

Vegetarian Customers:

A vegetarian diet plan is a way for people to limit or alter their **protein** intake.

Are you a strict vegetarian? no foods from animal origin
(this diet plan may be deficient in vitamin B12, calcium, iron and calories)

Are you a lacto vegetarian? lacto vegetarians drink milk and eat milk products
(this diet plan may be deficient in iron)

Are you an ovo-lacto vegetarian? ovo-lacto vegetarians drink milk, eat milk products and eggs
(this diet plan, when carefully followed, has no nutritional deficiencies)

Protein is comprised of amino acids, eight of which must be supplied to the human body through food for body processes to continue.

A **Protein** that is “complete” has all 8 essential amino acids in the correct proportion that the human body uses:

lysine
threonine,
tryptophan
leucine
isoleucine
valine
methionine and
phenylalanine.

A **Protein** that is “incomplete” has one or more amino acids *missing* or in *short supply*.

All **animal protein**, except gelatin, is “complete” or high quality protein.
Vegetable protein is “incomplete” or lower quality protein.

Lower quality protein can be enhanced in two ways:
by combining two **lower quality proteins** that complement each other in amino acid components or
by mixing **higher quality protein** with **lower quality protein**.

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Proteins that may be mixed to obtain **higher quality protein** are called “complementary”.

Protein Combinations:

Seeds and Grains, *such as* [sesame seed muffins](#)

Legumes and Seeds, *such as* [pea soup and sesame crackers](#)

Legumes and Grains, *such as* [peanut butter on bread](#)

Animal Protein and **Vegetable Protein**, *such as* [macaroni and cheese](#) or [cereal and milk](#)

The Champ's Café staff is happy to prepare vegetarian entrees for their customers such as:

Cheese Pizza

Grilled Cheese Sandwich

Nachos with Cheese

Pasta with Marina Sauce

Yogurt & Cheese

Veggie “Chicken” Nuggets

Garden Deluxe Salad

Gardenburger on Bun

Veggie “Chicken” Patty

Veggie Sub Sandwich

Veggie Wrap

Veggie “Beef” Crumbles

Veggie CornDog

Max Stix (Cheesey Breadsticks)

The customer who desires vegetarian entrees is asked to meet with the Champ's Café Manager so plans can be made to honor the customer's preferences to help the Champ's Café staff manage ordering and production for these special requests.