

NEEEA 2011 Menu

Friday Dinner:

- Salad bar
- Penne pasta with side of tomato basil sauce (vegetarian approved) and optional side of Alfredo sauce
- Side of meatballs or sausages
- French Bread w/ butter
- hot vegetable
- cookies and cake

Saturday Breakfast

• Scrambled eggs, home fries, bacon and/or sausage , asst., breads, bagels, English muffins, yogurt, cereal, oatmeal, fruit, milk, juice

Saturday Lunch:

- Salad Bar (all vegetables will be organic) w/ couscous, hummus, etc
- Local chicken breast from Case Farms
- Organic ciabatta bread
- Organic sweet potatoes
- Organic squash/apple soup (we're going to try to get all organic ingredients for this, but we will definitely be sure the MAIN ingredients are organic)
- Organic Portabella caps for vegetarians

Saturday Dinner:

- Roasted pork loin
- Spanish rice
- hot vegetable
- Puerto Rican bean dish
- salad bar
- Baked tofu for vegetarians
- Dinner rolls w/butter
- Pies and cookies

Sunday Breakfast:

• French toast or pancakes, bacon and/or sausage, assorted breads, bagels, English muffins, yogurt, cereal, oatmeal, fruit, milk, juice

Sunday Lunch:

- Roast beef, turkey, egg salad, and tuna salad on assorted breads
- Split pea soup
- Hummus
- Chips
- Watermelon
- Salad bar

*****While we are focusing on making Saturday's lunch strictly organic, the other meals will also have organic vegetables at the salad bar.**