

# Development of a full 5-course veggie croque dinner

## Croque-monsieur Bites with Spinach, Feta, and Roasted Tomatoes

- **Bread:** Whole-grain or sourdough.
- **Filling:** Wilted spinach, roasted cherry tomatoes, and feta cheese
- **Sauce:** A light béchamel sauce made with olive oil

Nutritional Note: Contains vitamins A & C, calcium, protein

## Starter



## Soup course



### Croque-monsieur croutons with tomato soup dip

- **Bread:** Small, crunchy croutons
- **Filling:** Gruyere and finely chopped thyme and rosemary
- **Sauce:** Creamy tomato soup with basil, and a touch of cashew cream

Nutritional Note: Rich in vitamins A, C, proteins, antioxidant and healthy fats

## Croque-monsieur with Grilled Vegetables and Pesto

- **Bread:** Light rye or a rustic ciabatta
- **Filling:** Grilled zucchini, eggplant, and bell peppers on a layer of Berloumi
- **Sauce:** Fresh basil pesto made with walnuts

Nutritional Note: Rich in vitamins, minerals and healthy fats

## Salad Course



## Main Course



### Croque-monsieur with Mushroom and Truffle Oil

- **Bread:** Thick seeded multigrain bread
- **Filling:** A mixture of sautéed mushrooms (shiitake, portobello, and cremini), a nut-based vegan cheese, and a drizzle of truffle oil.
- **Sauce:** A velvety cauliflower béchamel, seasoned with garlic and thyme

Nutritional Note: Provides vitamins-B and minerals like selenium, calcium and healthy fats

## Sweet Croque-monsieur with Ricotta and Berries

- **Bread:** Cinnamon brioche
- **Filling:** Lightly sweetened ricotta cheese mixed with vanilla and lemon zest
- **Topping:** A dusting of powdered sugar and dark chocolate and mix of fresh berries
- **Side:** A small berry compote and a scoop of dairy-free yogurt.

Nutritional Note: Provides a mix of healthy fats, antioxidants and a natural sweetness

## Dessert

