| Menu | Date  Event or Restaurant Name  Restauranteurs’ names: |
| --- | --- |
| Bowl of whole soy beans  Bunch of asparagus  Partial crop of a bowl of grapefruit slices  Mix of fresh, large vine tomatoes and grape tomatoes | Appetizer(s) names Menu item description and nutrition info or how to make it healthier. Main dish name Menu item description and nutrition info or how to make it healthier. Side dishes names’ Menu item description and nutrition info or how to make it healthier. Dessert name Menu item description and nutrition info or how to make it healthier. |

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Substitutions or deletions to make it a healthier choice: