

CYCLE 1 LUNCH							
Fall 2017							
SATURDAY		SUNDAY		MONDAY		TUESDAY	
WEDNESDAY		THURSDAY		FRIDAY		Sustainable Dining Day	
EMILY'S							
Breakfast till 4pm		Breakfast till 4pm					
Emily's Entrée's	Buttermilk Pancakes Whole Wheat Banana Pancakes Veggie Bacon Chefs Entrée @ 1 PM Chef's seasonal Risotto of the Moment- Veg Speciality Salads/Grains Fruit, Yogurt and Grain Bar Vegetarian and/or Vegan Soups	Potato Crusted Quiche- GF Veggie Sausage Chefs Entrée @ 1 PM Stir-Fried Vegetables with sesame and tamari- GF/DF/V Speciality Salads/Grains Fruit, Yogurt and Grain Bar Vegetarian and/or Vegan Soups	Vermont Bean Crafters Burgers Speciality Salads/Grains Aztec Multi-Grain Salad with Edamame, Bell Peppers and Fresh Herbs- GF/DF/V Fruit, Yogurt and Grain Bar Vegetarian and/or Vegan Soups	Veggie Chili- GF,DF,V House made Cornbread- Veg and Lime Zested Corn Chips Speciality Salads/Grains Aztec Multi-Grain Salad with Edamame, Bell Peppers and Fresh Herbs- GF/DF/V Fruit, Yogurt and Grain Bar Vegetarian and/or Vegan Soups	Rst'd Cauliflower Sub w/ a Spicy Harissa Romesco Sauce & a Mojito Slaw- V Speciality Salads/Grains Aztec Multi-Grain Salad with Edamame, Bell Peppers and Fresh Herbs- GF/DF/V Hummus Bar Fruit, Yogurt and Grain Bar Vegetarian and/or Vegan Soups	Spiced Chickpea and Roasted Broccoli stuffed pita sandwich with Tahini Sauce- DF/V Speciality Salads/Grains Tri-Color Quinoa with Wild Rice Dried Cherries and Roasted Butternut Squash, Orange-Rosemary Dressing GF/DF/V Fruit, Yogurt and Grain Bar Vegetarian and/or Vegan Soups	Morningstar Tenders- Veg Speciality Salads/Grains Tri-Color Quinoa with Wild Rice Dried Cherries and Roasted Butternut Squash, Orange-Rosemary Dressing GF/DF/V Fruit, Yogurt and Grain Bar Vegetarian and/or Vegan Soups
THE DINER							
Soup			Garden Vegetable	Cream of Mushroom	Tomato - Dill Bisque	Italian Wedding	New England Clam Chowder
Entrée	BRUNCH at NOON Hot Oatmeal- Veg Tator Tots- Veg Sausage Patties- DF/GF Cheesy grits - Veg Scrambled Eggs- Veg Cheesy Scramble Eggs- Veg	BRUNCH at NOON Hot Oatmeal- Veg Baby Cakes- Veg Bacon- GF,DF Breakfast burrito bar- Warm Tortillas Rice-n-Beans- GF,DF,V Chorizo Potato Hash Scrambled Eggs- GF	Fried Clams with tartar sauce MSC Baked Haddock with tomato & white wine- GF	Braised Chicken Thigh Provencal- GF,DF	Baked Ziti with Local Ricotta Cheese- Veg Garlic Bread- Veg	Creamy Beef Stroganoff over Buttered Egg Noodles	Chicken Fingers w/ Dipping Sauces
Signature Veggies	Seasonal vegetable of the day- GF,DF,V	Steamed Broccoli- GF/DF/V	Steamed Spinach- Veg Fall vegetable medley- Veg	Smashed Butternut- GF,DF,V Roasted Parsnips- GF,DF,V	Buttered local corn- GF/DF Sautéed Spinach- GF/DF/V	Sautéed Broccoli Florets w/ Red Peppers- GF/DF/V Peas, Carrots and Corn- GF/DF/V	Roasted Cauliflower- GF/DF/V Roasted Veg Medley- GF/DF/V
Starches	Raspberry cream cheese stuffed french toast- Veg	Warm Breakfast Bread Pudding- Veg	Steamed Brown Rice- GF/DF/V	Steamed Couscous- Veg	Steamed Quinoa- GF/DF/V	Buttered Egg Noodles- Veg	Baked Mac and Cheese- Veg
The Grill	Egg-n-Cheese Sandwich on a bagel- Veg Grilled Andouille Sausage	Egg-n-Cheese Sandwich on a Croissant- Veg Grilled Chicken Breast	Grilled Turkey Burger- GF Crispy Fries- Veg Grilled Chicken Breast GF,DF	Hebrew National Hot Dogs Balsamic Portobello Burger- GF,DF Steak Fries- Veg Avacodo smash- GF,DF,V Lettuce, Tomato, Onion- GF/DF/V	Crispy MSC Fish Tacos Cucumber-Wasabi Slaw Grilled Cheese with Local Cheddar Sweet Potato Fries- Veg	The "Rachel" Turkey Melt with Muenster and Slaw Grilled Lemon Herb Chicken Breast- GF Waffle Fries- Veg Avacodo smash- GF,DF,V Lettuce, Tomato, Onion- GF/DF/V	Grilled cheese sandwiches- VEG Shoestring Fries- Veg
PASTA							
	Smoothie Bar Blueberry Kale with Banana and Soy Milk- GF/DF/V Chef Selected Salad Pasta Bar	Caesar Salad Bar Assorted Toppings Pasta Bar Semolina Bread	"Live" Pasta Action Station Pasta Bar Semolina Bread	"Live" Pasta Action Station Pasta Bar Semolina Bread	"Live" Pasta Action Station Pasta Bar Semolina Bread	"Live" Pasta Action Station Pasta Bar Semolina Bread	Smoothie Bar Banana, OJ and Coconut milk- GF/DF/V Chef Selected Salad Pasta Bar
GLOBAL							
	Chefs Choice Entrée Congee Bar	Wing Bar Celery, Carrots, Blue Cheese Congee Bar	Orange Chicken Jasmine Rice- GF/DF/V Noodle Bar	Crispy Chicken Dumplings crispy Veggie Dumplings White Rice- GF/DF/V Noodle Bar	Gochujang Sautéed Vegetables Zucchini, Napa Cabbage, Shitake, Bean Sprouts- GF/DF/V Sticky Rice- GF/DF/V Noodle Bar	Bahn Mi Sandwich (Char Sui Pork, Ham, Pickled Daikon, Ginger Mayo) Veggie Bahn Mi- VEG Noodle Bar	Korean Beef Taco Noodle Bar