

Meriwether Library

Guilford College

	Monday 11/16/09	Tuesday 11/17/09	Wednesday 11/18/09	Thursday 11/19/09	Friday 11/20/09	Saturday 11/21/09	Sunday 11/22/09	
FRESH FRUIT HOT CEREAL ENTREES	Locally Milled Grits ▼ Scrambled Eggs ▼ Broccoli Cheddar Quiche ▼ Sausage Patties Hashbrown Patties Coffee Cake	Old Fashioned Oats ▼ Fried Eggs ▼ Sausage Gravy & Biscuits Bacon Hot Curried Fruit ▼ Cranberry Orange Scones	Fresh Local Pear Slices ▼ Mixed Grain Cereal ▼ Scrambled Eggs ▼ Raisin French Toast ▼ Canadian Bacon Grilled Potatoes with Onions ▼ ▼ Pumpkin Bread	Fresh Grapefruit Halves ▼ Cream of Wheat ▼ Scrambled Eggs ▼ Ham Biscuits Bacon Fried Corn Cakes ▼ Morning Glory Muffins Donuts	Fresh Grapes ▼ Baked Oatmeal ▼ Scrambled Eggs ▼ Wild Mushroom Strata ▼ Sausage Patties Danish Buttermilk Biscuits			BREAKFAST
ACCOMPANIMENTS PASTRIES								
SOUP	Hearty Vegetable Soup ▼ ▼	New England Clam Chowder Roasted Local Beet Salad ▼ ■	Cream of Broccoli Soup ▼	Carrot Apple Soup ▼ ▼	Chicken Noodle Soup ▼ Broccoli & Raisin Salad	BRUNCH		
SALAD	Garden Dill Potato Salad ■	Salmon Rice Salad ■ Mushroom Caesar Salad	Apple Mint Quinoa Salad ▼ ■	Fall Fruit Salad ▼ ▼	Black & White Bean Salad ▼ ▼ Roasted Butternut Salad	BRUNCH		
	Texas Caviar Salad ▼ ▼ Chopped Salad ▼ ▼	Chicken Parmesan Pizza	Traditional Chicken Salad ■ Arugula Salad ▼ ■	Tuna & Green Olive Salad Oriental Spinach Salad ▼ ▼	Pepperoni & Onion Calzone	Soup Du Jour Asian Marinated Mushrooms ▼ ▼ Antipasto Salad FFY Caesar Salad Bar ▼		Soup Du Jour Autumn Grain Salad ▼ ▼ Marinated Tofu Salad ▼ ▼ Great Green Salad ▼
PIZZA	Greek Spinach Pizza ▼	Pasta Selection With Choice Of Sauces	Shrimp & Andouille Pizza	Roadhouse Chili Pizza	Roasted Butternut, Bacon & Rosemary Pizza	Ham & Cheddar Pizza		
PASTA	Pasta Selection With Choice Of Sauces	Black Bean Tostadas ▼ ▼	Pasta Selection With Choice Of Sauces	Pasta Selection With Choice Of Sauces	Pasta Selection With Choice Of Sauces	Pasta Selection With Choice Of Sauces		Pasta Selection With Choice Of Sauces
VEGAN	Hummus Plate ■ ▼ With Fried Pita	Spicy Vegan 'Tuna' Salad Wraps ■ ▼	Spicy Vegan 'Tuna' Salad Wraps ■ ▼	Tempeh 'Q' ■ ▼	Tofu Stir Fry ■ ▼	Vegan Brats & Sauerkraut ▼		Macaroni & 'Cheese' ■ ▼
FRESH FOR YOU	Sweet Crepe Bar	FFY Wrap Bar ■ ▼	Chicken Wing Bar	Spicy Sausage Pasta Toss ■ ▼	Smoothie Bar ▼ ▼	Omelet Bar		Omelet Bar ▼
CLASSIC ENTRÉE	Chicken Patty Sandwich	Chili Bar ■ ▼	Meatball Subs	Pork BBQ	Bacon Cheeseburger Rollup ▼	Roast Beef & Cheddar Sandwich		Beef Brisket/Bacon
VEGETARIAN ENTRÉE	Vegetarian Chicken Philly Sandwich ▼	Grilled Cheese Variety ▼	Grilled Portobellos ▼ ▼	Tofu 'Q' ▼	Grilled Veggie Rollup ▼	Spinach & Swiss Quiche ▼		Egg & Cheese Casserole
HEATHIER CHOICE	Baked Eggplant Parmesan ■ ▼	Asian Chicken & Noodle Salad ■	Southern Style Pinto Beans ■	Mesquite Barbequed Chicken ■	Whole Wheat Penne ▼ ▼ with Roasted Vegetable Sauce ▼ ▼	Turkey Burger ■ with Chipotle BBQ Sauce		Lemon Baked Tilapia ▼
VEGETABLES & ACCOMPANIMENTS	French Fries Steamed Carrots ▼ Buttered Lima Beans	Brown Rice ▼ Steamed Greens ▼ Stewed Tomatoes ▼	Onion Rings Steamed Cauliflower ▼ Sautéed Spinach ▼	Sweet Potato Fries Steamed Broccoli ▼ Roasted Turnips ▼	Olive Oil Pasta ■ ▼ Steamed Parsnips ▼ Petite Peas with Onions ▼	Lyonnais Potatoes Steamed Green Beans ▼ Roasted Fall Vegetables ▼		Brunch Potatoes Steamed Corn ▼ Broccoli ▼/Hollandaise
	Spinach Ricotta Phyllo Casserole ■ ▼	Corn Chips	Cornbread	Cole Slaw ▼ ▼	Hummus ■ ▼ Pita Chips Chocolate Pudding	Artichoke Tapenade ▼ ▼ with Crostini		Baked Pears ▼
DESSERT	Almond Bars Assorted Cookies And Brownies Fruit & Yogurt Bar ▼ Frozen Yogurt ■	Chocolate Cake Assorted Cookies And Brownies Fruit & Yogurt Bar ▼ Frozen Yogurt ■	Eclairs Assorted Cookies And Brownies Fruit & Yogurt Bar ▼ Frozen Yogurt ■	Apple Cobbler Key Lime Bars Assorted Cookies And Brownies Fruit & Yogurt Bar ▼ Frozen Yogurt ■	Assorted Cookies And Brownies Fruit & Yogurt Bar ▼ Frozen Yogurt ■	Glazed Pumpkin Bars Assorted Cookies And Brownies Fruit & Yogurt Bar ▼ Frozen Yogurt ■		Rice Krispie Treats Assorted Cookies And Brownies Fruit & Yogurt Bar ▼ Frozen Yogurt ■
						SUPPER		
SOUP	Garden Vegetable Soup ▼ ▼	New England Clam Chowder Citrus Fruit Salad ▼ ▼ with Poppyseed Dressing	Cream of Broccoli Soup ▼	Calico Wild Rice Soup ▼ ▼	Chicken Noodle Soup ▼ Balsamic Marinated Grape Tomatoes ▼ ▼	Soup Du Jour Greek Orzo ▼	Soup Du Jour Cauliflower Salad ▼	
SALAD	Gingery Carrot Salad ▼ ▼	Egg Salad ▼ Apple Nut & Spinach Salad ▼	Baja Corn Salad ▼ ▼	Sweet Potato Pecan Salad ■ ▼	Turkey Cranberry Salad ▼ ▼ Layered Salad	Tuna Salad ■ Winter Spinach Salad ▼	Greek Lentil Salad ■ ▼ Arugula Bread Salad ■ ▼	
	California Chicken Salad ■ Dried Cranberry Salad	Sausage & Pepper Pizza	Shrimp Salad ■ Chef Salad	Bulgur Chick Pea Salad ■ ▼ FFY Caesar Salad Bar ▼	Blackened Salmon & Red Onion Pizza Pasta Selection With Choice Of Sauces	Meat Lovers Pizza	Bbq Chicken Pizza	
PIZZA	Teriyaki Steak Pizza	Pasta Selection With Choice Of Sauces	Bacon & Ricotta Calzone	Roasted Pepper & Asiago Pizza ▼	Acorn Squash With Rice & Almonds ■ ▼	Pasta Selection With Choice Of Sauces	Pasta Selection With Choice Of Sauces	
PASTA	Pasta Selection With Choice Of Sauces	Breaded Tofu Fingers With Gravy ■ ▼	Pasta Selection With Choice Of Sauces	Pasta Selection With Choice Of Sauces	Tempeh With Black Bean Sauce ■ ▼	Tempeh With Black Bean Sauce ■ ▼	Tempeh With Black Bean Sauce ■ ▼	
VEGAN	Sun Dried Tomato Portobello Pasta ■ ▼	Ginger Vegetables With Brown Rice ■ ▼	Ginger Vegetables With Brown Rice ■ ▼	Hot Garlic Eggplant ■ ▼	Hand Tossed Spinach Salads ■ ▼	Hand Tossed Spinach Salads ■ ▼	Mediterranean Tofu On Braised Fennel ■ ▼	
FRESH FOR YOU	Chicken Curry Wraps ■	Pancake Bar with Assorted Toppings	Traditional Pasta Station ▼ ▼	Chef Carved	Tuscan Steak Wrap	Milkshake Bar ▼		
CLASSIC ENTRÉE	Local Meatloaf	Cream chipped Beef on Toast Scrambled Eggs	Seafood Cassoulet	Roast Beef with Gravy	Chicken Cordon Bleu	Nacho Bar ▼		
VEGETARIAN ENTRÉE	Boca & Barley Stuffed Peppers ■ ▼	Greek Bean Bake ■ ▼	Ginger Vegetables with Brown Rice ■ ▼	Eggplant & Mushroom ■ ▼ Havarti	Smoky Mushroom Ragout ▼ ▼ over Polenta ▼ ▼	Baby Back Ribs with Warm BBQ Sauce Alfredo Bleu Pasta ▼		Black Bean Nacho Salad ▼
HEATHIER CHOICE	Salmon Strudel ala Montese ■	Egg Beaters Quiche ▼	Roast Turkey ■	Lemon Shrimp & Scallops ■ over Angel Hair Pasta ▼	Cajun Spiced Cod ▼ with Lemon Sauce ▼	Sante Fe Chicken ■ ▼		Marinated Turkey Tenderloins with Mushroom Herb Sauce ▼
VEGETABLES & ACCOMPANIMENTS	Mashed Potatoes ▼ Steamed Sugar Snap Beans ▼ Roasted Beets ▼	Grilled Potatoes and Onions	Roasted Red Potatoes ■ Steamed Sugar Snaps ▼ Parsnips ▼	Baked Potatoes ▼ Steamed Carrots ▼ Sautéed Brussels Sprouts ■	Dirty Rice ▼ Steamed Cabbage ▼ Carrots Dijon ▼	Cheese Grits Steamed Cauliflower ▼ Sautéed Bok Choy ■		Potato Skins Steamed Spinach ▼ Roasted Butternut Squash ▼
	Sauteed Mushrooms ■		Hushpuppies	Sauteed Onions & Peppers ■	Fried Okra	Coleslaw ▼ ▼		Corn Fritters
BREAD	Rosemary Bread	Biscuit Sticks Oatmeal Pan Bread French Cream Cheesecake	Whole Wheat Rolls ▼ Focaccia	Yeast Rolls Bread Sticks Peanut Butter Cake	Drop Cheese Biscuits	Onion Dill Rolls		Parkerhouse Rolls
DESSERT	Sweet Potato Pie Assorted Cookies And Brownies Fruit & Yogurt Bar ▼ Frozen Yogurt ■	Assorted Cookies And Brownies Fruit & Yogurt Bar ▼ Frozen Yogurt ■	Triple Chocolate Pudding Cake Cherry Pie	Assorted Cookies And Brownies Fruit & Yogurt Bar ▼ Frozen Yogurt ■	German Chocolate Cake	Warm Fruit Cobbler Assorted Cookies And Brownies Fruit & Yogurt Bar ▼ Frozen Yogurt ■		Cookies & Cream Pie Assorted Cookies And Brownies Fruit & Yogurt Bar ▼ Frozen Yogurt ■

LUNCH

DINNER

Vegetarian ▼ Low Fat ▼ Healthier ■

■ Entrees (< 350 cal, < 5 g sat. fat); Soup, Salad, Sides (< 250 cal, < 5 g sat. fat); Baked Goods (< 230 cal, < 5 g fat)

salad bar and fresh fruit always available for lunch/brunch/dinner