

# Capon Springs Special Diet Menu for 2026 Season

	SUNDAY	MONDAY
<b>Breakfast (VEGAN/ VEGETARIAN OPTIONS)</b>	<b>DAILY OPTIONS:</b> HOT CEREAL (berries & nuts available) SCRAMBLED EGGS- GF/VG JUSTegg VEG FRITTATA MUFFINS-GF/VG AVOCADO TOAST-VG (GF upon request) VEGAN SAUSAGE/ CINNAMON STREUSEL CAKE	<b>DAILY OPTIONS:</b> HOT CEREAL (berries & nuts available) PANCAKES- GF/VG JUSTegg VEG FRITTATA MUFFINS-GF/VG AVOCADO TOAST-VG (GF upon request) VEGAN SAUSAGE/ GF/DF BLUEBERRY MUFFIN
<b>Lunch (VEGAN/ VEGETARIAN OPTIONS)</b>	VEGAN BEEF STEW BISCUITS APPLE SALAD SALAD BAR DESSERT:GF/DF BREAD PUDDING	HUMMUS & VEG SANDWICH SPINACH BAKED BEANS *GF/DF/V MAC & CHEESE DESSERT: GF LEMON CHIFFON
<b>DINNER SPECIAL DIET OPTIONS</b>	PASTA W/MEATLESS SAUCE (V/VG) PASTA W/ALFREDO SAUCE (V) SALAD BAR *GF PASTA AVAILABLE UPON REQUEST *GF rolls available for sandwiches DESSERT: GF/DF CHOCOLATE CHIP BROWNIE	VEGAN SPICEY CHICKEN PATTY SQUASH PUDDING? PEAS SALAD BAR DESSERT:GF/DF/VG APPLE CRISP

	TUESDAY	WEDNESDAY
<b>Breakfast (VEGAN/ VEGETARIAN OPTIONS)</b>	<b>DAILY OPTIONS:</b> HOT CEREAL (berries & nuts available) PANCAKES- GF/VG JUSTegg VEG FRITTATA MUFFINS-GF/VG AVOCADO TOAST-VG (GF upon request) VEGAN SAUSAGE	<b>DAILY OPTIONS:</b> HOT CEREAL (berries & nuts available) PANCAKES- GF/VG JUSTegg VEG FRITTATA MUFFINS-GF/VG AVOCADO TOAST-VG (GF upon request) VEGAN SAUSAGE
<b>Lunch (VEGAN/ VEGETARIAN OPTIONS)</b>	VEGETABLE STIR FRY (GF/VG) RICE SALAD BAR DESSERT: GF/DF/VG APPLE CRISP, GF/DF/VG SNICKERDOODLE COOKIE	BAKED POTATO VEGAN CHILI SALAD BAR DESSERT: GF/DF/VG CHERRY CRISP
<b>DINNER SPECIAL DIET OPTIONS</b>	VEGAN MEATLOAF ROASTED POTATOES BROCCOLI VEGAN SLAW DESSERT:GF/DF/VG PEACH COBBLER	CAULIFLOWER STEAK W/MUSHROOM GRAVY HERB POTATOES BROCCOLI (or BUTTERNUT SQUASH) DESSERT: GF/DF/VG CHOCOLATE CHIP CAKE

	THURSDAY	FRIDAY
<b>Breakfast (VEGAN/ VEGETARIAN OPTIONS)</b>	<b>DAILY OPTIONS:</b> HOT CEREAL (berries & nuts available) PANCAKES- GF/VG JUSTegg VEG FRITTATA MUFFINS-GF/VG AVOCADO TOAST-VG (GF upon request) VEGAN SAUSAGE/ CINNAMON STREUSEL CAKE GF/DF/VG	<b>DAILY OPTIONS:</b> HOT CEREAL (berries & nuts available) PANCAKES- GF/VG JUSTegg VEG FRITTATA MUFFINS-GF/VG AVOCADO TOAST-VG (GF upon request) VEGAN SAUSAGE/ ORANGE CAKE GF/DF/VG
<b>Lunch (VEGAN/ VEGETARIAN OPTIONS)</b>	VEGAN/GF POT PIE SALAD BAR DESSERT:GF/DF CHOCOLATE CHIP BROWNIE	MEATLESS CAPON CASSEROLE ROASTED CAULIFLOWER VEGETABLE SALAD SALAD BAR DESSERT:GF/DF LEMON PUDDING, GF/DF/VG GINGER COOKIE
<b>DINNER SPECIAL DIET OPTIONS</b>	BEYOND BURGERS LIMA BEANS SALAD BAR DESSERT:GF/DF/VG BLUEBERRY CRISP	FALAFEL (VG/GF) GREEK SALAD (VG/GF) NAAN MINIS (not GF) DESSERT:GF/VG BROWNIE SUNDAE

	SATURDAY
<b>Breakfast (VEGAN/ VEGETARIAN OPTIONS)</b>	<b>DAILY OPTIONS:</b> HOT CEREAL (berries & nuts available) PANCAKES- GF/VG JUSTegg VEG FRITTATA MUFFINS-GF/VG AVOCADO TOAST-VG (GF upon request) VEGAN SAUSAGE
<b>Lunch (VEGAN/ VEGETARIAN OPTIONS)</b>	BEYOND BURGER VEGAN MAC & CHEESE (or veg pasta alternative) STEWED TOMATOES SALAD BAR DESSERT:GF/DF/VG APPLE CRISP
<b>DINNER SPECIAL DIET OPTIONS</b>	VEGAN TWICE BAKED SWEET POTATOES BROCCOLI GARDEN SALAD DESSERT:GF/DF/VG CHOCOLATE PUDDING











