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BRUNCH

Chef’s Omelet
Veggie of the Day Omelet
Chocolate Chip Pancakes

LUNCH

Chef’s Omelet
Veggie of the Day Omelet
Chocolate Chip Pancakes

360

Steamed Rice
Brown Rice
Tofu Teriyaki
Quinoa Salad
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
MONDAY CYCLE 1

BREAKFAST

Scramble of the Day
Daily Veggie Scramble
French Toast

LUNCH/DINNER

Chicken Ricotta & Greens
Aio Oio

360
Moroccan Grilled Vegetables
Polenta
Chickpea Stew
Green Bean Salad
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
TUESDAY
CYCLE 1

BREAKFAST

Scramble of the Day
Daily Veggie Scramble
Pancakes

LUNCH/DINNER

Creamy Shrimp
Roasted Pepper

360
Steamed Vegetables
Brown Rice
Tempeh Curry
Green Papaya Salad
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
WEDNESDAY
CYCLE 1

BREAKFAST

Chef’s Omelet
Veggie of the Day Omelet
Blueberry Pancakes

LUNCH/DINNER

Amatriciana
Smothered Onion

360
Taco Salad
Brown Rice
Black Beans
Salsa Bar
Roasted Vegetables
Veggie Chicken Verde

Chef’s Demo Day | 12-1PM, 5-6PM
Scramble of the Day
Daily Veggie Scramble
Chocolate Chip Pancakes

Ham, Tomato & Mushroom
Cauliflower Chiles

Sesame Ginger Grilled Vegetables
Brown Rice
Spaghetti Squash
Black Bean Salad
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
SUNDAY
CYCLE 1

B R E A K F A S T
Scramble of the Day
Daily Veggie Scramble
French Toast

L U N C H / D I N N E R
Chicken Alfredo
Arrabbiata

360
Steamed Vegetables
Brown Rice
Falafels
Hummus
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
SATURDAY CYCLE 1

BRUNCH

Chef’s Omelet
Veggie of the Day Omelet
Apple Pancakes

LUNCH

Chef’s Omelet
Veggie of the Day Omelet
Apple Pancakes

360

Baked Sweet Potato Bar
Vegetarian Chili
Cole Slaw w/ Yogurt Dressing
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
SUNDAY
CYCLE 2

BRUNCH

Chef’s Omelet
Veggie of the Day Omelet
Chocolate Chip Pancakes

LUNCH

Chef’s Omelet
Veggie of the Day Omelet
Chocolate Chip Pancakes

360

Steamed Vegetables
Brown Rice
Green Curry Tofu
Cold Korean Noodles
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
CHEF’S
DEMONSTRATION KITCHEN

MONDAY CYCLE 2

BREAKFAST

Scramble of the Day
Daily Veggie Scramble
French Toast

LUNCH/DINNER

Spaghetti & Meatballs
Pecorino Arugula

360

Citrus Thyme Grilled Vegetables
Brown Rice
African Stew
Edamame Salad
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
TUESDAY  
CYCLE 2

**BREAKFAST**

Scramble of the Day  
Daily Veggie Scramble  
Pancakes

**LUNCH/DINNER**

Tomato Clam  
Goat Cheese Swiss Chard

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360

Steamed Vegetables  
Brown Rice  
Mexican Corn & Peppers  
Black Bean Salad  
Daily Mixed Green Salad

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Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
WEDNESDAY CYCLE 2

BREAKFAST

Chef’s Omelet
Veggie of the Day Omelet
Blueberry Pancakes

LUNCH/DINNER

Shrimp Provencal
Provencal

360
Baked Potato Bar
Vegetarian Chili
Butternut Squash Lentil
Daily Mixed Green Salad

Chef’s Demo Day | 12-1PM, 5-6PM
THURSDAY CYCLE 2

BREAKFAST

Scramble of the Day
Daily Veggie Scramble
Chocolate Chip Pancakes

LUNCH/DINNER

Chicken & Peppers
Roasted Fennel Onion

360

Latin Grilled Vegetables
Brown Rice
Asian Stir Fry Vegetables
Sesame Tofu
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
CHEF’S DEMONSTRATION KITCHEN

FRIDAY CYCLE 2

BREAKFAST

Scramble of the Day
Daily Veggie Scramble
French Toast

LUNCH/DINNER

Spinach & Chicken
Creamy Roasted Peppers

360

Steamed Vegetables
Brown Rice
White Bean Stew
Beet Quinoa
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
Chef’s Omelet
Veggie of the Day Omelet
Lemon Pancakes

LUNCH

Chef’s Omelet
Veggie of the Day Omelet
Lemon Pancakes

360

Grilled Vegetables
Brown Rice
Moroccan Carrots
Kale Chickpea
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
CHEF’S DEMONSTRATION KITCHEN

SUNDAY CYCLE 3

BRUNCH

Chef’s Omelet
Veggie of the Day Omelet
Chocolate Chip Pancakes

LUNCH

Chef’s Omelet
Veggie of the Day Omelet
Chocolate Chip Pancakes

360

Steamed Vegetables
Brown Rice
Thai Red Curry
Pasta Salad
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
Breakfast

Scramble of the Day
Daily Veggie Scramble
French Toast

Lunch/Dinner

Meat Lasagne
Vegetable Lasagne

360

Moroccan Grilled Vegetables
Brown Rice
Ginger Orange Tofu
Beet Apple Curry Salad
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
B R E A K F A S T

Scramble of the Day
Daily Veggie Scramble
Pancakes

L U N C H / D I N N E R

Chicken Alfredo
Mushroom

360
Steamed Vegetables
Brown Rice
Pumpkin Stew
Cucumber Feta Salad
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
CHEF'S
DEMONSTRATION KITCHEN

WEDNESDAY
CYCLE 3

BREAKFAST

Chef’s Omelet
Veggie of the Day Omelet
Blueberry Pancakes

LUNCH/DINNER

Carbonara
Butter & Parmesan

360

Sesame Ginger Grilled Vegetables
Brown Rice
Indian Spinach Curry
Lentil Salad
Daily Mixed Green Salad

Chef’s Demo Day | 12-1PM, 5-6PM
Breakfast

Scramble of the Day
Daily Veggie Scramble
Chocolate Chip Pancakes

Lunch/Dinner

Sausage Broccoli Rabe
Primavera

360

Baked Sweet Potato Bar
Carrot, Date & Kale Salad
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
CHEF’S
DEMONSTRATION KITCHEN

FRIDAY
CYCLE 3

BREAKFAST

Scramble of the Day
Daily Veggie Scramble
French Toast

LUNCH/DINNER

Smoked Chicken Eggplant
Eggplant Parmesan

360

Steamed Vegetables
Brown Rice
Kale Enchiladas
Tomato Salad
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
SATURDAY CYCLE 3

BRUNCH

Chef’s Omelet
Veggie of the Day Omelet
Granola Pancakes

LUNCH

Chef’s Omelet
Veggie of the Day Omelet
Granola Pancakes

360

Tuscan Grilled Vegetables
Brown Rice
Ratatouille
Quinoa Salad
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
CHEF’S DEMONSTRATION KITCHEN

SUNDAY CYCLE 4

BRUNCH

Chef’s Omelet
Veggie of the Day Omelet
Chocolate Chip Pancakes

LUNCH

Chef’s Omelet
Veggie of the Day Omelet
Chocolate Chip Pancakes

360

Steamed Vegetables
Brown Rice
Pepperonata
Chilled Soba Salad
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
BREAKFAST

Scramble of the Day
Daily Veggie Scramble
French Toast

LUNCH/DINNER

Smoked Chicken
Butternut Squash

360

Citrus Thyme Grilled Vegetables
Grits
Warm Spinach Salad
Beet Orange Salad
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
TUESDAY
CYCLE 4

BREAKFAST

Scramble of the Day  
Daily Veggie Scramble  
Pancakes

LUNCH/DINNER

Beef Ravioli  
Spinach & Cheese Ravioli

360

Steamed Vegetables  
Brown Rice  
Pad Thai  
Grapefruit Salad  
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
WEDNESDAY
CYCLE 4

**BREAKFAST**

Chef’s Omelet
Veggie of the Day Omelet
Blueberry Pancakes

**LUNCH/DINNER**

Risotto

**360**

Baked Potato Bar
Vegetarian Chili
Mango White Bean
Daily Mixed Green Salad

Chef’s Demo Day | 12-1PM, 5-6PM
THURSDAY CYCLE 4

BREAKFAST

Scramble of the Day
Daily Veggie Scramble
Chocolate Chip Pancakes

LUNCH/DINNER

Chicken Chipotle
Ratatouille

360

Latin Grilled Vegetables
Jerk Tofu
Mashed Sweet Plantains
Broccoli Roasted Pepper
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
FRIDAY CYCLE 4

BREAKFAST

Scramble of the Day
Daily Veggie Scramble
French Toast

LUNCH/DINNER

Sausage Rigatoni
Asparagus

360
Steamed Vegetables
Brown Rice
Caponata
Potato Herb Vinaigrette
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM
CHEF'S
DEMONSTRATION KITCHEN

SATURDAY
CYCLE 4

BRUNCH
Chef’s Omelet
Veggie of the Day Omelet
Banana Pancakes

LUNCH
Chef’s Omelet
Veggie of the Day Omelet
Banana Pancakes

360
Garlic Balsamic Grilled Vegetables
Brown Rice
Salsa Verde
Fennel Snap Pea Salad
Daily Mixed Green Salad

Chef’s Demo Day | Wednesday 12-1PM, 5-6PM