

**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, as well as non-concentrate 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 and homemade bread available at every meal, as well as peanut butter, jelly, and rice cakes.

## Week A

### Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mushroom Barley Soup Macaroni and Cheese Squash-a-roni Roasted Tomatoes with Basil Steamed Broccoli Braised Kale with Squash	Roasted Sweet Potato Soup Tacos/Tortillas Spiced Turkey Seasoned Black Beans Corn Sauté Mexican Rice	Parsnip and Apple Soup Harvest Vegetable Cassoulet Baked Butternut Squash with Honey Walnuts Sautéed Kale with Sundried Tomatoes Basamati Rice with Pinenuts	Lemony Red Lentil Soup Chick Peas with Curry Cream Sauce Biryani Baked Potato Samosas Kale and Califlower with Mustard Seeds	Italian Lentil Soup Toasted Orzo Turkey or Sunflower Meatballs Marinara Sauce House Batards Sautéed Broccoli with Roasted Garlic	Smokey Tomato Soup Wehani Pilaf Ajiaco Stew Kale with Spiced Pepitas Corn Bread	Split Pea Soup White and Brown Basmati Wild Mushroom and Pepper Gratin Cannellini Beans with Chili Flakes Sautéed Spinach

### Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Onion Soup Seared Tofu with Mushroom Cream Sauce Squash Risotto Green and Beans Basmati and Wild Rice Pilaf Honey Balsamic Glazed Carrots Goat Cheese and Pecan Salad	Cannellini Rosemary Soup Penne or Rice Penne Kale Pesto Alfredo Sauce Pumpkin Sauce Braised Chard Baked Acorn Squash Garlic Bread Roasted Fennel	Lima Bean and Winter Vegetable Soup Sesame Cider Glazed Chicken or Tempeh Millet Mash Sautéed Cabbage Bok Choy Roasted Sweet Potatoes with Cinnamon Apple Crisp	Creamy Vegetable Soup Oven "Fried" Fish or Tofu Quinoa Pilaf Yam Fries Mardi Gras Slaw	Black-Eyed Pea Soup Maple Cranberry Glazed Chicken or Tofu Mashed Sweet Potatoes Sautéed Kale with Apples Wild Rice Medley Roasted Brussels Sprouts with Almonds	Hot and Sour Soup Shrimp or Tofu with Squash in Cilantro Pesto Quinoa and Corn Pilaf Vegetable Stir Fry	Puree of Chickpea Soup Barley Wheatberry Pilaf Chicken or Vegetable Sausages with Cabbage Mashed Potatoes Steamed Broccoli Stewed Apples

## Week B

### Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vegetable Noodle Soup Chicken or Vegetable Pot Pie Brussels Sprouts and Carrots Kale with Parsnips	Corn Chowder Turkey or Black Bean Burgers Brioche Buns Yam Fries Spinach and Watercress	Shiitake Dashi Fried Rice Tofu Stir Fry Bok Choy and Broccoli Whole Edamame	Fall Lentil Soup Pizza Braised Greens Greek Salad	Vegetable Chili Cornbread Roasted Delicata Squash Braised Greens Red Rice	Curried Parsnip Soup Punjabi Dahl Punjabi Vegetables Kale with Cumin Seeds House Naan Raisin and Date Chutney Sweet Potato Raita	Coconut Yam Soup Pad Thai Noodles Sesame Tofu Steamed Broccoli and Bok Choy Warm Sushi Rice Salad

### Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mulligatawny Soup Yellow Rice Cauliflower, Potatoes, and Peas Hot and Sour Chickpeas Squash with Coconut Raita Rice Pudding	Cannellini Soup Squash Lasagna with Vegetable Bolognese Braised Fennel Steamed Vegetable Medley Sautéed Greens	Moroccan Chickpea Soup Chicken or Tempe with Lentils Roasted Long Grain Rice Roasted Cauliflower with Charmoula Brussel Sprouts Pickled Red Onions Mocha Cake	Lentil Pumpkin Soup Long Grain Rice Haddock or Tempeh with Winter Greens Gremolata Chard with Almonds and Currants Carrots with Dill Braised Root Vegetables with Dates	Squash Bisque Chicken or Tempeh with Green Peppercorn Sauce Shredded Maple Brussels Sprouts Cider-Glazed Parsnips Rosemary Roasted Potatoes Welcome Bread	Creamy White Bean Soup Roasted Haddock or Tofu Citrus Fennel Relish Saffron Rice Rainbow Chard Parsley and Dilled Potatoes	Cabbage and Corn Soup Turkey or Lentil Shepard's Pie Roasted Root Vegetables Sautéed Smokey Kale Wild Rice Pilaf Welcome Bread



# Fall/Winter Menu

Subject to change.

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