

| CYCLE 1 DINNER | | | | | | | |
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| Fall 2017 | | | | | | | |
| EMILY'S | | | | | | | |
| SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY <i>Sustainable Dining Day</i> | THURSDAY | FRIDAY | |
| Emily's Entrée's | Gojuchang Glazed Tempeh Rice noodle Stir-Fry with roasted vegetables and edamame- GF/DF/V Speciality Salads Grain Salad and Fruit Bar Vegetarian and/or Vegan Soups | Chana Masala- GF/DF/V Basmati Rice- GF/DF/V Mango Chutney- GF/DF/V & Toasted Pita- DF/V Speciality Salads Grain Salad and Fruit Bar Vegetarian and/or Vegan Soups | Seasonal Veg with Roasted Mushroom Risotto- GF/Veg Herb Roasted Seitan- V Speciality Salads Grain Salad and Fruit Bar Vegetarian and/or Vegan Soups | Shakshouka- GF,Veg (Tunisian Bean Stew with Eggs) Baked Pita Chips Speciality Salads Grain Salad and Fruit Bar Vegetarian and/or Vegan Soups | Korean Smoked Seitan Bowl Kimchee, Shiitake, Vegetables Steamed short grain rice- DF/V Speciality Salads Grain Salad and Fruit Bar Vegetarian and/or Vegan Soups | Spicy Roasted Harissa Tofu over Green Lentil Salad with oven roasted Carrots- GF/DF/V Speciality Salads Grain Salad and Fruit Bar Vegetarian and/or Vegan Soups | Falafel with Roasted Eggplant and Tahini dressed Greens- GF/DF/V w/ Crispy Garlic Naan Bread Speciality Salads Grain Salad and Fruit Bar Vegetarian and/or Vegan Soups |
| THE DINER | | | | | | | |
| Entree #1 | Grilled Pork Chops- GF/DF Wild Rice Pilaf w/ Cranberries- GF,DF,V Fries-Veg | Classic Beef Meatloaf Smashed sweet Potatoes- GF,Veg Fries-Veg | Old Bay broiled MSC haddock Seasoned Curly Fries- Veg Lemons, Cocktail & Tartar Sauce | Cajun Rubbed Pork Shoulder- GF,DF White Rice w/ Black Beans- GF/DF/V Corn Bread-Veg | Mushroom Sirloin Chop Steak with a Demi Glace Onion Rings-Veg | Roberts Curried Chicken Steak Fries- Veg Plantains- GF/DF/V Herb Roasted Chicken-GF/DF | Slow Roasted Breast of Turkey- GF/DF Turkey Gravy Mashed Potatoes- GF,Veg Veggie Stuffing- Veg |
| Entree #2 | Sauteed Chicken Florentine w/ Parmesan Cream Sauce Orzo with Sundried Pesto- Veg | Breast of Chicken Stuffed w/ Cranberry & Sage | Sliced London Broil of Beef- GF/DF Aus Ju- GF/DF Baked Potato Bar- GF/DF/V | Sauteed Breast of Lemon Chicken Lemon-Herb Butter Sauce Boursin Creamy Orzo- Veg | Local Sausage and Chicken Scarpello with Roasted Potatoes and Peppers- GF/DF Steamed Quinoa- GF/DF/V | Red's Best catch of the day with a baked Ritz Cracker Crumb Rice Pilaf- GF/DF/V | Carved Apricot Glazed Ham- GF/DF Roasted brown sugar yams- GF/DF/V |
| Signature Veggies | Roasted Corn- GF/DF/V Steamed Cauliflower with Cheese Sauce- Veg | Roasted Vegetables- GF/DF/V Corn O'Brian- GF | Steamed Broccoli Crowns GF/DF/V Minted Medley of Peas- GF/DF/V | Green Beans w/ Mushrooms- GF/DF/V | Braised Greens- GF/DF/V Sauteed Ratatouille Vegetables- GF/DF/V | Steamed Peas- GF/DF/V Steamed Broccoli Crowns- GF/DF/V | Sautéed Spinach- GF/DF/V Sauteed Garlic Carrot and Snow Peas- GF/DF/V |
| PASTA | | | | | | | |
| | "Plated" Spaghetti w/ Roasted Garlic, Parmesan Cheese and Wilted Spinach- Veg Pasta Bar | "Plated" Sausage and Peppers- GF/DF Rigatoni Marinara- Veg House Baked Artisan Bread Pasta Bar | Pasta Bar w/ Assorted Sauces House Baked Artisan Bread Pasta Bar | "Plated" Cheese Ravioli with House made Tomato Sauce- Veg House Baked Artisan Bread Pasta Bar | "Plated" Cheese Tortellini tossed w/ Vegetables,Pesto Genovese- Veg House Baked Artisan Bread Pasta Bar | "Plated" Shrimp Scampi Ravioli Lemon, Garlic, Butter and Parsley House Baked Artisan Bread Pasta Bar | Chef Choice Entrée House Baked Artisan Bread Pasta Bar |
| GLOBAL | | | | | | | |
| | Honey Sriracha Pork Squealers- DF Jasmine Rice- GF/DF/V Congee Bar | Grilled Chicken Tikka Masala- GF Cardamom Scented Basmati Rice- GF/DF/V Congee Bar | Shrimp & Kimchee Steamed Jasmine Rice- GF/DF/V Tofu & Kimchee- GF/DF/V Noodle Bar | Korean Scallion Pancake with Pork and Shrimp Bamboo Rice- GF/DF/V Noodle Bar | Indian Palak Paneer- Veg Basmati Rice Naan Bread or Pita Chips Rice Bowl | Chicken Pad Thai- GF/DF Vegetarian Pad Thai- DF/VEG Noodle Bar | Seared Salmon with Plum Sauce Coconut Jasmine Rice- GF,DF,V Mandarin Orange Garnish Noodle Bar |