



WEEK 1	MON	TUES	WED	THURS	FRI	SAT	SUN	
Breakfast								
Continental Breakfast Offerings	Full Service Fresh Cut Fruit, Berries and Yogurt, Bar, Cereal/Granola Station, Juice & Smoothies, Fresh Baked Muffins, Pastries and Croissants are all available in addition to the Hot Breakfast Offerings					Weekend Addition to the Standard Continental Breakfast Offerings has a Create your Smoothie Blender Bar:		
Hot Breakfast Offering	Scrambled Eggs with Roasted Peppers, Spinach, and Feta  Herbed Home Fries with Oregano and Parsley Grilled Pork Sausage with Lemon	Fried Eggs  Crispy Hash Browns with Caramelized Onions  Turkey Sausage	Vegetable and Cheddar Quiche  Roasted White Potato  Sliced Bacon	Assorted Omelets  Sautéed Spinach  Home fries  Maple Sausage	Classic Sunrise Sandwich Bar  Martin’s roll with Sausage Patty, Fried Egg and Cheddar Crispy Potatoe Bites tossed with Paprika	Scrambled Egg with Potato and Pork Sausage Patty <u>Hot Option #2</u> <b>Chicken Wing and Assorted Sauce Bar</b>	Eggs Two Ways with Bacon and Home fries (Plant Based Bacon Available) <u>Hot Option #2</u> <b>Vegetable and Cheese Quesadillas with Salsa and Sour Cream</b>	
Breads	Assorted Breads, Jams & Spreads (Alternating Days of Avocado and Smoked Salmon available from Chefs upon request)							
Lunch								
Student Approved Hot Option	<b>Grilled Chicken with Chili-Lime Drizzle</b> Charred Peppers & Zucchini Ribbons with Smoked Sea Salt Quinoa, Wild Rice & Herbed Rice Pilaf with Toasted Pumpkin Seeds	<b>Truffle-Parmesan Gemelli with Roasted Garlic Cream Sauce &amp; Crispy Shallots</b>  Warm Cheddar and Chive Buttered Biscuit	<b>Nashville Hot Haddock Po' Boy</b>  Haddock Strips. Served in a Soft Hoagie Roll with Shredded Lettuce, Pickles and Nashville Hot Sauce Side of Coleslaw	<b>Bahn Mi-Style Beef Lettuce Cups</b> Ground Beef Sautéed with Lemongrass, Garlic and Tamari Served in Lettuce Cups	<b>Slow-Simmered Butter Chicken with Garam Masala Cream</b>  Cilantro-Infused Basmati Rice  Chana Saag	Weekend Brunch Options Listed Above in SAT/SUN Columns		
Meatless Lunch Entrée	<b>Mediterranean Lentil Cakes</b> with Smoky Eggplant Cream on Greens Finished with Pickled Red Onion and Lemon Oil	<b>White Bean Spread &amp; Charred Tomato Bruschetta</b> with Grilled Baguette Slices	<b>Plant-Based “Phish” on a Soft Roll</b> with Lettuce, Pickles and Vegan Nashville Hot Sauce Side of Slaw	<b>Impossible Banh Mi Lettuce Cups</b> with Pickled Carrots and Daikon, Cucumber, Cilantro and Spicy Vegan Mayo	<b>Chana Aloo Bowl</b> Fragrant Chickpea and Potato Curry over Basmati Rice topped with Crispy Onion and Papadum			
Daily Salad Bar Offering	Mix Bean Salad Romaine Lettuce Parmesan Cheese Roasted Brussels Cucumber Cherry Tomato Butternut Squash Bacon Pieces Lemon Dill Tuna	Quinoa Tabbouleh Spinach Feta Cheese Boiled Egg Roasted Beet Diced Tomato Apple Slices Falafels Chicken Salad	Chickpea Zaatar Arugula Goat Cheese Cucumber Fresh Carrots Fresh Mango Sweet Potato Roast Zucchini Egg Salad	Tofu & Mushroom Mixed Greens Cottage Cheese Cucumber Fresh Peppers Carrots Diced Tomato Roasted Broccoli Chicken Salad	Broccoli Slaw Spring Mix Cheddar Cheese Cherry Tomato Cauliflower Sliced Peppers Edamame Craisins Lemon Dill Tuna	Brunch Salad Options with Fresh Fruit and Greens		
Dinner								
Hot Dinner Entrée ( Daily Dinner Salad Bar and Dessert to accompany Hot Entrée)	<b>Grilled Salmon Kebabs</b>  Roasted Potato Medley with Grilled Eggplant and Onions  Sauteed Broccoli, Mushrooms and Yellow Squash	<b>Saffron Braised Chicken Thighs</b>  Cardamom Spiced Farro and Rice Pilaf  Roasted Cauliflower with Golden Raisins	<b>Mojo Marinated and Grilled Pork Chops</b>  Papas con Mojo (Potatoes tossed in citrus and garlic oil)  Black Bean and Corn  Grilled Plantains	<b>Kali Miri Ka Jhinga (Black Pepper Shrimp Curry)</b>  Jeera Pulao (Cumin Rice)  Sautéed Okra with Onion and Tomato  Grilled Naan	<b>Oversized Beef Meatballs in Tomato Raju Topped with Ricotta and Fresh Basil</b>  Served with Grilled Garlic Baguette  Broccolini  Lemon Parm Kale Salad	<b>Ravioli Bar</b>  Assorted Stuffed Pastas with Choice of Sauces  Served with Cauliflower, Peppers and Zuchinni  Mixed Caesar Salad on Side	<b>Chicken Kiev (Chicken Stuffed with Garlic Butter)</b>  Scalloped Potato  Honey Roasted Heirloom Root Vegetables	
	Meatless Entrée	Navy Bean Stuffed Squash	Chickpea and Vegetable Simmer	Mojo Tofu and Mushroom	Lentil Dhal	Impossible Meatballs	Vegetarian Pasta	Mushroom & White Bean Steaks



WEEK 2	MON	TUES	WED	THURS	FRI	SAT	SUN
Breakfast							
Continental Breakfast Offerings	Full Service Fresh Cut Fruit, Berries and Yogurt, Bar, Cereal/Granola Station, Juice & Smoothies, Fresh Baked Muffins, Pastries and Croissants are all available in addition to the Hot Breakfast Offerings					Weekend Addition to the Standard Continental Breakfast Offerings has a Create your Smoothie Blender Bar:	
Hot Breakfast Offering	Tamago Style Omelette with Scallions and Soy Glaze Hash browns Grilled ham with miso-honey glaze	Creamy Scrambled Eggs with Chives  Potato Triangles,  Kielbasa coins Glazed with Maple Mustard Sauce	Belgian Waffles with Caramelized Apples and Cinnamon served with Whipped Cream  Sausage  Boiled Eggs	Papeta Par Eda (Onion, Spiced Potato and Fried Eggs)  Scrambled Egg also Available  Sliced Bacon	Poached Eggs on Sautéed Spinach, Hollandaise Sauce  Savory Diced Potato  Turkey Sausage Patty	Scrambled Egg with Potato and Sausage Patty  <u>Hot Option #2</u> <b>BBQ Chicken Wraps</b>	Eggs Two Ways with Home fries and Bacon  <u>Hot Option #2</u> <b>Beef and Bean Chili With Tortilla Chips</b>
Breads	Assorted Breads, Jams & Spreads (Alternating Days of Avocado and Smoked Salmon available from Chefs upon request)						
Lunch							
Student Approved Hot Option	Harissa-Roasted Chicken Quarters  Crispy Za’atar-Dusted Potato Wedges  Honey-Roasted Carrots	Cavatappi with Crumbled Italian Sausage & Cherry Tomato Ragù  Served with Rosemary Garlic Focaccia	Potato and Three Cheese Perogies  Served with Sautéed Onions and Crispy Bacon Pieces	Beef Kofta Rice Bowl (Ground Beef)  Saffron Rice  Cucumber, Tomato, Mint Salad	Orange-Tamari Salmon Baked in Orange-Tamari Glaze with Ginger and Garlic  Roasted Sweet Potato & Kale Slaw	Weekend Brunch Options Listed Above in SAT/SUN Columns	
Meatless Lunch Entrée	Chickpea & Roasted Vegetable Tagine served with Couscous Salad and Flatbread	Mediterranean Polenta Plate with Smoky Mushroom Ragout & Charred Kale and Romesco	Roasted and Diced Eggplant, Onion, Pepper & Potato Skillet with Feta & Herbs with a Side Of Olives	Falafel Bowl with Saffron Rice & Herb Salad with Lemon- Tahini Sauce	Autumn Harvest Grain Bowl Mixed Grains, Roasted Yams, Squash, Crispy Lentil & Toasted Pumpkin Seeds		
Daily Salad Bar Offering	Mix Bean Salad Romaine Lettuce Parmesan Cheese Roasted Brussels Cucumber Cherry Tomato Butternut Squash Bacon Pieces Lemon Dill Tuna	Quinoa Tabbouleh Spinach Feta Cheese Boiled Egg Roasted Beet Diced Tomato Apple Slices Falafels Chicken Salad	Chickpea Zaatar Arugula Goat Cheese Cucumber Fresh Carrots Fresh Mango Sweet Potato Roast Zucchini Egg Salad	Tofu & Mushroom Mixed Greens Cottage Cheese Cucumber Fresh Peppers Carrots Diced Tomato Roasted Broccoli Chicken Salad	Broccoli Slaw Spring Mix Cheddar Cheese Cherry Tomato Cauliflower Sliced Peppers Edamame Craisins Lemon Dill Tuna	Brunch Salad Options with Fresh Fruit and Greens	
Dinner							
Hot Dinner Entrée ( Daily Dinner Salad Bar and Dessert to accompany Hot Entrée)	Poke Style Baked Salmon Rice Bowl  Shredded Lettuce, Mango, Cucumber, Tomato, Avocado, Edamame & Radish  Creamy Sesame Dressing	Tuscan Sun-Dried Tomato and Basil Chicken  Butter-Whipped Yukon Potatoes  Italian Style Fennel Caponata (Fennel, Eggplant, Onions, Celery, Capers)	Kashmiri Chili and Yogurt Roast Pork  Cardamom Basmati Rice  Sautéed Spinach with Garlic and Cumin	Jajangmyeon with Chicken Bulgogi  Korean Black Bean Sauce over Udon Noodles  Grilled Marinated Chicken Thighs  Stir-Fried Bok Choy and Mushrooms	Beef and Coconut Kare-Kare  Slow-braised Beef in Coconut-Soy Butter Sauce with Lemongrass Infusion  Steamed Jasmine Rice with Garlic Chips  Adobong Kangkong (Sautéed Water Spinach with Garlic, Soy Sauce and Vinegar)	Grilled Sausagess with Sautéed Mushrooms, Onions and Peppers  Roasted Broccolini  Soft Rolls and a variety of Condiments (Pickles, Sauerkraut, Shredded Cheese)	Egg Roll Bowl (Ground Pork, Cabbage, Carrot and Green Onion)  Garlic Rice  Sesame Green Beans and Pepper Strips  Crispy Won Ton Topping
Meatless Entrée	Rainbow Vegetable and Edamame Bowl	Grilled Lemon Tofu topped with Sundried Tomato and Olive	Kashmari Chickpeas Stuffed Portobello Cap	Mushroom and Tofu Jajangmyeon	Stewed Jackfruit and Vegetables Coconut Broth	Vegetarian Sausage	Impossible Egg Roll Bowl (Soy protein)





WEEK 3	MON	TUES	WED	THURS	FRI	SAT	SUN
Breakfast							
Continental Breakfast Offerings	Full Service Fresh Cut Fruit, Berries and Yogurt, Bar, Cereal/Granola Station, Juice & Smoothies, Fresh Baked Muffins, Pastries and Croissants are all available in addition to the Hot Breakfast Offerings					Weekend Addition to the Standard Continental Breakfast Offerings has a Create your Smoothie Blender Bar:	
Hot Breakfast Offering	Sunnyside Eggs	Ham and Cheese Breakfast Casserole	Peaches and Cream French Toast	Scrambled Eggs	Eggs Benedict Flatbread Topped with Spinach, Egg, Hollandaise drizzle, and Bacon Crumbles. Served with a Side of Potatoes and Boiled Eggs	Scrambled Egg with Potato and Pork Sausage Patty	Eggs Two Ways with Home fries and Bacon
	Shredded Potato			Red Potato Hash			
	Grilled Ham and Plant Based Bacon	Pork and Maple Breakfast Sausage	Sliced Bacon	Pork Sausage Patty		Hot Option #2 Cheesy Beef Macaroni Bake	Hot Option #2 Assorted Pressed Sandwiches
Breads	Assorted Breads, Jams & Spreads (Alternating Days of Avocado and Smoked Salmon available from Chefs upon request)						
Lunch							
Student Approved Hot Option	Jerk Style BBQ Chicken Thighs Oven Roasted Thyme and Olive Oil Roasted Potato Mango and Cabbage Slaw	Creamy Cheddar and Garlic Mac and Cheese Non-Dairy Tomato Basil Marinara available Served with Garlic Breadstick	Oven Baked Crunch Supreme Chicken Tenders Steamed Whole Grain Rice Roasted Broccoli	Ground Beef simmered with Beans, Peppers, Onions, Garlic, Tomato and Branksome Spice Blend	Spanish Style Albóndigas	Weekend Brunch Options Listed Above in SAT/SUN Columns	
				Served with Two Tostada Shells for Dipping	Chicken and Beef Halal Meatballs in a Smoky Tomato and Garlic Sofrito  Yellow Rice  Ensalada de Repollo (Spanish Cabbage Salad)		
Meatless Lunch Entrée	Sweet Potato & Black Bean Cake with Mango-Cabbage Slaw with Lime Vinaigrette	Rustic Vegetable Cassoulet with Baguette	Impossible Smash Burgers with House Made Pickle, Mac Sauce and Potato Chips	Vegan Tostada Bowl with Spiced Lentil Chili stewed with Tomatoes and Mixed Vegetables Crispy Tostada	Vegetarian Soy Albóndigas with Smoky Tomato Sauce & Garlic Toast		
Daily Salad Bar Offering	Mix Bean Salad Romaine Lettuce Parmesan Cheese Roasted Brussels Cucumber Cherry Tomato Butternut Squash Bacon Pieces Lemon Dill Tuna	Quinoa Tabbouleh Spinach Feta Cheese Boiled Egg Roasted Beet Diced Tomato Apple Slices Falafels Chicken Salad	Chickpea Zaatar Arugula Goat Cheese Cucumber Fresh Carrots Fresh Mango Sweet Potato Roast Zucchini Egg Salad	Tofu & Mushroom Mixed Greens Cottage Cheese Cucumber Fresh Peppers Carrots Diced Tomato Roasted Broccoli Chicken Salad	Broccoli Slaw Spring Mix Cheddar Cheese Cherry Tomato Cauliflower Sliced Peppers Edamame Craisins Lemon Dill Tuna	Brunch Salad Options with Fresh Fruit and Greens	
Dinner							
Hot Dinner Entrée ( Daily Dinner Salad Bar and Dessert to accompany Hot Entrée)	Stracotto di Manzo	Pimentón Braised Turkey	Chermoula Fish Tagine	Bistecca alla Griglia con Salsa Verde	Chicken Yakitori Skewer Platter	Lemongrass and Ginger Chicken or Pork Patties	Hoisin and Garlic Shrimp Sizzle Stir- Fry
	Beef Simmered in Tomatoes and Herbs until Tender	TurkeyThighs Braised with Smoked Paprika, Tomatoes and Onions	Cod, Prawns, Mussels and Olives simmered in a Spiced Chermoula Tomato Broth with Peppers	Grilled Skirt Steak served with a Classic Italian salsa verde	Sesame Roasted Sweet Potato	Ginger Fried Rice with Egg, Scallion	Chow Mein Noodles
	Rigatoni tossed with Braising Sauce	Patatas Bravas with Aioli	Preserved Lemon Couscous with Apricots	Arancini (Breaded Risotto Balls) with Tomato Sauce	Sliced Carrot, Shishito and Zucchini	Sauteed Greens and Bean Sprouts	Tamari Tossed Bok Choy
	Roasted Eggplant and Peppers	Charred Asparagus with Lemon	Grilled Zucchini	Grilled Peppers, Eggplant and White Beans	Steamed Bao, Pickled Cucumber, Cilantro		Mixed Vegetables
Meatless Entrée	Mixed Bean and Tomato Ragu	Grilled Avocado with Bean and Spinach	Vegetable, Bean, and Heart of Palm Chermoula	Eggplant Parmesan	Tofu and Vegetable Skewers	Lemongrass and Ginger Soy Patties	Impossible Soy & Ginger Stir-fry





WEEK 4	MON	TUES	WED	THURS	FRI	SAT	SUN
Breakfast							
Continental Breakfast Offerings	Full Service Fresh Cut Fruit, Berries and Yogurt, Bar, Cereal/Granola Station, Juice & Smoothies, Fresh Baked Muffins, Pastries and Croissants are all available in addition to the Hot Breakfast Offerings					Weekend Addition to the Standard Continental Breakfast Offerings has a Create your Smoothie Blender Bar:	
Hot Breakfast Offering	Brunbrae Farms Fried Eggs	Assorted Omelets	Griddled Egg	Assorted Crusless Quiche	Pancakes with Maple Syrup	Scrambled Egg with Potato and Sausage Patty  <b><u>Hot Option #2 Vegetarian Chow Mein</u></b>	Eggs Two Ways with Red Skin Potato Sautee and Sliced Bacon <b><u>Hot Option #2 Chicken and Waffles with Hot Honey</u></b>
	Crispy Home Fries	Potato Pancakes	Diced Hash browns	Sautéed Peppers and Onions	Roasted Red Potato		
	Turkey Links	Sautéed Mushrooms	Hickory Bacon	Savory Potato	Breakfast Sausage		
		Grilled Ham		Sausage Patty	Boiled Eggs		
Breads	Assorted Breads, Jams & Spreads (Alternating Days of Avocado and Smoked Salmon available from Chefs upon request)						
Lunch							
Student Approved Hot Option	Korean-style Gochujang Ground Chicken	Fettuccine Alfredo with Roasted Garlic Cream or Mildly Piquant Tomato Arrabbiata	Oven-Roasted Chicken Glazed with Honey, Dijon Mustard, and Fresh Rosemary	Beef and Root Vegetable Stew	Oven Roasted Salmon with Homemade Teriyaki Glaze	Weekend Brunch Options Listed Above in SAT/SUN Columns	
	Tangy Kimchi-infused Brown Rice	Served with Garlic Toast	Served Roasted Potatoes and	Diced Beef Simmered with Carrots, Turnips, Onions, Potatoes	Served with Fusion Grains		
	Medley of Steamed String Beans		Crispy Brussels Sprouts	Served with Mini–Yorkshire Pudding	Miso Maple Rainbow Carrots		
Meatless Lunch Entrée	Tofu & Kimchi Power Bowl Brown Rice, Marinated Tofu, Sauteed Spinach, Mushroom, Sprouts and Pickled Carrots and Kimchi	Provençal Vegetable Stew of Zucchini, Eggplant, Tomatoes and Cannellini Beans Served with Crisp Garlic Toast.	Puy Lentil Cakes Served over Wilted Greens with a Smoky Tomato Jam and Garlic Labneh.	Papas Bravas Roasted Potato with Impossible “Steak” Tips, Spiced Tomato and Pepper Sauce with a Vegan Lemon Pepper Aioli	Peppers Stuffed Teriyaki Mushroom, Tofu & Sesame Crumble Served with Fusion Grains and Miso Roasted Rainbow Carrots		
Daily Salad Bar Offering	Mix Bean Salad Romaine Lettuce Parmesan Cheese Roasted Brussels Cucumber Cherry Tomato Butternut Squash Bacon Pieces Lemon Dill Tuna	Quinoa Tabbouleh Spinach Feta Cheese Boiled Egg Roasted Beet Diced Tomato Apple Slices Falafels Chicken Salad	Chickpea Zaatar Arugula Goat Cheese Cucumber Fresh Carrots Fresh Mango Sweet Potato Roast Zucchini Egg Salad	Tofu & Mushroom Mixed Greens Cottage Cheese Cucumber Fresh Peppers Carrots Diced Tomato Roasted Broccoli Chicken Salad	Broccoli Slaw Spring Mix Cheddar Cheese Cherry Tomato Cauliflower Sliced Peppers Edamame Craisins Lemon Dill Tuna	Brunch Salad Options with Fresh Fruit and Greens	
Dinner							
Hot Dinner Entrée ( Daily Dinner Salad Bar and Dessert to accompany Hot Entrée)	Jägerschnitzel	Garlic Florentine Chicken	8 oz Prime Rib and Chuck Beef Burger with Smoked Applewood Cheddar, Bacon Jam, Pickled Red Onions and Chimmichurri Mayo	Ginger-Garlic Huli Huli Chicken Glazed with Pineapple juice, Tamari and Brown Sugar	Chilean Braised Beef with Pebre Sauce	Tamarind-Glazed Pork roll	Thai Basil Rice Bowl
	Breaded Pork Cutlet with Mushroom Cream Sauce	Parmesan Risotto			Beef Simmered with Onions, Peppers Finished with Fresh Pebre (tomato-chili-cilantro salsa)	Coconut Giinger Sweet Potato Mash	Thai Spiced Beef, Jasmine Rice, Red Pepper and Onion and Cut Beans)
	Parsley Buttered Spaetzle	Roasted Carrots and Brussels Sprouts	Lettuce. Tomato, Cheese, Pickles,	Sweet Potato and Scallion Fried Rice		Wilted Bok Choy and Shallots	Basil and Green Onion Garnish
	Braised Red Cabbage			Roasted Butternut Squash			
	Glazed Baby Carrots		Parmesan Herb Fries & Roasted Beet & Goat Cheese Salad		Creamy Mashed Potatoes		
					Grilled Zucchini		
Meatless Entrée	Tofu Jägerschnitzel	Cassoulet Stuffed Potatoes	Vegetarian Soy Protein Burger	Grilled Zucchini and Crispy Lentil	Braised Lentils with Pebre	White Bean and Tamarind Stuffed	Soy Krapow