

The Breakfast Buffet always features an egg dish, two soups, hot and cold cereals, and a daily special dish that could include pancakes, scones, or muffins. The cold cereal bar includes dry cereals, including our homemade granola, plus nuts, seeds, dry fruit, dairy and soy yogurt, and fruit. We also provide dairy (regular and low-fat), soy (sweetened and unsweetened), and rice milks, and orange juice.

The Buddha Bar Vegetarian, gluten-free, simply prepared dishes such as brown rice, millet, or quinoa; steamed vegetables; simple bean and vegetable dishes; as well as Ayurvedically inspired dahls and chutneys—plus an assortment of condiments.

The Sandwich Bar includes both vegetarian and nonvegetarian options that change daily, such as tuna salad, artichoke-spinach spread, sliced turkey, and hummus, plus a panini maker so you can create your own heated wonders.

There is fresh fruit, homemade bread, and the soup of the day available at every meal, as well as peanut butter, jelly, and rice cakes.

Week A Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Eggplant Tomato Salad Spanokopita Pecan Quinoa Pilaf Orange and White Balsamic-glazed Carrots Cauliflower Cous Cous	Blue Corn Tortilla Shells Arroz Verde House-Made Turkey Chorizo “Refried” Pinto Beans Sautéed Kale with Spiced Pepitas Salsa Fresca and Gaucamole	House Potato Naan Byrani Vegetable Korma Sesame Eggplant and Tamarind Sautéed Swiss Chard Mango Chutney Banana Raita	Roasted Red Quinoa Asparagus, Fava Bean, and Chevre Empanadas Vegan Sweet Potato Green Chili Creamy Corn Kale with Sundried Tomatoes Carrot and Raisin Salad	Brioche Buns Shelby’s Chicken Burgers Umami Burgers Baked Potato Fries Steamed Corn Spinach and Watercress Sauté	Spiced Rice Red Vegetable Curry Steamed Edamame Asian Noodle Salad Green Jade Stir Fry Sweet Potato Chips	Corn Bread African Peanut Stew Spiced “Fried” Plantains Red Beans and Rice Braised Collard Greens Raw Jimaca Salad

Week A Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Polenta Oven Roasted Tomatoes Portobella Mushrooms Taleggio Sautéed Green Beans Charred Asparagus with Lemon and Capers Rosemary Roasted Potatoes	Orecchiette or Rice Penne Fennel, Leeks, Arugula, Peas Tomato and Butter Bean Ragout Kale with Summer Squash	Portuguese Rice Peri Peri Chicken or Tempeh Coleslaw Shredded Brussels Sprouts with Chili and Garlic Crispy New Potatoes Coconut Almond Cake	Saffron Risotto with Ramps Vegetable Gratin Shrimp with Garlic, Chilies, and Mint Oil Sautéed Broccoli and Artichokes Sweet and Sour Cabbage	Coucous or Quinoa Spiced Chicken or Tofu with Zaatar Yogurt Sauce Sesame Eggplant Smokey Kale Roasted Cauliflower with Charmoula Sauce Mango Coconut Bread	Boiled New Potatoes Monkfish or Tofu Putanesca Fennel Crudité with Lemon and Parsley Sautéed Broccoli Rabe Grilled Vegetables White Bean Ragout Peach Cake	Yogurt Mashed Potatoes Oven “Fried” Chicken or Tofu Braised Collard Greens Sautéed Corn Roasted Brussels Sprouts with Pickled Red Onions Vegan Gravy Buckwheat Banana Bread

Week B Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spring Vegetable Farro Ratatouille Roasted Asparagus with Hazelnuts Fennel with Sultanas and Chili Sautéed Spinach Arugula Salad	Red Beans and Rice Jerk Chicken or Tofu Pea and Carrot Curry Crispy Brussels Sprouts Collard Greens Citrus Slaw	Pineapple and Almond Jasmine Rice Thai Basil Tofu with Peanut Sauce Sesame Snap Peas Pickled Cucumbers Roasted Coconut Sweet Potatoes Rice Noodle Salad	Pizza: Cheese Putanesca Spinach and White Mushroom Vegan Spring Veggie Braising Greens Greek Salad	House Ciabatta BBQ Pulled Turkey or Jackfruit Herbed Potato Salad Sautéed Corn and Peppers Sautéed Kale Creamy Red Cabbage Slaw	House Pitas Cous Cous or Quinoa with Feta Harissa Cauliflower with Golden Raisins and Green Falafels Rainbow Chard with Smoked Paprika Babagonouj Artichoke Salad	Summer Vegetable Chili House Cornbread Red Rice Braised Collard Greens Ceasar Salad Shredded Brussels Sprouts

Week B Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Rice and Herb Salad Corn Fritters with Chipotle Aioli Roasted Zucchini with Green Olives and Tomatoes Roasted Brussel Sprouts and Almonds Sautéed Arugula with Turkey Bacon Mango Salsa Almond Torta	Bowtie or Rice Pasta Vegan Mushroom Cream Sauce Italian Turkey Sausage or Vegan Bolognese Broccoli Rabe with Sundried Tomatoes Fennel Crudité Zucchini with Black Olives Rocket Ricotta Pesto	Cauliflower Cous Cous Garbanzo Tagine Ras El Hanout Chicken or Tofu Saffron Rice Carrot Salad Beets with Greens Peanut Butter Bars	Crispy Fingerling Potatoes Wild Salmon or Tofu Cakes Asparagus with Cherry Tomatoes Wehani Rice with Arugula Spinach with Pine Nuts	Coconut Ginger Rice Adobo Chicken or Tempeh Ginger Snap Peas Sautéed Corn and Black Beans Five Spice Carrots and Parsnips Orange Blueberry Cake	Roasted Red Potatoes Monkfish or Tofu Piccata Roasted Fennel Greens and Beans Sautéed Zucchini and Yellow Squash Brownies	Yogurt Mashed Potatoes Quinoa Pilaf Turkey or Lentil Loaf with Tomato Jam Vegan Gravy Broccoli and Kale with Garlic Lemon Poppyseed Bread