

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, chicken, and egg salads; artichoke-spinach spread; Reuben ingredients; marinated mozzarella; 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
Macaroni and Cheese with Spinach Gluten Free Vegan Squash Macaroni and Cheese Pulled Chipotle BBQ Chicken Pulled Chipotle BBQ Jackfruit Roasted Tomatoes Balsamic Brussel Sprouts	TACO TUESDAY Spiced Turkey Tortillas Seasoned Black Beans Corn and Kale Sauté Mexican Rice Salsa	Warm Beets with Orange Vinaigrette Sautéed Kale with Sundried Tomatoes Baked Butternut Squash with Honey Walnuts Baked Potatoes/Baked Sweet Potatoes Steamed Broccoli Whipped Chèvre Vegan Sour Cream	Kimchi Black Rice Maple Root Vegetable Stir Fry Edamame with Chili Oil Sesame Tofu Gingered Spinach Noodles with Peanut Sauce	Rice Fusilli Turkey Meatballs Vegetarian “Meatballs” Simple Marinara Baguette Sautéed Broccoli with Roasted Garlic	Vegetable Biryani Chickpeas in Curry Cream Sauce Harissa Cauliflower Kale and Cumin Seeds Cucumber Raita Tamarind Sauce Naan	Brown Basmati and Wehani Butternut Squash Chili Brussel Sprouts with Pickled Red Onion Sautéed Collard Greens with Pumpkin Seeds Corn Bread Apple Jicama Slaw

Week A Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Risotto Milanese Carrot Osso Bucco with Winter Green Gremolata Greens and Beans Cauliflower with Golden Raisins and Pine Nuts Sweet and Sour Cabbage Goat Cheese and Pecan Salad Almond Torta	Penne or Rice Penna Pasta Turkey Sausage with Tomato and Broccoli Rabe Sauce Alfredo Sauce Pumpkin Sauce Primavera Vegetables Roasted Fennel Sautéed Rainbow Chard	Chicken or Tempeh and Cardmon Apple Compote Parsnip and Celery Root Purée Rosemary Roasted Potatoes Smoked Swiss Chard Carrot Cake	Cous Cous or Quinoa with Feta Falafel Crusted Haddock Falafel Brusted Tofu Spiced Roasted Carrots Kale with Pickled Raisins and Pistachios Cariander Yogurt Tahini Sauce	Braised Chicken and Lentils Braised Tempeh and Lentils Roasted Long Grain Rice Roasted Cauliflower with Charmoula Sautéed Broccoli Rabe and Arugula Spiced Pumpkin Banana Peanut Butter Welcome Bread	Sesame Crusted Cod with Yellow Miso Glaze Sesame Crusted Tofu with Yellow Miso Glaze Wasabi Sweet Potatoe Purée Creamy Jasmine Rice Sautéed Asian Greens Five Spice Roasted Roots Brownies	Whipped Parsnip Potatoes Herb Roasted Turkey Breast Country Style Tofu Vegan Gravy Black Cherry Mustarda Sautéed Carrots with Preserved Lemon and Marjoram Sautéed Chard Pumpkin Welcome Bread

Week B Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chicken Pot Pie	Zaatar Turkey Burgers	Fried Rice	Cheese Pizza	Vegetarian Tamale Pie	Ras el Hanout Lentils	Creamy Polenta
Veggie Pot Pie	Caatar Chickpea Burgers	Fried Rice with Egg	Hot Italian Turkey Sausage Pizza	Roasted Delicata Squash	Spinach and Feta Casserole	Putanesca Sauce
Long Grain and Wild Rice Pilaf	Sesame Buns	Chicken Spring Rolls	Carmalized Butternut Squash and Kale Pizza	Kale with Spiced Pepitas	Roasted Carrots	Turkey or Veggie Sausage with White Bean and Kale
Warm Kale Slaw	Spinach and Watercress Harissa Mayo	Tofu Spring Rolls	Gluten Free Pizza	Red Rice	Sautéed Chard with Currants and Pine Nuts	Mushrooms, Peppers, and Onions
Brussel Sprouts and Carrots	Pomegranate Ketchup	Whole Edamame	Vegan Yam, Cauliflower, Red Pepper, Parsely Pizza	Guacamole	Tahini Beet Spread	Whipped Chèvre
	Feta Tzatziki Sauce	Duck Sauce/Hoisin BBQ Sauce	Braising Greens	Chips and Salsa	Pita Chips	Pesto
		Spicy Mustard Sauce	Caesar Salad			

Week B Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Punjabi Dahl	Squash Lasagna	Risotto	Black Rice with Almonds and Dried Cherries	Sesame Cider Glazed Chicken or Tempeh	Saffron Rice	Barley Wheatberry Pilaf
Sauteed Spiced Vegetables	Rice Pasta	Seared Chicken or Tofu	Roasted Pollock or Tofu with Coconut Green Curry Sauce	Millet Mash	Spiced Roasted Fish or Cauliflower	Chicken or Vegetable Sausage Cabbage
Kale with Cumin Seeds	Vegetabel Bolognese	Vegan Mushroom Cream Sauce	Sautéed Arugula	Sautéed Cabbage and Bok Choy	Chick Pea Purée	Mashed Potatoes
Raisin Date Chutney	Sweet and Spicy Fennel	Balsamic Glazed Carrots	Miso Braised Acorn Squash	Caramelized Brussel Sprouts with Kimchi Sauce	Lemon Parsely Sauce	Steamed Broccoli
Sweet Potato Raita	Steamed Vegetable Medley	Sautéed Rainbow Chard	Bok Choy and Ume Radishes	Noodle Salad	Sautéed Broccoli Rabe and Arugula	Stewed Apples
Basmati Rice	Sautéed Greens	Rosemary Roasted Potatoes		Cranberry Orange Welcome Bread	Fennel with Romesco	Horseshish Sour Cream/ Mustard
Coconut Squash	Turkey and Broccoli Rabe Ragout	Peanut Butter Bars			Purple Potatoes	Lemon Poppyseed Welcome Bread
Vanilla Cake					Pumpkin Gingerbread	