

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
Pulled Chipotle BBQ Chicken or Jackfruit	TACO TUESDAY Tortillas or Corn Shells	Saffron Cous Cous	Chai Basmati Rice	Chicken or Vegetable Sausage and Cabbage	Wehani and Brown Rice	Soba Noodles
Macaroni and Cheese with Spinach	Spiced Turkey	Ras El Hanout Lentils	Chickpeas in Curry Cream Sauce	Barley Wheatberry Pilaf	Three Sisters Coconut Stew	Mee Goreng Tofu
Gluten-Free Vegan Squasharoni and Cheese	Seasoned Black Beans	Warm Beets with Orange Vinaigrette	Potato Samosa	Mashed Potatoes	Caramelized Brussels Sprouts with Turmeric	Greens
Roasted Tomatoes	Sautéed Kale with Corn	Sautéed Kale with Sundried Tomatoes	Harissa Cauliflower	Steamed Broccoli	Pickled Red Onions	Umebosi Radishes
Steamed Broccoli	Mexican Rice	Baked Butternut Squash with Honey Walnuts	Kale and Cumin Seeds	Stewed Apples	Braised Collard Greens with Pomegranate	Warm Sushi Rice Salad
Mushroom Barley Soup	Salsa Fresca and Gaucamole	Spinach and Bacon Salad	Cucumber Raita	Horsereadish Sour Cream	Corn Bread	Spicy Peanut Sauce
	Roasted Sweet Potato Soup	Parsnip and Apple Soup	Tamarind Sauce	Mustard	Lemony Lentil Soup	Steamed Edamame
			Carrot Ginger Soup	Borscht		Vegetable Dashi

Week A Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Crispy Polenta with Vegan Mushroom Cream Sauce	Penne or Rice Penne Pasta	Sesame Cider Glazed Chicken or Tempeh	Shrimp or Tofu and Squash in Cilantro Pesto	Chicken or Portobella Cacciatore	Falafel Crusted Haddock or Tofu	Herb Roasted Turkey Breast or Tofu
Greens and Beans	Kale Pesto	Millet Mash	Quinoa and Corn Pilaf	Baked Acorn Squash	Quinoa and Pecan Pilaf	Whipped Parsnip Potatoes
Basmati and Wild Rice Pilaf	Cashew Sauce	Sauteed Cabbage and Bok Choy	Vegetable Stir Fry	Sautéed Kale	Roasted Cauliflower	Vegan Gravy
Honey Balsamic Glazed Carrots	Pumpkin Sauce	Caramelized Brussels Sprouts with Kimchi Sauce	Romaine with Peanut Sauce	Creamy Polenta	Marinated Beets with Feta	Black Cherry Mustarda
Goat Cheese and Pecan Salad	Roasted Fennel	Noodle Salad	Creamy Jasmine Rice	Tuscan Beans	Kale with Smoked Paprika	Sautéed Carrots with Preserved Lemon and Marjoram
Autumn Harvest Soup	Italian Turkey Sausage with Tomato and Broccoli Rabe	Lima Bean and Winter Vegetable Soup	Hot and Sour Soup	Black-Eyed Pea Soup	Charmola Sauce	Sautéed Chard
Almond Raisin Cake	Cannelini Rosemary Soup	Crackle Cake		Lemon Poppy Seed Welcome Bread	Tahini Sauce	Creamy Vegetable Soup
					Tomato Rice Soup	Banana Chocolate Peanut Butter Welcome Bread
					Carrot Cake	

Week B Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chicken or Vegetable Pot Pie Long Grain Wild Rice Pilaf Warm Kale Slaw Brussels Sprouts and Carrots Vegetable Noodle Soup	Mushroom and Swiss Turkey or Veggie Burgers Sesame Buns Harissa Yam Fries and Pomegranate Catsup Spinach and Watercress "Steak" sauce Chipotle Mayo Corn Chowder	Fried Rice with or without Egg Chicken or Tofu Spring Rolls Bok Choy and Broccoli Whole Edamame Duck Sauce Hoisin BBQ Sauce Spicy Mustard Sauce Hot and Sour Soup	Pizza: Various options including vegan and gluten free Braising Greens Caesar Salad Italian Herb Vegetable Soup	Vegetable Chili Cornbread Roasted Delicata Squash Braising Greens Red Rice Shredded Jack Cheese Diced Red Onions Lemony Carrot and Fennel Soup	Punjabi Dahl or Vegetables Kale with Cumin Seeds Raisin Date Chutney Sweet Potato Raita Spiced Basmati Rice House Naan Curried Parsnip Soup	Toasted Orzo Sunballs Creamed Spinach Marinara Sauce Steamed Broccoli and Garlic Sautéed Arugula Parmesan and Vegan Parmesan White Bean Soup

Week B Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yellow Rice Cauliflower, Potatoes, and Peas Hot and Sour Chickpeas Squash with Coconut Punjabi Cucumber Raita Rice Pudding Greens Mulligatawny Soup	Squash Lasagna Rice Pasta Vegetable Bolognese Sweet and Spicy Fennel Steamed Vegetable Medley Sautéed Greens Focaccia Cannelini Soup	Chicken or Tempeh and Lentils Roasted Long Grain Rice Roasted Cauliflower with Charmoula Sprouts and Pickled Red Onions Spiced Pumpkin Moroccan Chickpea Soup Peanut Butter Bars	Piri Piri Shrimp or Tofu Tumeric Cauliflower Cous Crispy Fingerling Potatoes with olive oil and Smoked Sea Salt Acorn Squash with Sweet Paprika and Tahini Sauce Beets Slaw Spiced Lentil Soup	Chicken or Tempeh and Cardamon Apple Compote Shredded Brussels Sprouts and Cauliflower Parsnip and Celery Root Purée Rosemary Roasted Potatoes Smoky Swiss Chard Squash Bisque Orange-Cranberry Welcome Bread	Haddock or Tofu with Fennel, Green Olive Relish, and Salmoriglio Sauce Yellow Rice Sautéed Broccoli Rabe and Carrots Baked Delicata Squash Chickpeas and Chard Vegan Cream of Broccoli Soup Brownies	Oven "Fried" Fish or Tofu Quinoa Pilaf Steak Fries Mardi Gras Slaw Tartar Sauce Curry Sauce Chopped Mediterranean Salad Cauliflower and Thyme Soup Pumpkin Bread with Maple Cream Cheese