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CYCLE 3 DINNER Fall 2017	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EMILY'S							
Emily's Entrée's	Grilled Vegetable Quesadillas-**Veg** **Specialty Salad** Grain Salad and Fruit Bar Vegetarian & Vegan Soups	Thai Vegetable Curry with Basil Steamed Quinoa-**GF/DF/V** **Specialty Salad** Grain Salad and Fruit Bar Vegetarian & Vegan Soups	Bok Choy and Tempeh Stir-Fry With Miso Sauce and Brown Rice **GF/DF/V** Specialty Salads Grain Salad and Fruit Bar Vegetarian & Vegan Soups	Smoked Tofu Veggie Jambalaya with Chow Chow Salad and Short Grain Rice-**GF/DF/V** Specialty Salads Grain Salad and Fruit Bar Vegetarian & Vegan Soups	Zucchini Fritters Gyro-**V** Tzatziki, Tomato, Cucumber Lettuce and Pita Specialty Salads Grain Salad and Fruit Bar Vegetarian & Vegan Soups	Grilled Vegetable and Tofu Taco-**Veg** Specialty Salads Grain Salad and Fruit Bar Vegetarian & Vegan Soups	"Rockin' Moroccan Bowl" Roasted Eggplant and tomato, cuke red onion, red grapes, smoked almond fresh herbs, lemon-tahini yogurt drizzle Steamed cous cous-**GF/DF/V** Grain Salad and Fruit Bar Vegetarian & Vegan Soups
THE DINER							
Entree #1	Fried Cajun Catfish Remoulade Sauce-**GF,Veg** Hush Puppies-**Veg** BBQ Baked Beans--**GF,DF,V**	**Pierogi Bar** Buffalo Pierogi w/ Blue Cheese Crumbles-**Veg** Kielbasa and Sauer Kraut Pierogies with Caramelized Onions-**Veg**	**Plated** Seafood Scampi (Shrimp, Scallop, Surimi, Fish) White Rice Sundried Tomato Pesto-**Veg**	Huli Huli Chicken Thighs-**DF** Grilled Pineapple-**GF/DF/V** Coconut Rice--**GF/DF/V**	Rana Ravioli Bake with Butternut Squash and Spinach-**Veg** Garlic Bread -**Veg**	Chuck Roll Pot Roast Mushroom Gravy Smashed Potatoes-**GF/Veg** Onion Rings-**Veg**	**Kicked up Fajita Friday** Sliced Beef-**GF/DF** Sliced Chicken-**GF/DF** Grilled Flaked Salmon-**GF/DF** Black bean & sweet potatoes--**GF/DF/V** Cilantro white rice-**GF/DF/V** Peppers-n-Onions-**GF/FD/V**
Entree #2	Carne Asada -**DF** Grilled Tortillas Roasted Plantains--**GF/DF/V** Lime Zested Sweet Potatoes-**GF,DF,V**	Pernil Pork-**GF/DF** Yellow Rice--**GF/DF/V** Bean Stew--**GF/DF/V**	Korean BBQ Chicken Thighs Curried Shoestring Fries-**Veg**	Pork Shnitzel cooked Live Lemon Butter Sauce Herbed Orzo-**Veg** Horseradish Cole Slaw-**GF/DF/V**	Hungarian Local Pork Goulash Served with Bowtie Pasta Mozzerella Sticks-**Veg** Marinara sauce-**veg**	Sautéed Chicken Dijonaise Brown Rice Pilaf--**GF/DF/V**	Flour Tortillas-**Veg** Roasted Corn--**GF/DF/V** Shrd'd Pepper jack Cheese-**GF,Veg** Chipotle Taco Sauce--**GF/DF/V** Shredded Romaine Lettuce--**GF/DF/V** Dice Plum Tomatoes--**GF/DF/V** Lime Zested Sour Cream-**GF,Veg**
Signature Veggies	Sautéed Yellow Squash and carrots-**GF,DF,V** Sautéed Swiss Chard--**GF/DF/V**	Steamed California Medley--**GF/DF/V** Sautéed Squashes with Fresh Oregano--**GF/DF/V**	Nappa Cabbage Saute with with Red Peppers--**GF/DF/V** Sautéed Snow Peas and Carrots with Sesame Seeds--**GF/DF/V**	Broccoli Crowns w/ Garlic--**GF/V** Gingered Bok Choy--**GF/DF/V**	Steamed Green Beans--**GF/DF/V**	Steamed Cauliflower with Fresh Dill and Parsley--**GF/DF/V** Steamed Carrots with Fresh Rosemary--**GF/DF/V**	
PASTA							
	"Plated" Stuffed Rigatoni w/ Tomato Cream-**Veg**	"Plated" Penne Pasta with a Northern Italian Beef Bolognese Pasta Bar	Pasta Bar Assorted Sauces Pasta Bar	"Plated" Orecchiette Pasta and Chicken w/ Pesto Genovese Sauce Pasta Bar	"Plated" Butternut Squash Ravioli Sage Brown Butter Sauce-**Veg** Pasta Bar	"Plated" Chicken and Fettuccini with a Broccoli Alfredo Sauce Pasta Bar	Chef's Choice plated entrée Pasta Bar
GLOBAL							
	Vegetable Samosas-**Veg** Basmati Rice-**GF,DF,V** Empress Dal-**Veg** Congee Bar	Sweet Chili Chicken w/ Scallion and Dried Mushroom Jasmine Rice-**GF/DF/V** Congee Bar	Grilled Sweet Tamari Steak-**GF**, **DF** Pickled Bok Choy Salad--**GF/DF/V** Jasmine Rice--**GF/DF/V** Noodle bar	Lamb Tagine with Apricot Cous Cous Noodle bar	Veggie Lo Mein-**Veg** Noodle bar	Morracan Blue Fish Preserved Lemons Green Pea & Bell Pepper Couscous-**Veg** Noodle bar	Char Sui Porkloin-**DF** Brown Rice--**GF/DF/V** Sesame green beans--**GF/DF/V** Char Sui Tempeh-**GF/DF/V**