

<b>CYCLE 4 LUNCH</b> Fall 2017	<b>SATURDAY</b>	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b> <i>Sustainable Dining Day</i>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>EMILY'S</b>							
Emily's Entrée's	<b>Breakfast till 4pm</b> Crepes w/ Fruit Compotes- <b>Veg</b> Veggie Bacon- <b>Veg</b> <b>Chefs Entrée @ 1 PM</b>  Autumn vegetable chili served in artisan bread boule- <b>Veg</b>  Fruit & Yogurt Bar Vegetarian & Vegan Soups	<b>Breakfast till 4pm</b> Challah French Toast- <b>Veg</b> Veggie Sausage- <b>Veg</b> <b>Chefs Entrée @ 1 PM</b>  Breakfast Tostada with Southwestern vegetables and Cotija cheese- <b>Veg</b>  Fruit & Yogurt Bar Vegetarian & Vegan Soups	Grilled Eggplant Caprese on House Focaccia- <b>Veg</b>  <b>Speciality Salads/Grains</b> Wheatberry, Mango and Apple Salad- <b>GF/DF/V</b> Chick Peas with Edamame and Feta Cheese- <b>GF/Veg</b>  Fruit & Yogurt Bar Vegetarian & Vegan Soups	Beans and Greens Flat Bread w/ Mushroom/Roasted Garlic Pesto and Asiago Cheese- <b>Veg</b> <b>Speciality Salads/Grains</b> Wheatberry, Mango and Apple Salad- <b>GF/DF/V</b> Chick Peas with Edamame and Feta Cheese- <b>GF/Veg</b>  Fruit & Yogurt Bar Vegetarian & Vegan Soups	Quinoa and Roasted Vegetable Bowl with a Miso Broth- <b>V</b>  <b>Speciality Salads/Grains</b> Wheatberry, Mango and Apple Salad- <b>GF/DF/V</b> Chick Peas with Edamame and Feta Cheese- <b>GF/Veg</b>  Fruit & Yogurt Bar Vegetarian & Vegan Soups	Black Bean Flat Wrap- <b>DF,V</b>  <b>Speciality Salads/Grains</b> Kale and Whole Grains with Dried Fruits and Apple Cider Vinaigrette <b>GF/DF/V</b>  Fruit & Yogurt Bar Vegetarian & Vegan Soups	Morningstar Tenders- <b>Veg</b>  <b>Speciality Salads/Grains</b> Kale and Whole Grains with Dried Fruits and Apple Cider Vinaigrette <b>GF/DF/V</b>  Fruit & Yogurt Bar Vegetarian & Vegan Soups
<b>THE DINER</b>							
Soup			Chix Noodle Soup	Creamy Tomato	Turkey Chili	Chicken Tortilla	New England Clam Chowder
Entrée	<b>BRUNCH at NOON</b> Hot Oatmeal Waffle Fries- <b>Veg</b> Sausage Patties- <b>DF/GF</b> Scrambled Eggs- <b>Veg</b>	<b>BRUNCH at NOON</b> Hot Oatmeal Baby Cakes- <b>Veg</b> Bacon- <b>GF,DF</b> Scrambled Eggs- <b>Veg</b>	Red's Best Catch of the Day with Bruschetta Tomatoes- <b>GF/DF</b>	Honey-Dijon Grilled Chicken Thighs <b>GF</b>	Vegetarian Baked Eggplant and Lentil Pastitsio with Creamy Bechemel and Tomato Ragu- <b>Veg</b>	Shrimp & Vegetables tossed w/ Chipotle in Adobo- <b>GF</b>	Chicken Fingers w/ Dipping Sauces
Signature Veggies	Roasted cauliflower with Thyme <b>GF/DF/V</b> Buttered Peas & Carrots- <b>GF/Veg</b>	Roasted Dill Carrots- <b>GF/DF/V</b> Steamed broccoli- <b>GF</b>	Steamed Veg Medley- <b>GF/DF/V</b> Glazed Carrots- <b>GF/DF/V</b>	Sauteed Swiss Chard- <b>GF/DF/V</b> Southwest sauteed corn and black beans- <b>GF/DF/V</b>	Roasted Cauliflower- <b>GF/DF/V</b> Sautéed Spinach- <b>GF/DF/V</b>	Steamed Green Beans- <b>GF/DF/V</b> Steamed Veg Medley- <b>GF/DF/V</b>	Steamed Broccoli- <b>GF/DF/V</b> Honey Buttered carrots and corn- <b>GF/Veg</b>
Starches	Cheddar Cheese Grits- <b>Veg</b>	Baked Stuffed French Toast- <b>Veg</b>	Whole grain brown rice- <b>GF/DF/V</b>	Steamed Quinoa- <b>GF/DF/V</b>	Brown Rice Pilaf- <b>GF/DF/V</b>	Spanish Rice- <b>GF/DF/V</b>	Baked Macaroni/Cheese- <b>Veg</b>
The Grill	Egg-n-Cheese Sandwich costanzo dinner roll- <b>Veg</b> Philly Cheese steaks with Peppers And Onions	Breakfast Quesadillas- <b>Veg</b> With Avocado and Tomato  Grilled Chicken Breast- <b>GF/DF</b>	Shaved Beef Gyro Bar w/ Kontos Pitas Steak Fries- <b>Veg</b> Turkey Burgers- <b>GF</b>	Beef Burgers- <b>GF</b> Pesto-Provolone Melts on Sourdough Bread- <b>Veg</b> Crinkle Cut Fries- <b>Veg</b>	Shaved Pork on Toasted Ciabatta With Sauteed Broccoli Rabe and Fontina Cheese Steak Fries- <b>Veg</b> Grilled Chicken Breast- <b>GF/DF</b>	Muffaletta Sandwich Italian Deli Meats and Olive Relish Seasoned Curly Fries- <b>Veg</b> Grilled Chicken Breast- <b>GF/DF</b>	Black Forest Ham and Brie on Pretzel Roll Shoestring Fries- <b>Veg</b> Grilled Chicken Breast- <b>GF/DF</b>
<b>PASTA</b>							
	Smoothie Bar Pineapple Mango Smoothi with Chia Seeds & Vanilla Soy Milk- <b>GF/DF/V</b>  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- <b>GF/DF/V</b>  Chef Selected Salad Pasta Bar
<b>GLOBAL</b>							
	Chefs Choice Entrée  Congee Bar	<b>Macho Nacho Bar</b> Nacho Beef Nacho Diced Chicken Mexican Condiments  Congee Bar	Szechwan Chicken Jasmine Rice- <b>GF/DF/V</b>  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