

# SAMPLE PLANT-BASED MENU

Use this sample plant-based menu to help structure or inspire your own menus.

|                    | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--------------------|--|--|---|--|--|
| Breakfast          | Avocado Toast with Roasted Chickpeas & Arugula | Chia Seed Power Bowl with Fresh Seasonal Fruit | Carrot Lox with Cashew Cream Cheese & Fresh Dill      | French Toast Casserole                               | Asparagus (or Seasonal Veg) Buckwheat Crêpes                     |
| Lunch              | Tofu Bahn Mi                                   | Nacho Station*                                 | Eggplant Parmesan on a Whole Grain Ciabatta           | Roasted Asparagus & Tomato Pesto Fusilli             | Portobello Mushroom Poutine with Tofu Curds                      |
| Dinner Entrée      | Kung Pao Chickpeas                             | Taquitos                                       | Cream of Chickpea Pot Pie                             | Tempeh Bolognese                                     | Seitan Bourguignon   |
| Sides              | Sesame Fried Millet                            | Whole Grain Biscuits                           | Roasted Apples & Brussels Sprouts with Shiitake Bacon | Roasted Garlic Bread                                 | Mashed Cauliflower, Potatoes, Roasted Brussels Sprouts           |
| Soup               | Classic Red Lentil Dahl                        | Creamy Corn Chowder with Tempeh Chorizo        | Gazpacho  | French Onion Soup                                    | Leek & Potato Soup   |
| Salad              | Bibim Bap Salad Bowl                           | Rainbow Coleslaw                               | Strawberry, Mint, Tofu Feta, & Arugula Salad          | Caesar Salad with Tempeh Bacon                       | Waldorf Salad with Pomegranate & Pistachio                       |
| Snacks/ Appetizers | Spicy Vegetable Samosa                         | Chipotle Sweet Potato Skins                    | Lentil & Cauliflower Fritters                         | Cauliflower Buffalo Wings with Creamy Ranch Dressing | Crabbyless Crab Cakes  |
| Grab & Go Items    | Udon Noodle Bowl                               | Lentil Walnut Soft Tacos with Mango Salsa      | CBLT (Coconut Bacon Lettuce & Tomato) Wrap            | Deviled Eggless Salad Sandwich                       | Falafel with Spicy Tahini & Kale Tabbouleh in a Whole Wheat Pita |
| Desserts           | Carrot Cake Cupcakes                           | Chocolate Avocado Mousse                       | Cinnamon Bun Cookies                                  | Nanaimo Bars   | Tiramisu   |

\*Guacamole, refried beans, green chili jackfruit, dairy-free queso, fresh veggies, cilantro cream sauce, fresh herbs

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