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 products (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

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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>Macaroni and Cheese with Spinach</td>
<td>Spiced Turkey</td>
<td>Warm Beets with Orange Vinaigrette</td>
<td>Kimchi Black Rice</td>
<td>Rice Fusilli</td>
<td>Vegetable Biryani</td>
<td>Brown Basmati and Wehani</td>
</tr>
<tr>
<td>Gluten Free Vegan Squash</td>
<td>Tortillas</td>
<td>Sautééed Kale with Sundried Tomatoes</td>
<td>Maple Root Vegetable Stir Fry</td>
<td>Turkey Meatballs</td>
<td>Chickpeas in Curry Cream Sauce</td>
<td>Butternut Squash Chili</td>
</tr>
<tr>
<td>Macaroni and Cheese</td>
<td>Seasoned Black Beans</td>
<td>Baked Butternut Squash with Honey Walnuts</td>
<td>Edamame with Chili Oil Sesame Tofu</td>
<td>Vegetarian “Meatballs“</td>
<td>Harissa Cauliflower Kale and Cumin Seeds</td>
<td>Brussel Sprouts with Pickled Red Onion</td>
</tr>
<tr>
<td>Pulled Chipotle BBQ Chicken</td>
<td>Corn and Kale Sautééed</td>
<td>Baked Potatoes/Baked Sweet Potatoes</td>
<td>Gingered Spinach</td>
<td>Baguette</td>
<td>Cucumber Raita</td>
<td>Sautééed Collard Greens</td>
</tr>
<tr>
<td>Pulled Chipotle BBQ</td>
<td>Mexican Rice Salsa</td>
<td>Steamed Broccoli</td>
<td>Noodles with Peanut Sauce</td>
<td>Sautééed Broccoli with Roasted Garlic</td>
<td>Tamarind Sauce</td>
<td>with Pumpkin Seeds</td>
</tr>
<tr>
<td>Roasted Tomatoes</td>
<td></td>
<td>Whipped Chèvre</td>
<td></td>
<td></td>
<td>Naan</td>
<td>Corn Bread</td>
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<tr>
<td>Balsamic Brussel Sprouts</td>
<td></td>
<td>Vegan Sour Cream</td>
<td></td>
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<td>Apple Jicama Slaw</td>
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</thead>
<tbody>
<tr>
<td>Risotto Milanese</td>
<td>Penne or Rice Penna Pasta</td>
<td>Chicken or Tempeh and Cardmon Apple Compote</td>
<td>Cous Cous or Quinoa with Feta</td>
<td>Braised Chicken and Lentils</td>
<td>Sesame Crusted Cod with Yellow Miso Glaze</td>
<td>Whipped Parsnip Potatoes</td>
</tr>
<tr>
<td>Carrot Osso Bucco with</td>
<td>Turkey Sausage with</td>
<td>Parsnip and Celery Root Purée</td>
<td>Falafel Crusted Haddock</td>
<td>Braised Tempeh and Lentils</td>
<td>Sesame Crusted Tofu with Yellow Miso Glaze</td>
<td>Herb Roasted Turkey Breast</td>
</tr>
<tr>
<td>Winter Green Gremolata Greens</td>
<td>Tomato and Broccoli Rabe Sauce</td>
<td>Rosemary Roasted Potatoes</td>
<td>Falafel Brausted Tofu</td>
<td>Roasted Long Grain Rice</td>
<td>Wasabi Sweet Potatoe Puree</td>
<td>Country Style Tofu</td>
</tr>
<tr>
<td>and Beans</td>
<td>Alfredo Sauce</td>
<td>Spiced Roasted Carrots</td>
<td>Spiced Roasted Cauliflower</td>
<td>Roasted Cauliflower with Charmoula</td>
<td>Creamy Jasmine Rice</td>
<td>Vegan Gravy</td>
</tr>
<tr>
<td>Cauliflower with Golden</td>
<td>Pumpkin Sauce</td>
<td>Kale with Pickled Raisins</td>
<td>Tahini Sauce</td>
<td>Sautééed Broccoli Rabe and Arugula</td>
<td>Sautééed Asian Greens</td>
<td>Black Cherry Mustarda</td>
</tr>
<tr>
<td>Raisins and Pine Nuts</td>
<td>Primavera Vegetables</td>
<td>Pistachios</td>
<td></td>
<td>Spiced Pumpkin</td>
<td>Five Spice Roasted Roots</td>
<td>Sautééed Carrots with</td>
</tr>
<tr>
<td>Sweet and Sour Cabbage</td>
<td>Roasted Fennel</td>
<td>Cariander Yogurt</td>
<td></td>
<td>Banana Peanut Butter</td>
<td>Brownies</td>
<td>Preserved Lemon and</td>
</tr>
<tr>
<td>Goat Cheese and Pecan Salad</td>
<td>Sautééed Rainbow Chard</td>
<td>Tahini Sauce</td>
<td></td>
<td>Welcome Bread</td>
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<td>Marjoram</td>
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<tr>
<td>Almond Tart</td>
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<td>Sautééed Chard</td>
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<td>Pumpkin Welcome Bread</td>
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### Week B Lunch

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<tr>
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</thead>
<tbody>
<tr>
<td>Chicken Pot Pie</td>
<td>Zaatar Turkey Burgers</td>
<td>Fried Rice</td>
<td>Cheese Pizza</td>
<td>Vegetarian Tamale Pie</td>
<td>Ras el Hanout Lentils</td>
<td>Creamy Polenta</td>
</tr>
<tr>
<td>Veggie Pot Pie</td>
<td>Zaatar Chickpea Burgers</td>
<td>Fried Rice with Egg</td>
<td>Hot Italian Turkey Sausage Pizza</td>
<td>Roasted Delicata Squash</td>
<td>Spinach and Feta Casserole</td>
<td>Putanesca Sauce</td>
</tr>
<tr>
<td>Long Grain and Wild Rice Pilaf</td>
<td>Sesame Buns</td>
<td>Chicken Spring Rolls</td>
<td>Caramelized Butternut Squash and Kale Pizza</td>
<td>Kale with Spiced Peptitas</td>
<td>Roasted Carrots</td>
<td>Turkey or Veggie Sausage with White Bean and Kale</td>
</tr>
<tr>
<td>Warm Kale Slaw</td>
<td>Roasted Yam Fries</td>
<td>Tofu Spring Rolls</td>
<td>Glutten Free Pizza</td>
<td>Red Rice</td>
<td>Sautéd Chard with</td>
<td>Mushrooms, Peppers, and Onions</td>
</tr>
<tr>
<td>Brussel Sprouts and Carrots</td>
<td>Spinach and Watercress</td>
<td>Green Jade Stir Fry</td>
<td>Vegan Yam, Cauliflower, Red Pepper, Parsely Pizza</td>
<td>Guacamole</td>
<td>Currants and Pine Nuts</td>
<td>Whipped Chèvre</td>
</tr>
<tr>
<td></td>
<td>Harissa Mayo</td>
<td>Whole Edamame</td>
<td>Braising Greens</td>
<td>Chips and Salsa</td>
<td>Tahini Beet Spread</td>
<td>Pesto</td>
</tr>
<tr>
<td></td>
<td>Pomegranate Ketchup</td>
<td>Duck Sauce/Hoisin BBQ Sauce</td>
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<tr>
<td></td>
<td>Feta Tzatziki Sauce</td>
<td>Spicy Mustard Sauce</td>
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<tbody>
<tr>
<td>Punjabi Dahl</td>
<td>Squash Lasagna</td>
<td>Risotto</td>
<td>Black Rice with Almonds and Dried Cherries</td>
<td>Sesame Cider Glazed Chicken or Tempeh</td>
<td>Saffron Rice</td>
<td>Barley Wheatberry Pilaf</td>
</tr>
<tr>
<td>Sauteed Spiced Vegetables</td>
<td>Rice Pasta</td>
<td>Seared Chicken or Tofu</td>
<td>Roasted Pollock or Tofu with Coconut Green Curry Sauce</td>
<td>Chicken or Vegetable Sausage Cabbage</td>
<td>Spiced Roasted Fish or Cauliflower</td>
<td></td>
</tr>
<tr>
<td>Kale with Cumin Seeds</td>
<td>Vegetabel Bolognese</td>
<td>Vegan Mushroom Cream Sauce</td>
<td>Sautéed Rainbow Chard</td>
<td>Sautéed Cabbage and Bok Choy</td>
<td>Mashed Potatoes</td>
<td>Chicken or Vegetable Sausage Cabbage</td>
</tr>
<tr>
<td>Raisin Date Chutney</td>
<td>Sweet and Spicy Fennel</td>
<td>Balsamic Glazed Carrots</td>
<td>Rosemary Roasted Potatoes</td>
<td>Caramelized Brussel Sprouts with Kimchi Sauce</td>
<td>Lemon Parsely Sauce</td>
<td>Mashed Potatoes</td>
</tr>
<tr>
<td>Sweet Potato Raita</td>
<td>Steamed Vegetable</td>
<td>Sautéed Rainbow Chard</td>
<td>Peanut Butter Bars</td>
<td>Noodle Salad</td>
<td>Sautéed Broccoli Rabe and Arugula</td>
<td>Steamed Broccoli</td>
</tr>
<tr>
<td>Basmati Rice</td>
<td>Medley</td>
<td>Rosemary Roasted Potatoes</td>
<td></td>
<td>Cranberry Orange</td>
<td>Fennel with Romesco</td>
<td>Stewed Apples</td>
</tr>
<tr>
<td>Coconut Squash</td>
<td>Sautéed Greens</td>
<td>Peanut Butter Bars</td>
<td></td>
<td>Welcome Bread</td>
<td>Horserashish Sour Cream/ Mustard</td>
<td>Horserashish Sour Cream/Mustard</td>
</tr>
<tr>
<td>Vanilla Cake</td>
<td>Turkey and Broccoli Rabe Raguot</td>
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