MAHARISHI SCHOOL

2019-20 MAHARISHI SCHOOL DORM MENU

Example 3-week rotation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1						
Dinner	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Brunch**	**Brunch**
Chicken tenders	Black Bean Burgers	Egg fried rice	Lemon cod	Restaurant of Choice	Scrambled eggs	Pastas with red & white sauce
Vegetable Pot Pie	Turkey Burgers	Warm chicken salad	Marinated Tofu		Hashbrowns	Garlic bread
Kale salad	-Lettuce, tomato, onion, pepper	Vegan protein salad	Orzo		Biscuits & gravy	Caesar salad
Oven-roasted sweet potatoes	Baked Garlic Potatoes with sauce	In-season vegetable	Mushroom medley		**Dinner**	**Dinner**
			Zucchini and Broccoli		Restaurant of Choice	Taco bar - create your own
WEEK 2						
Dinner	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Brunch**	**Brunch**
Cheese pizza	Ground Turkey Lasagna	Vegetable quiche	Cod cakes w/chipotle mayo	Restaurant of Choice	Seasoned salmon	Chicken Lo Mein
Veggie pizza	Vegetable Zucchini Lasagna	Tomato salad	Veggie Patties		Seasoned seitan	Sweet and sour tofu
Salad	In-season vegetable	Cucumber salad	Potato gratin		Broccoli	Mixed vegetables
Breadsticks			In-season vegetable		Mashed potatoes / corn	
					Dinner	**Dinner**
					Restaurant of Choice	Smoked turkey breast
						Smoked red beans
						Corn on the cob
WEEK 3						Brown rice, green beans
Dinner	**Dinner**	**Dinner**	**Dinner**	**Dinner**	**Brunch**	**Brunch**
Spinach & artichoke dip	Felafal Sandwiches	Roasted butternut	Turkey meatballs in marinara	Restaurant of Choice	Smoked chicken	Nori sushi / buffalo wings
Crab cakes with dill sauce	-Lettuce, tomato, onion, pepper	-Sage ground turkey	Veggie patties in marinara		Asparagus	Fruit platter
Mini Veggie quiche	Cucumber salad	-Sage black bean	Mac and cheese		Quinoa	Veggie platter
Fruit kabobs	Coleslaw	Salsa and cheese	Mushroom medley		Corn on the cob	
Gourmet brownie tray					**Dinner**	**Dinner**
					Restaurant of Choice	Fried & Mediterranean chicken
						Black-eyed peas
						Southern spinach/chard or Summer squash
						Sweet potatoes