

Sample Lacto-Ovo Vegetarian Menu Plan

Below is a one-day vegetarian menu that has been adapted from the *Example of a [Completed Regular Menu Plan](#)*, in Section 2.5. Changes made to the regular menu to fit the vegetarian diet are shown in bold.

Meal	Menu Item	Portion Size
Breakfast	Coffee/tea and water	1 cup/ 250 mL
	100% apple juice	½ cup/ 125 mL
	Banana	1 medium
	Bran cereal with raisins	¾ cup/ 175 mL
	Whole grain toast	2 slices (1 oz/ 35 g each)
	Milk/fortified soy beverage	1 cup/ 250 mL
	Peanut butter	1 package (1 Tbsp/ 15 mL)
Lunch	Water and coffee/tea	1 cup/ 250 mL
	Lentil soup	1 cup/ 250 mL
	Crackers, saltines	1 package (2 crackers)
	Baked beans	¾ cup/ 175 mL
	Pita bread, whole grain whole wheat	1 pita (2 oz/ 70 g)
	Romaine lettuce, tomato in wrap	1 piece of romaine 2 slices of tomato
	Carrot sticks	5–6 pieces (3 inches/ 7 ½ cm long)
	Tossed salad	½ cup/ 125 mL
	Milk/fortified soy beverage	1 cup/ 250 mL
	Grapes	½ cup/ 125 mL
Afternoon Snack	Water and coffee/tea	1 cup/ 250 mL
	Orange	1 medium
	Oatmeal cookie	2 small cookies (1–1 ½ oz/ 30–38 g total)

Sample Lacto-Ovo Vegetarian Menu Plan (Continued)

Meal	Menu Item	Portion Size
Dinner	Water and coffee/tea	1 cup/ 250 mL
	Tofu stir fry	¾ cup/ 175 mL
	Brown rice	½ cup/ 125 mL
	Broccoli and carrots (in stir-fry)	½ cup/ 125 mL
	Milk/fortified soy beverage	1 cup/ 250 mL
	Baked apple with cinnamon	1 medium
	Vanilla pudding	½ cup/ 125 mL
	Hummus	¼ cup/ 60 mL
	Whole wheat crackers	5 each