

CYCLE 3 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	Tofu Scramble Sweet Potato Pancakes Veggie Bacon- GF,DF,V Chefs Entrée @ 1 PM Black Bean Quesadillas- Veg Vegetarian and/or Vegan Soups	Texas French Toast Vegetarian Sausage- Veg Chefs Entrée @ 1 PM Seared Mexican Cheese with Honey and Lime-Cilantro Dressed Greens Vegetarian and/or Vegan Soups	Grilled Vegetables with Black Beans Ciabatta Bread- Veg Steamed Quinoa- GF/DF/V Speciality Salads/Grains Channa Chaat Salad with Chick Pea, Tomato and Cucumber GF/DF/V Fruit & Yogurt Bar Vegetarian and/or Vegan Soups	Baja Black Bean Wrap Lime-Cilantro Dressed Vegetables- GF/DF/V Speciality Salads/Grains Channa Chaat Salad with Chick Pea, Tomato and Cucumber GF/DF/V Fruit & Yogurt Bar Vegetarian and/or Vegan Soups	Jen and Marie's Veggie Burgers GF/DF/V Speciality Salads/Grains Channa Chaat Salad with Chick Pea, Tomato and Cucumber GF/DF/V Fruit & Yogurt Bar Vegetarian and/or Vegan Soups	Smoked Portobello Mushroom "Bacon" Lettuce Wraps, Tasty Wasabi Slaw, Edamame Beans, and Short Grain Rice GF/DF/V Speciality Salads/Grains Cucumber "Noodle" Salad Black Bean Salad with Fresh Green Beans- GF/DF/V Fruit & Yogurt Bar Vegetarian and/or Vegan Soups	Morningstar Tenders- Veg Speciality Salads/Grains Cucumber "Noodle" Salad Black Bean Salad with Fresh Green Beans- GF/DF/V Fruit & Yogurt Bar Vegetarian and/or Vegan Soups
THE DINER							
Soup			Minestrone Soup	Black Bean Soup	Cream of Tomato Basil	Chicken Noodle Soup	Seafood Bisque
Entrée	BRUNCH at NOON Oat Meal Bar- Veg Tater Tots- Veg Sausage Patties- GF,DF Scrambled Eggs- Veg Western Scrambled Eggs- GF,Veg Quinoa Hash- GF,DF,V	BRUNCH at NOON Oat Meal Bar- Veg Baby Cakes- Veg Bacon- GF,DF Breakfast burrito bar- Chorizo -potato Hash Rice and beans- GF/DF/V scrambled eggs- GF warm tortillas	Baked MSC Fish with Lemon- Scampi Butter Sauce- GF	BYO Taco or Rice Bowl Ground Taco Beef- GF/DF Diced Taco Chicken- GF/DF Fajita Style Veggies- GF/DF/V White or Brown Rice- GF/DF/V Braised Red or Black Beans- GF/DF/V Olives Jalapenos Shredded Lettuce Cheddar/Jack Cheese Sliced Scallions Salsa Verde Salsa Sour Cream	MSC Seafood "Newburg" Style with Haddock and Shrimp	BBQ Chicken Thighs- GF	Chicken Fingers w/ Dipping Sauces
Signature Veggies	Steamed broccoli- GF/DF/V Sauteed corn and grape tomatoes- GF/DF/V	Steamed Cauliflower- GF/DF/V Edamame and Corn sautee- GF/DF/V	Steamed zucchini- GF/DF/V Sautéed Spinach- GF,DF,V		Steamed Spinach- GF/DF/V Roasted Butternut and Cauliflower- GF/DF/V	Roasted Fall Vegetables- GF/DF/V Sautéed Broccoli w/ Rst'd Red Peppers, Garlic- GF/DF/V	Bok choy Stir-Fry with ginger and garlic- GF/DF/V Steamed carrots w/ mint- GF,DF,V
Starches	Buffalo Chicken Pasta Bake	Stuffed French Toast- Veg	Steamed Brown Rice- GF/DF/V		Steamed Brown Rice- GF/DF/V	Quinoa Pilaf- GF/DF/V	Mac N' Cheese - Veg
The Grill	Egg and Cheese Sandwich on a bagel- Veg Grilled Chicken Breast- GF,DF	Egg and Cheese Sandwich on a Croissant- Veg Grilled Chicken Breast- GF,DF	Buffalo Chicken Sliders lettuce, blue cheese crumbles Grilled Chicken Breast- GF,DF Steak Fries- Veg		Grilled Turkey-Zucchini Kofta Laffa Bread, Spiced Yogurt, Crispy Garbanzo Beans, Baby Spinach and Tomato- Veg Sweet Potato Fries- Veg	Grilled Chicken Breast- GF,DF Avocado and Black Bean Quesadillas- Veg French Fries- Veg	Pesto grilled ciabatta cheese bread with mozzarella, fresh tomato and baby arugula- Veg Grilled Chicken Breast- GF,DF Shoestring Fries- Veg
Simply Grilled				Grilled Chicken Breast- GF,DF			
PASTA							
	Smoothie Bar Strawberry Smoothie with Milk and Agave- GF/Veg 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 Pineapple Mango Smoothi with Chia Seeds & Vanilla Soy Milk- GF/DF/V Chef Selected Salad Pasta Bar
GLOBAL							
	Chefs Choice Entrée Congee Bar	Chicken Wing Bar Various Preparations Celery, Carrots, Blue Cheese Congee Bar	Pork Egg Rolls Vegetable Eggrolls- Veg Vegetable Stir Fry- GF/DF/V Noodle Bar	Oyakodon (Japanese Chicken & Rice Bowl) Noodle Bar	Vegetable Fried Rice- GF,Veg Tofu Fried Rice- GF,Veg Jasmine Rice- GF/DF/V Noodle Bar	Fried Calamari Arugula Salad with Pepperoncini and Pickled Red Onion Slivers Marinara Sauce Noodle Bar	White Bean & Chicken Chili Crispy Corn Chips Bakeshop Jalapeño Corn Bread Noodle Bar