexican Feast

Eating

- Whole Pinto Beans

- Steamed Rice

- Salsa

- Homemade Tortillas

- Lettuce, Tomatoes, & Onions

Beans & Rice



Thai Food

- Mock Duck (Seitan) with Vegetables & Orange Sauce
- Brown Rice
- Fresh Spring Rolls with Sweet-Sour Sauce
- Green Salad with Garlic Dijon Dressing

Mock Duck with Vegetables



Chinese Food

Eating

- Steamed Vegetable Pot Stickers with Ginger Soy Sauce
- Corn Vegetable Soup
- Broccoli and Chinese Mushrooms
- Mandarin Tofu
- Mu Shu Vegetables with Plum Sauce and Pancakes
- Vegetable Chow Mein
- Brown Rice

Noodles, Rice, Tofu, and Vegetables



Italian Foods

Eating



- Mixed Greens with Balsamic Vinegar
- Potato Leek Fennel Soup with Pears
- Corkscrew Pasta with Artichoke Hearts, Olives, & Marinara Sauce
- Pizza-Roasted Garlic, Red Peppers, & Onions

Pasta, Pizza, Salad, & Soup



Fine Japanese Cuisine

Eating

Beans, Noodles, Rice & Vegetables

- Udon Vegetable Soup
- Miso Soup
- Sushi (vegetarian)

Futo maki
Horenso (spinach)
Kappa maki (cucumber)
Oshinko roll (radish)
Kampo

- Sunomono (salad)
- Edamame (soy beans)



Sizzling Spicy Indian Food

Eating

Garbanzos, Cauliflower, and Potato

- Aloo Gobi Masala
(Cauliflower and Potato)
- Chana Pindi
(Garbanzo Beans)
- Pulao Rice
- Breads:
 - Tandoori Roti
 - Onion Kulcha
- Mango Chutney



Where's The Beef Burger

Eating

- Grain-based Burger on a Wheat Bun
- With Lettuce, Onions, Pickles, and Tomatoes
- Topped with Mustard, Relish, and Ketchup
- Garlic Mashed Potatoes

Veggie Burger with Trimmings



Fast Vegetable Sandwiches

Eating

- Whole Grain Breads
- Lettuce, Tomatoes, Onions, Pickles, Olives, Green Peppers, Sprouts, Pepperoncinis
- Mustard & Vinegar
- No Mayonnaise or Cheese

Veggie Submarine





❖ **Think Ethnic**

❖ **Ask Questions**

❖ **Never Give Up**

