

# Sample C&U menu swaps

## BREAKFAST

Breakfast Scramble	➔	<u>Tofu Scramble</u>
Pancakes	➔	<u>Pancakes</u>
Biscuits & Gravy	➔	<u>Biscuits &amp; Gravy</u>
Cinnamon Rolls	➔	<u>Cinnamon Rolls</u>

## LUNCH & DINNER

Buffalo Chicken Wings	➔	<u>Cauliflower Buffalo Wings</u>
Beef Sliders	➔	<u>Garbanzo Bean Sliders</u>
Beef Tacos	➔	<u>Mushroom Street Tacos</u>
Deli Sandwich	➔	<u>Bahn Mi</u>
Stuffed Potato Skins	➔	<u>Chipotle Sweet Potato Skins</u>
Chicken Parmesan	➔	<u>Eggplant Parmesan</u>
Meatloaf	➔	<u>Meaty Oat Loaf</u>
Beef Wellington	➔	<u>Vegetable Wellington</u>
Lamb Curry	➔	<u>Cauliflower &amp; Lentil Curry</u>
Shepherd's Pie	➔	<u>Shepherd's Pie</u>

