

CYCLE 2 DINNER	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fall 2017					<i>Sustainable Dining Day</i>		
EMILY'S							
Emily's Entrée's	Vegetable Enchilada- DF,V Salsa Verde- GF,DF,V Brown Rice- GF,DF,V Grain Salad and Fruit Bar	Seared Tofu in Orange Sauce with a Cilantro-Sunflower seed pesto & Braised Greens- GF,DF,V Grain Salad and Fruit Bar	Asian style Tofu Lettuce Wraps Crispy Hoisin Tofu, Napa Slaw Bean Sprouts and Fresh Herbs- DF/V Specialty Salads Grain Salad and Fruit Bar	Cheese Arepas with Assorted Toppings Avocado-Black Bean Salsa- Veg Specialty Salads Grain Salad and Fruit Bar	Roasted Root Vegetable Grain Bowl Candied Almonds, Roasted Kale, and Fried Sage- GF/DF/V Specialty Salads Grain Salad and Fruit Bar	General Tso's Chicken Free- DF,V Steamed Quinoa- GF,DF,V Specialty Salads Grain Salad and Fruit Bar	Crispy tofu with Green Vegetables Sesame and Soy- GF/DF/V Specialty Salads Grain Salad and Fruit Bar
	Vegetarian and/or Vegan Soups	Vegetarian and/or Vegan Soups	Vegetarian and/or Vegan Soups	Vegetarian and/or Vegan Soups	Vegetarian and/or Vegan Soups	Vegetarian and/or Vegan Soups	Vegetarian and/or Vegan Soups
THE DINER							
Entree #1	Local Cider Brined Pork Tenderloin Caramelized apples and onions- GF/DF Garlic-herb Red bliss potatoes- Veg	Fried Chicken Au Gratin Potatoes- Veg	Potato Crusted Cod Hearty Grains & Wild Rice- DF,V	Hand Rolled Burritos Ground Beef- GF/DF Pulled Chicken Thigh- GF/DF Spanish Rice- GF/DF/V Grilled Tortillas Shredded Cheddar Guacamole- GF/DF/V	"Plated" Local Beef Stroganoff with Cabot Sour cream and wild mushrooms Egg noodles- Veg Garlic Ciabatta- Veg	BBQ Pork Spare Ribs- GF,DF Tasty House Cornbread- VEG Baked Beans- GF,DF,V	Beer Battered Fresh Haddock Fish Fry Steak Fries- Veg Lemons, Tartar Sauce
Entree #2	Mediterranean Grilled Chicken Breast- GF/DF Whole Wheat Pasta w/ Pesto- Veg	Roasted Sirloin Steak- GF/DF Au Jus Fries- Veg	Rst'd Sriracha Chicken- GF/DF Coconut Jasmine Rice- GF/DF/V	Black Bean Stew- GF,DF,V Spanish Peppers-n- Onions- GF,DF,V Lettuce, tomato, red onion- GF/DF/V	Grilled Fresh Eggplant Medallions with Marinara and Mozzarella- Veg Roasted Potatoes- GF,DF,V	Carolina BBQ Turkey Breast Sweet Potato Fries- Veg	Chicken Parmesan Mozzarella Sticks- Veg Marinara- GF,DF,V
Signature Veggies	Steamed Cauliflower- GF/DF/V Braised Greens- GF/DF/V	Roasted Vegetables- GF/DF/V Steamed Green Beans- GF/DF/V	Roasted Squashes- GF/DF/V Sesame Snow Peas- GF/DF/V		Beans-n-Greens- GF/DF/V Herbed Carrots- GF/DF/V	Roasted Cauliflower- GF/DF/V Roasted Veggies- GF/DF/V	Smashed Butternut - GF/DF/V Sautéed Spinach- GF/DF/V
PASTA							
	Blackened Flank Steak with Creole cream sauce and Penne Pasta Pasta Bar Garlic Bread	Plated Spaghetti with Meatballs and Marinara Sauce Pasta Bar	Mac N Cheese Bar Assorted Hot & Cold Toppings Pasta Bar	"Plated" Artisan Broccoli with Garlic Ravioli Tomato Pesto, Sweet Peas and Fresh Herbs- Veg Pasta Bar	Fett. Pasta Primavera w/ Fresh Herbs and Roasted Vegetables- Veg Pasta Bar	"Plated" Pasta w/ Chicken Provencal Pasta Bar	Chef's Choice Plated Entrée Pasta Bar
GLOBAL							
	"Singapore style Noodles" Congee Bar	Boneless BBQ Korean pork shoulder Honey Gingered Carrots- GF,DF Sticky Rice- GF,DF,V Congee Bar	Chicken Francaise Rice Pilaf Haricot Vert Noodle Bar	General Tso's Chicken Broccoli Florets Jasmine Rice- GF,DF,V Noodle Bar	Red's Best catch of the day Fish Tacos Veggie Taco with cilantro slaw- DF/V Noodle Bar	Chili Lime Pork Tenderloin- GF/DF Arugula Chimichurri Sauce- GF Chipotle Smashed Sweet Potato- GF/Veg Ranchero Red Beans- GF/DF/V Noodle Bar	Sesame Beef w/ Vegetables Jasmine Rice Sesame Tofu with Vegetables- Veg Noodle Bar