

CYCLE 2 LUNCH Fall 2017							
SATURDAY		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast till 4pm		Breakfast till 4pm			Sustainable Dining Day		
EMILY'S							
Emily's Entrée's	Pancake Bar- Veg Veggie Sausage- Veg Assorted Fruit Toppings Potato Gnocchi with Wilted Autumn Greens and Roasted Butternut- Veg	Challah French Toast Bar- Veg Veggie Bacon- Veg California Veggie Burger Fresh avocado, lettuce and tomato- Veg	Mediterranean Hummus Wrap- DF,V Speciality Salads/Grains Tabouleh Style Lentil Salad Cucumber, Tomato, Mint, Cilantro and Citrus-Olive Oil Vinaigrette GF/DF/V	Farro Lentil Bowl Fried Egg,Radish Slaw Miso Broth Speciality Salads/Grains Tabouleh Style Lentil Salad Cucumber, Tomato, Mint, Cilantro and Citrus-Olive Oil Vinaigrette GF/DF/V	Empress Dal- GF,DF,V Cucumber Raita- GF,Veg & Fruit Chutney- GF,DF,V Speciality Salads/Grains Tabouleh Style Lentil Salad Cucumber, Tomato, Mint, Cilantro and Citrus-Olive Oil Vinaigrette GF/DF/V	Portobello Mushroom Sandwich on House Made Focaccia w/ Tomato Pesto- Veg Speciality Salads/Grains Tri-Color Quinoa with Green Goddess Vinaigrette, Cucumber, Jalapeno, and Crunchy southwestern vegetables- GF/DF/V	Morningstar Tenders- Veg Speciality Salads/Grains Tri-Color Quinoa with Green Goddess Vinaigrette, Cucumber, Jalapeno, and Crunchy southwestern vegetables- GF/DF/V
	Fruit & Yogurt Bar Vegetarian and/or Vegan Soups	Fruit & Yogurt Bar Vegetarian and/or Vegan Soups	Fruit & Yogurt Bar Vegetarian and/or Vegan Soups	Fruit & Yogurt Bar Vegetarian and/or Vegan Soups	Fruit & Yogurt Bar Vegetarian and/or Vegan Soups	Fruit & Yogurt Bar Vegetarian and/or Vegan Soups	Fruit & Yogurt Bar Vegetarian and/or Vegan Soups
THE DINER							
Soup			Tomato Basil	Chicken Florentine	Cream of Tomato	Kale & White Bean Soup	Manhattan Clam Chowder
Entrée	BRUNCH at NOON Oatmeal Bar- Veg Sweet Potato Tots- Veg Sausage Patties- GF,DF Scrambled Eggs- Veg Cheesy Scramble Eggs- Veg	BRUNCH at NOON Hot Oatmeal Baby Cakes- Veg Bacon- GF/DF Three Cheese Rolled Omelets- Veg Scrambled Eggs- Veg	Baked Stuffed Shells- Veg Pesto Baked Catch 'O the Day	Falafel Bar- Veg Hummus- GF,DF,V Tzatziki Sauce- GF,Veg	Local Chicken and Biscuits With Vegetables and Gravy Red's best Catch of the Day- GF	Baked MSC Haddock with Lemon and Olive Oil- GF,DF	Chicken Fingers assorted dipping sauces
Signature Veggies	Honey butter carrots- GF/DF/V Steamed broccoli- GF/DF/V	Rst'd Butternut with Thyme- GF,DF,V Simply steamed kale- GF/DF/V	Braising Greens- GF/DF/V Roasted acorn squashes with brown sugar and sage- GF	Lettuce, tomato, onion cucumber,kalamata olives	Sauteed Spinach w/ Garlic- GF/DF Roasted Carrots w/ Fresh Thyme- GF/DF/V	Steamed Broccoli Crowns- GF/DF/V Green bean and grape tomatoes with garlic GF/DF/V	Roasted Zucchini & Yellow Squash- GF/DF/V P.E.I Blend- GF/DF/V
Starches	Blueberry Stuffed French Toast- Veg Grilled Chicken Caprese- GF	Fruit Crisp- Veg Penne A La Vodka- Veg	Steamed Rice- GF/DF/V	Warm grilled pita bread- Veg	House Made Biscuits- Veg	Steamed Brown Rice w/ Mushrooms and Grains- DF/Veg	Baked Macaroni & Cheese- Veg
The Grill	Egg-n-Cheese Sandwich on a biscuit- Veg	Egg and Cheese Sandwich on a Bagel- Veg	House Smoked Pork Sandwich Toasted Ciabatta Bread Grilled Chicken Breast- GF/DF Steak Fries- Veg	Chicken souvlaki-Plated sauteed peppers and onions Grilled Chicken Breast- GF,DF Sweet Potato Fries- Veg	Grilled Cheese with smoked gouda and tomato- Veg Root Vegetable Fries- Veg	Plated Beef Sliders Horseradish mayo, Kaiser roll French fried Jalapenos- Veg French Fries- Veg Grilled Chicken Breast- GF,DF	Grilled cheese on Texas toast- Veg Grilled Chicken Breast- GF,DF Curly Fries- Veg
PASTA							
	Smoothie Bar Caribbean Breeze with Banana, OJ and Coconut milk- GF/DF/V Chef Selected Salad Pasta Bar	Salad Toss Anitpasto Fresh Greens and Assorted Toppings and Dressings Bread Sticks Pasta Bar	"Live" Pasta Action Station Bread Sticks Pasta Bar	"Live" Pasta Action Station Bread Sticks Pasta Bar	"Live" Pasta Action Station Bread Sticks Pasta Bar	"Live" Pasta Action Station Bread Sticks Pasta Bar	Smoothie Bar Strawberry Smoothie with Milk and Agave- GF/Veg Chef Selected Salad Pasta Bar
GLOBAL							
	Chefs Choice Entrée Congee Bar	Macho Nacho Bar Slow Cooked Beef, Mexican Condiments Congee Bar	Shrimp Tikka Masala Basmati Rice- GF/DF/V Noodle Bar	Seared Shrimp and Scallop Coconut Green Curry Broth Cilantro Jasmine Rice Noodle Bar	Roasted sweet potato and Kale burrito with brown rice and cilantro-cashew pesto- V With or without Crispy Bacon Noodle Bar	Turkey Teriyaki Medallions- DF Sticky Rice- GF,DF,V Sesame Green Beans- GF,DF,V Noodle Bar	Thai Beef Salad w/ Bean Sprouts, Napa Cabbage and Carrot Slaw Romaine Lettuce Boats- GF Noodle Bar