

Vegan* Foods Available in WMU Dining Service

Updated April 2007

*Vegan items contain no animal products

Condiments

- A-1 Sauce
- BBQ Sauce
- Chili Sauce
- Dijon mustard
- Dill & Sweet Relish
- Frank's Red Hot Sauce
- Heinz 57 Sauce
- Ketchup
- Malt vinegar
- Pancake Syrup
- Salsa
- Soy Sauce
- Submarine Sauce
- Sweet N Sour Sauce
- Tabasco Sauce

Dressings/Shortenings

- Margarine patties
- Margarine solids
- Fat Free Italian Dressing
- Salad oil
- Red Wine Vinegar
- Balsamic Vinegar
- Olive oil
- Shortening Griddle Top (used on the grill)
- Shortening FryMax Vegetable (used in the fryer)

Fries (Menu items- Check Dining Service menu on the web or menu posters located near entrances to dining halls.)

- Twister seasoned fries
- Hashbrowns
- Triangle potato
- Steak fries
- Black Pepper fries

Canned Items

- Applesauce
- Apricot halves
- Black Turtle beans
- Beans, canned in tomato sauce
- Chow Mein noodles
- Corn
- Garbanzo beans
- Great Northern beans
- Green beans
- Kidney beans
- Pinto beans
- Maraschino cherries
- Marinara Sauce (red “spaghetti sauce” served on pasta bar)
- Fruit cocktail
- Fruits for salads
- Guacamole
- Jelly Grape
- Mushrooms
- Olives – green (sliced)
- Olives – black (sliced and whole)
- Onion chips – Durkee
- Oranges – Mandarin
- Pizza sauce
- Peaches (halves, sliced, and diced)
- Peanut Butter
- Pears (halves, sliced, and diced)
- Pickles – all types
- Pepperoncini
- Jalapeno peppers – sliced
- Pimentos
- Pineapple (sliced and tidbits)
- Strawberry Preserves
- Tomatoes, diced in juice
- Tomato paste
- Water chestnuts

Beverages & Juices

- Apple Juice
- Grape Juice
- Orange Juice
- Coke products
- All Coffee and Teas
- Icee (both flavors)
- Soy Milk

Cereals

- Rice Krispies
- Special K
- Raisin Bran
- Malt-O-Meal
- Cream of Wheat
- Grits
- Oatmeal
- Captain Crunch
- Life

Miscellaneous

- Strawberry Topping
- Chocolate Syrup
- Coconut
- Apple Pie Filling
- Cherry Pie Filling
- Blueberry Pie Filling
- Pecans
- Nut topping
- Rainbow Sprinkles
- Raisins
- Potato Chips
- Pretzels
- Tortilla Chips
- Hummus
- Lentils
- Sunflower seeds
- Oyster Crackers
- Saltine Crackers
- Tofu

Breads

- English Muffins
- Tortilla Shells 8"
- Tortilla Shells 12"
- Bagels: Plain & Everything
- White Dinner Rolls

Starches

- Pasta (all) except Egg Noodles and Whole Grain Penne Pasta
- Brown Rice
- White Rice

Prepared Menu Items (Menu items- Check Dining Service menu on the web or menu posters located near entrances to dining halls.)

- Black Beans & Rice
- Burrito, Wet (meatless)
- Chinese Vegetable Stir Fry
- Crispy Patty
- Garden Pita Pocket
- Garden Stir Fry
- Jambalaya Vegetarian
- Mediterranean Veggie on Flat Bread
- Mushroom Portabella Sandwich
- Ope's Black Bean Patty
- Ope's Veggie Burger
- Oriental Vegetable Stir Fry with Tofu
- Penne Casserole - Vegetarian
- Portabella Mushroom Burger
- Potato Pancakes
- Oven Roasted Vegetables
- Tuscan Beans & Rice
- Vegetables (all) - cooked
- Vegetable Fajita
- Vegetable Linguine
- Vegetable Lo Mein
- Vegetable Plate (Hollandaise Sauce is not vegan)
- Vegetable Stir Fry Blend with Tofu
- Vegetarian Breakfast Patty
- Vegetarian Goulash
- Veggi Hummus Wrap
- Zesty Beans & Rice

Soups Fire Roasted Vegetable Soup
 Portabella Mushroom and Barley Soup

Desserts Cherry Crisp
 Apple Crisp
 Strawberries (frozen)
 Whipped Topping
 Ice Cream Cones
 Peanut Butter Pie
 Peanut Butter Rice Krispie Treats