



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	Whole farms Scrambled Eggs Crispy Home Fries Breakfast Pork Sausage	Fried Eggs Shredded Potato Hash browns Turkey Sausage	Vegetable and Cheddar Quiche Roasted White Potato Sliced Bacon	Assorted Omelets served Sautéed Spinach Home fries Maple Sausage	Martins Roll Breakfast Sandwiches Pom Potatoes Sausage Patty	Scrambled Egg with Potato and Sausage Patty Hot Option #2 Assorted Quesadillas with Salsa and Sour Cream	Eggs and Bacon Two Ways (Halal Chicken "Bacon and Pork) and Home fries Hot Option #2 Chicken Wing Bar
Breads	Assorted Breads, Jams & Spreads (Alternating Days of Avocado and Smoked Salmon available from Chefs upon request)						
Lunch							
Student Approved Hot Option	Honey-Lime Glazed Chicken & Quinoa Platter Roasted Stoplight Peppers and Zucchini Coins Tri Color Quinoa Rice Blend	Creamy Garlic Gemelli Pasta with a Parmesan and Roasted Garlic Alfredo With a Freshly Baked Buttermilk Biscuit	Spiced Beef and Rice Stuffed into a Roasted Red Pepper Half , Topped with Feta Served with Grilled Pita	Crispy Haddock on a Potato Bun Served with Shredded Lettuce, Tomato served with a Caper, Lemon, Dill Tartar Side of Tangy Citrus Coleslaw	Calcutta Inspired Butter Chicken Basmati Rice Chana Masala (Chickpeas and Spinach) Baby Naan	Weekend Brunch Options Listed Above in SAT/SUN Columns	
Meatless Lunch Entrée	Lentil and Bulgur Cakes with a Roasted Eggplant Purée on a bed of greens	Fire Roasted Tomato Bruschetta on Grilled Baguettes with a White Bean Spread and Crispy Kale Crumble	Vegan Kofta (Impossible Beef) with Tabbouleh and Roasted Eggplant and Tomato Salad served with Crispy Pitas	Vegan Battered Phish Sandwich on a Potato Bun with Lemon Dill Slaw and Homemade Tartar Sauce	Chana Masala: Potato and Chickpea Curry over Basmati Rice topped with Crispy Onion and Papadum		
Daily Salad Bar Offering	Mix Bean Salad Romaine Lettuce Parmesan Cheese Roasted Brussel 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	Coleslaw Spring Mix Cheddar Cheese Cherry Tomato Cauliflower Sliced Peppers Edamame Craisins Lemon Dill Tuna		
Dinner							
Hot Dinner Entrée (Daily Dinner Salad Bar and Dessert to accompany Hot Entrée)	Grilled Salmon Kebabs Roasted Potato Medley with Grilled Eggplant and Onions Sauteed Broccoli, Mushrooms and Yellow Squash	Katsu Pork with Miso Honey Dip Lemon Ginger Rice Sauteed Sugar Snap Peas Soy Ginger Marinated Cucumbers,	Pretzel Crusted Chicken Scallopini Burgers with Honey Mustard Sauce, Mayo, Lettuce, Tomato Gaufrette Potatos Apple Slaw	Kali Miri Ka Gosht (Black Pepper Goat Curry) Jeera Pulao (Cumin Rice) Green Beans Grilled Naan	Oversized Beef Meatballs in Tomato Raju Topped with Ricotta and Fresh Basil Served with Grilled Garlic Baguette Broccolini	Ravioli Bar Assorted Stuffed Pastas with Choice of Sauces Served with Cauliflower, Peppers and Zuchinni Mixed Caesar Salad on Side	Chicken Kiev (Chicken Stuffed with Garlic Butter) Scalloped Potato Honey Roasted Heirloom Root Vegetables
Meatless Entrée	Navy Bean Stuffed Squash	Veggie, Tofu & Egg Fried Rice	Pretzel Crusted Soy Burger	Lentil Dhal	Impossible Meatballs	Vegetarian Pasta	Mushroom & White Bean Steaks



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Hot Breakfast Offering	Cheddar Cheese Omelet Hash browns and Grilled Breakfast Ham	Scrambled Eggs Potato Triangles Kielbasa Coins	Belgian Waffles Fresh Fruit and Whip 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 Hot Option #2 Beef and Bean Chili With Tortilla Chips	Eggs Two Ways with Home fries and Bacon Hot Option #2 Chicken Parmesan
Breads	Assorted Breads, Jams & Spreads (Alternating Days of Avocado and Smoked Salmon available from Chefs upon request)						
Lunch							
Student Approved Hot Option	BBQ Chicken Drumsticks Baked Potato Quarters with a Chive Sour Cream Dressing Steamed Yellow and Green Beans	20" Spaghetti with choice of Beef Bolognese or Roasted Tomato Marinara Sauce Served with Garlic Toast	Potato and Three Cheese Perogies Served with Sautéed Onions and Crispy Bacon Pieces	Sesame Soy Beef Bowl Sautéed Green and Red Pepper and Snap Pea Buttery Rice Shredded Carrot and Rice Vinegar	Vietnamese Style Lime Salmon Potato Wedges with Shredded Carrot, Daikon and Cilantro with a Creamy Tamari Drizzle Green Peas	Weekend Brunch Options Listed Above in SAT/SUN Columns	
Meatless Lunch Entrée	Oyster Mushrooms, Bean and Jackfruit Drumsticks with Baked Potato Quarters with a Vegan Chive Dressing Steamed Beans	Mixed Sautéed Mushrooms and Crispy Navy Bean and Kale Polenta with a nut free Romesco	Roasted Eggplant with Potato, Pepper Medley with light Harissa and Crispy Spiced Chickpeas	Bulgogi Brussels & Tofu Fried Rice with Carrots, Peas, Scallions and Crispy Fried Onion	Mixed Grain Bowl with Roasted Yams, Squash with Crispy Lentil and Pumpkin Seeds		
Daily Salad Bar Offering	Mix Bean Salad Romaine Lettuce Parmesan Cheese Roasted Brussel 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	Coleslaw Spring Mix Cheddar Cheese Cherry Tomato Cauliflower Sliced Peppers Edamame Craisins Lemon Dill Tuna		
Dinner							
Hot Dinner Entrée (Daily Dinner Salad Bar and Dessert to accompany Hot Entrée)	Jajangyeon (Korean Style Udon Noodles in Black Bean Paste) Galbi Jjim (Slow Roasted Braised Beef) Stir Fry Vegetables	Poke Style Baked Salmon Rice Bowl Shredded Lettuce, Mango, Cucumber, Tomato, Avocado, Edamame & Radish Creamy Sesame Dressing	Tic Tocs "Marry me Chicken" Mashed Potatoes Italian Style Caponata (Eggplant, Onions, Celery, Capers)	Roasted Porchetta With a Italian "Salsa" Verde Served with a Fresh Baked Kaiser Bun Pickled Red Onions and Arugula And Peruvian Potato with Roasted Root Vegetables	Ginataan Na Sugpo (Shrimp in a Coconut Lemongrass Sauce) Sinangag (Garlic Fried Rice) Snap Peas, Carrots, Mushrooms	Shopsy/s Grilled All Beef Hot Dogs, 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	Mushroom and Tofu Jajangyeon	Rainbow Vegetable and Edamame Bowl	"Marry Me" Pan Fried Tofu	Bruschetta and Chickpeas Stuffed Portobello Cap	Stewed Collards and Jackfruit in Coconut Broth	Vegetarian Sausage	Impossible Egg Roll Bowl (Soy protein)



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Hot Breakfast Offering	Sunnyside Eggs Shredded Potato Grilled Ham and Plant Based Bacon	Ham and Cheese Breakfast Casserole Breakfast Sausage	French Toast Fresh Fruit Sliced Bacon Boiled Eggs	Scrambled Eggs Red Potato Hash Sausage Patty	Eggs Benedict Wraps (Tortilla, Egg, Hollandaise, Spinach Rolled and Roasted) Pork Sausage Wedge Potato	Scrambled Egg with Potato and Sausage Patty Hot Option #2 Honey Garlic Beef Stir Fry	Eggs Two Ways with Home fries and Bacon Hot Option #2 Assorted Grilled Cheese
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 Sweet 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	Beef Stewed with Diced Tomatoes Topped with Cowboy Caviar (Black Beans, Black Eyed Peas, Red Onion, Bell Peppers, Jalapeno) Served with Crispy Corn Tortilla	Coconut Curry Turkey Meatballs Lime Scented Whole Grain and Jasmine Rice Blend Minty Lemon and Kale Slaw	Weekend Brunch Options Listed Above in SAT/SUN Columns	
Meatless Lunch Entrée	Crispy Falafel Balls with Cucumber and Tomato Salad, Tahini Drizzle and Grilled Pita	Vegan Meatballs with Pomodoro Sauce and Garlic Toast	Vegan Taco Bowl with Spiced Impossible Beef, Long Grain Rice, Beans, Beet and Corn Topped with Pico De Gallo and Crispy Tortilla Strips	Mixed Bean and Vegetable Cassoulet with Grilled Baguette	Impossible Smash Burgers with House Made Pickle, Mac Sauce and Kettle Chips		
Daily Salad Bar Offering	Mix Bean Salad Romaine Lettuce Parmesan Cheese Roasted Brussel 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	Coleslaw 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)	Moqueca (Brazilian Style Fish Stew: Halibut, Scallop, Heirloom Tomato, Peppers, Carrots, Coconut Milk) Steamed Rice Sautéed Kale Warm Buttered Rolls	Chicken Kebab Platter (Chicken Skewers) Batta Harra (Roasted Potato) Zucchini, Squash, Carrot Pita, Hummus, Tzatziki, Sumac Red Onion	Involtini (Stuffed, Rolled & Braised Beef) Arancini (Breaded Risotto Balls) with Tomato Sauce Sauteed and Mushroom Roasted Cauliflower	Grilled Butterflied Chicken Alfredo Garlic Butter Linguine or Creamy Linguine Alfredo Roasted Broccoli	Turkey Tikka Masala Curried Fingerling Potatoes Garam Masala Vegetables	Lemongrass and Ginger Chicken or Pork Patties Ginger Fried Rice with Egg, Scallion Sauteed Greens and Bean Sprouts	Hoisin and Garlic Shrimp or Chicken Sizzle Stir- Fry Chow Mein Noodles Tamari Tossed Bok Choy Mixed Vegetables
Meatless Entrée	Vegetable, Bean, and Heart of Palm Moqueca	Falafel and Vegetable Skewers	Mixed Bean and Tomato Ragu	Soy Patty Parmesan	Grilled Avocado with Bean and Spinach Stuffing	Lemongrass and Ginger Soy Patties	Impossible Soy & Ginger Stir-fry



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Hot Breakfast Offering	Brunbrae Farms Fried Eggs Crispy Home Fries Turkey Links	Assorted Omelets Potato Pancakes Sautéed Mushrooms Grilled Ham	Griddled Egg Diced Hash browns Hickory Bacon	Assorted Crusless Quiche Sautéed Peppers and Onions Savory Potato Sausage Patty	Pancakes with Maple Syrup Roasted Red Potato Breakfast Sausage Boiled Eggs	Scrambled Egg with Potato and Sausage Patty Hot Option #2 Vegetarian Chow Mein	Eggs Two Ways with Red Skin Potato Sauté and Sliced Bacon Hot Option #2 Chicken and Waffles with Hot Honey
Breads	Assorted Breads, Jams & Spreads (Alternating Days of Avocado and Smoked Salmon available from Chefs upon request)						
Lunch							
Student Approved Hot Option	Korean Inspired Chicken and Rice Bibimbap Bowl Gochujang Chicken Kimchi Brown Rice Steamed String Bean, Sprouts and Carrots	Cheese Tortellini with Balsamic Brown Butter and Parmesan Served with Garlic Toast	Lemongrass Chicken Skewers Olive Oil, Garlic and Scallion Roasted Baby Potato Kale, Carrot, Apple and Pumpkin Seed Slaw	Beef and Root Vegetable Stew Diced Beef slowly simmered with Carrots, Turnips, Onions, Potatoes and Aromatics Served in a Bowl Mini-Yorkshire Pudding	Oven Roasted Teriyaki Salmon Served with Jasmine and Quinoa Miso Glazed Bok Choy and Carrots	Weekend Brunch Options Listed Above in SAT/SUN Columns	
Meatless Lunch Entrée	Vegan Gochujang Soy Rice Bowl Brown Rice, Marinated Tofu, Sautéed Spinach, Mushroom, Sprouts and Pickled Carrots and Kimchi	Gnocchi with Roasted Zucchini, Tomato and Spinach and a plant based Boursin Cream Sauce *Vegan and GF available upon Request	Papas Bravas Roasted Potato with Impossible "Steak" Tips, Spiced Tomato and Pepper Sauce. Drizzled with a Vegan Lemon Pepper Aioli	Ratatouille with Zucchini, Eggplant, Cannellini Beans served with Garlic Toast	Vegan Mac and Cheese Topped topped with a Crispy Topping		
Daily Salad Bar Offering	Mix Bean Salad Romaine Lettuce Parmesan Cheese Roasted Brussel 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	Coleslaw Spring Mix Cheddar Cheese Cherry Tomato Cauliflower Sliced Peppers Edamame Craisins Lemon Dill Tuna		
Dinner							
Hot Dinner Entrée (Daily Dinner Salad Bar and Dessert to accompany Hot Entrée)	Breaded Bone in Pork Schnitzel Warm Potato Salad with Garlic, Mustard and Dill (Plain potato option available) Braised Red Cabbage Roasted Brussel Sprouts	Pesto Chicken Parmesan Risotto Roasted Cauliflower and Broccoli	Smash Burgers (with or without melted american cheese) Assorted Toppings (Mushrooms, Caramelized Onions, Bacon Bits) Lettuce, Tomato, Cheese, Pickles, Onion Rings and Kale Caesar Salad	Hawaii Chicken Shoyu Pineapple Rice and Quinoa Pilaf Roasted Butternut Squash	Braised Beef Tostadas Corn, Peppers and Cotija Cheese, Green Goddess Cabbage Salad Pico de Gallo, Guacamole, Onions, Radish, Cilantro, Lime Crema	Herb and Garlic Pork "Drummies" Creamy Mashed Potato Roasted Vegetable Medley	Thai Basil Rice Bowl Thai Spiced Beef, Jasmine Rice, Red Pepper and Onion and Cut Beans) Basil and Green Onion Garnish
Meatless Entrée	Tofu Schnitzel	Cassoulet Stuffed Mushroom	Vegetarian Soy Protein Burger	Grilled Zucchini and Crispy Lentil Boats	Refried Bean and Cheese Quesadilla	Lentil Ragout Stuffed Peppers	Soy Krapow