

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
Eggplant Tomato Salad	TACO TUESDAY	House Potato Naan	Roast Red Quinoa	Brioche Buns	Spiced Rice	Corn Bread
Spanakopita	Blue Corn Tortillas	Byrani	Asparagus, Red Beans, and Chevre Empanadas	Shelby's Chicken or Veggie Burgers	Red Vegetable Curry	African Peanut Stew
Pecan Quinoa Pilaf	House-Made Chorizo	Veggie Korma	Vegan Sweet Potato	Baked Potato Fries	Steamed Edamame	Spiced "Fried" Plantains
Za'atar Roasted Carrots	Arroz Verde	Sesame Eggplant and Tamarind	Green Chili Creamy Corn	Steamed Corn	Asian Noodle Salad	Kidney Beans and Rice
Cauliflower Couscous Salad	"Refried" Pinto Beans	Sautéed Swiss Chard	Chimichurri sauce	Spinach and Watercress Sauté	Green Jade Stir Fry	Braised Greens
Chilled Cucumber and Arugula Soup	Sautéed Kale with Spiced Pepitas	Spice Carrot, Ginger, and Mango Soup	Kale with Sundried Tomatoes	Spring Pea Soup	Thai Greens and Melon Soup	Raw Jicama Salad
	Tomato Cabbage Soup		Vegetable Soup			Vegetable Soup

Week A Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soft Polenta with Oven Roasted Tomatoes	Penne or Rice Penne Pasta	Peri Peri Chicken or Tempeh	Shrimp or Tofu Pad Thai	Spiced Chicken or Tofu with Zaatar Yogurt Sauce	Cod or Tofu with Bouillabaisse Sauce	Oven "Fried" Chicken or Tofu
Portobello Mushrooms with Taleggio and White Truffle Oil	Fennel, Leeks, Arugula, and Peas	Portuguese Rice	Steamed Broccoli	Couscous	Saffron Rice	Yogurt Mashed Potatoes
Sautéed Greens and Beans	Tomato Butter Bean Ragout	Coleslaw	Edamame	Sesame Eggplant	Dill New Potatoes	Braised Collard Greens
Roasted Asparagus with Hazelnuts	Kale with Summer Squash	Shredded Brussels Sprouts with Chili and Garlic Oil	Vegetable Egg Rolls	Smokey Kale	Fennel Salad	Sautéed Corn
Rosemary Potatoes	Summer Minestrone Soup	Local Braising Greens	Duck, Mustard, and Peanut Sauces	Roasted Cauliflower	Sautéed Spinach	Roasted Brussels with Pickled Red Onions
Cannellini and Kale Soup		Roasted New Potatoes	Lemon Grass Soup	Lebanese Tomato Soup	Split Pea Soup	Creamy Vegetable Soup
Mocha Cake		Black Bean Soup		Welcome Bread	Peach Cake	Welcome Bread
		Coconut Almond Crackle				

Week B Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spring Pea and Ramp Risotto Roasted Asparagus Fennel with Sultanas and Chili Sautéed Dandelion Greens Roasted Beets with Chèvre Waldorf Salad Potato Leek Soup	Jerk Chicken Red Beans and Rice Pea and Carrot Curry Crispy Brussels Sprouts Okra Citrus Slaw Plantain Soup	Pineapple and Almond Jasmine Rice Thai Basil Tofu with Peanut Sauce Sesame Snap Peas Roasted Coconut Sweet Potatoes Rice Noodle Salad Hot and Sour Soup	Pizza: Various options including vegan and gluten free Braising Greens Caesar Salad Italian Herb Vegetable Soup	BBQ Pulled Turkey or Jackfruit Ciabatta Herb Potato Salad Sautéed Corn and Peppers Sautéed Kale Creamy Red Cabbage Slaw Cauliflower Soup	Couscous/Quinoa with Feta Harissa Cauliflower Falafel Rainbow Chard with Smoked Paprika Baba Ghanoush/Artichoke Salad Pita Roasted Tomato Soup	Vegetable Chili Cornbread Red Rice Shredded Balsamic Brussels Caesar Salad Collard Greens with Sunflower Seeds African Vegetable Soup

Week B Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Rice and Herb Salad Corn Fritters with Chipotle Aioli Roast Zucchini with Green Olives and Tomatoes Roasted Brussels Sprouts with Almonds Sautéed Arugula with Turkey bacon Carrot and Dill Soup Vanilla Cake	Bowtie or Rice Pasta Eggplant Parmesan Veggie Meatballs Rustic Marinara Broccoli Rabe with Yellow Squash and Sundried Tomatoes Fennel Crudité Portuguese Kale Soup	Ras el Hanout Chicken or Tofu Cauliflower Couscous with Parsley and Red Peppers Garbanzo Tagine Saffron Rice Beets and Greens Tomato Rice Soup Peanut Butter Bars	Spiced Fish or Tofu with Peach Salsa Roasted Fingerling Potatoes Garlic Green Beans Wehani Pilaf Sautéed Kale Carrot and Ginger Soup	Mustard Basil Chicken Cannellini Beans with Oven Roasted Tomatoes Wild Mushroom Risotto Sautéed Broccoli Rabe Roasted Zucchini with Mint Honey Balsamic Carrots Asparagus "Bisque" Welcome Bread	Cornmeal Crusted Flounder or Tofu with Roasted Poblano and Avocado Relish Creamy Jasmine Rice Spiced Purple Potatoes Asparagus with Roasted Tomatoes Sautéed Arugula Vegan Creamy Broccoli Soup Brownies	Turkey or Lentil Loaf with Tomato Jam Yogurt Mashed Potatoes Quinoa Pilaf Vegan Gravy Broccoli with Kale and Garlic Black-Eyed Pea Soup Welcome Bread