

*The Delta Kappa Gamma Society International  
New York State Organization  
Omega Chapter*

**DIRECTIONS FOR HOSTESS COMMITTEE  
Chapter Meal Selections**

**VEGAN OPTIONS: List of Suggestions**

- \*rice, veggies, Thai peanut sauce
- \*pizza with veggies & vegan cheese
- \*quinoa with grilled veggies & dressing
  - \*mushroom burgers
  - \*curry with veggies & rice

Here are suggestions from Kristin Jabara:

- \*stir fry
- \*pasta primavera
- \*stuffed peppers
- \*pasta with marinara sauce
  - \*eggplant dish
  - \*veggie wrap
  - \*vegetable chili
- \*vegetable lasagna with no cheese
  - \*stuffed mushrooms
  - \*portabella burgers
  - \*black bean burgers
- \*any grain dish - rice, quinoa , barley, etc
- \*any bean dish - garbanzo, black, etc

**\*\*\*\*\*NOTES:**

1. Use the word **vegan**, not vegetarian, when discussing meals with the restaurant. **\*\*This is important.\*\***
2. Label the meal **vegan** on the reservation form. **\*\*This is important.\*\***
3. *Just a reminder:* Vegans do not eat any animals (No beef, chicken, fish, etc) or any animal by-products (No dairy: so, no cheese, eggs, butter, etc). *(Any good chef should be able to create a vegan meal.)*