

<b>CYCLE 4 LUNCH</b>							
<b>Spring 2018</b>							
<b>SATURDAY</b>		<b>SUNDAY</b>		<b>MONDAY</b>		<b>TUESDAY</b>	
<b>WEDNESDAY</b>		<b>THURSDAY</b>		<b>FRIDAY</b>			
<b>EMILY'S</b>							
Breakfast till 4pm		Breakfast till 4pm				Sustainable Dining Day	
	<b>All Day Crepe Bar</b> Veggie Sausage Patties  Vegan Opt.-Vegan Breakfast Bowl artisan grains & fresh berries  Fruit & Yogurt Bar Vegetarian & Vegan Soups	Challah French Toast-Veg Veggie Sausage-Veg <b>Until 1PM</b> <b>Vegan Opt-Sunrise Breakfast</b> <b>Blend Cereal Warm Apple</b> <b>Compote (until 1PM)</b> Chefs Entrée At 1 PM- Spinach Artichoke with Muenster & Tomato Arugula Toss on Laffa Bread  Fruit & Yogurt Bar Vegetarian & Vegan Soups	Grilled Eggplant Caprese on House Focaccia-Veg  <b>Speciality Salads/Grains</b> Wheatberry, Mango and Apple Salad-GF/DF/V Chick Peas with Edamame and Feta Cheese-GF/Veg  Fruit & Yogurt Bar Vegetarian & Vegan Soups	Beans and Greens Flat Bread w/ Mushroom/Roasted Garlic Pesto and Asiago Cheese-Veg <b>Speciality Salads/Grains</b> Wheatberry, Mango and Apple Salad-GF/DF/V Chick Peas with Edamame and Feta Cheese-GF/Veg  Fruit & Yogurt Bar Vegetarian & Vegan Soups	Quinoa and Roasted Vegetable Bowl with a Miso Broth-V  <b>Speciality Salads/Grains</b> Wheatberry, Mango and Apple Salad-GF/DF/V Chick Peas with Edamame and Feta Cheese-GF/Veg  Hummus Bar, Pita Chips-VEG Fruit & Yogurt Bar Vegetarian & Vegan Soups	Black Bean Flat Wrap-DF,V  <b>Speciality Salads/Grains</b> Kale and Whole Grains with Dried Fruits and Apple Cider Vinaigrette <b>GF/DF/V</b> Sesame-Ginger Green Beans with Edamame and Carrot-GF/DF/V  Fruit & Yogurt Bar Vegetarian & Vegan Soups	Morningstar Tenders-Veg  <b>Speciality Salads/Grains</b> Kale and Whole Grains with Dried Fruits and Apple Cider Vinaigrette <b>GF/DF/V</b> Sesame-Ginger Green Beans with Edamame and Carrot-GF/DF/V  Fruit & Yogurt Bar Vegetarian & Vegan Soups
<b>THE DINER</b>							
<b>Soup</b>							
			Chix Noodle Soup	Creamy Tomato	Turkey Chili	Chicken Tortilla	Manhattan Clam Chowder
<b>Entrée</b>	<b>BRUNCH at NOON</b> Hot Oatmeal Waffle Fries-Veg Sausage Patties-DF/GF Scrambled Eggs-Veg	<b>BRUNCH at NOON</b> Hot Oatmeal Baby Cakes-Veg Bacon- GF,DF Scrambled Eggs-Veg	MSC Catch of the Day with Bruschetta Tomatoes-GF/DF	Honey-Dijon Grilled Chicken Thighs <b>GF</b>	Vegetarian Baked Eggplant and Lentil Pastitsio with Creamy Bechemel and Tomato Ragu-Veg	Shrimp & Vegetables tossed w/ Chipotle in Adobo-GF	Chicken Fingers w/ Dipping Sauces
<b>Signature Veggies</b>	Sweet Potato Hash <b>GF/DF/V</b> Buttered Peas & Carrots-GF/Veg	Roasted Dill Carrots-GF/DF/V Steamed broccoli-GF	Steamed Veg Medley-GF/DF/V Glazed Carrots-GF/DF/V	Sauteed Swiss Chard-GF/DF/V Southwest sauteed corn and black beans-GF/DF/V	Roasted Cauliflower-GF/DF/V Sautéed Spinach-GF/DF/V	Steamed Green Beans-GF/DF/V Steamed Veg Medley-GF/DF/V	Steamed Broccoli-GF/DF/V Honey Buttered carrots and corn- <b>Gf/Veg</b>
<b>Starches</b>	Cheddar Cheese Grits-Veg	Baked Stuffed French Toast-Veg	Whole grain brown rice-GF/DF/V	Steamed Quinoa-GF/DF/V	Brown Rice Pilaf-GF/DF/V	Spanish Rice-GF/DF/V	Baked Macaroni/Cheese-Veg
<b>The Grill</b>	Egg-n-Cheese Sandwich costanzo dinner roll-Veg Philly Cheese steaks with Peppers And Onions	Breakfast Quesadillas-Veg With Avocado and Tomato  Grilled Chicken Breast-GF/DF	Shaved Beef Gyro Bar w/ Kontos Pitas Steak Fries-Veg Turkey Burgers-GF	Beef Burgers-GF Pesto-Provolone Melts on Sourdough Bread-Veg Crinkle Cut Fries-Veg	Shaved Pork on Toasted Ciabatta With Sauteed Broccoli Rabe and Fontina Cheese Steak Fries-Veg Grilled Chicken Breast-GF/DF	Grilled Reuben Sandwich Local Kraut and Half Sour Pickles Seasoned Curly Fries-Veg Grilled Chicken Breast-GF/DF	Black Forest Ham and Brie on Pretzel Roll Shoestring Fries-Veg Grilled Chicken Breast-GF/DF
<b>PASTA</b>							
	Smoothie Bar Pineapple Mango Smoothi with Chia Seeds & Vanilla Soy Milk-GF/DF/V  Chef Selected Salad Pasta Bar	Salad Toss Antipasto Assorted toppings and dressings 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 Blueberry Kale with Banana and Soy Milk-GF/DF/V  Caesar Salad Bar Pasta Bar
<b>GLOBAL</b>							
	Chefs Choice Entrée	<b>Macho Nacho Bar</b> Nacho Beef Nacho Diced Chicken Mexican Condiments  Congee Bar	Szechwan Chicken Jasmine Rice-GF/DF/V  Noodle Bar	Shrimp Po Boy on Canstanzo Rolls Spicy Remolaude Lettuce/Tomatoes  Noodle Bar	Japanese Beef Sliders Cusabi Slaw with Napa and Bean Spouts Nori Fries  Noodle Bar	Pozole Roja Crispy Tortilla chips and assorted fresh condiments  Noodle Bar	Grilled Shrimp On a Cold Rice Noodle Salad  Noodle Bar