
Ready Always – 2012 Menu

Wednesday Dinner

Tomato Bisque Soup
Pita Bread
Hummus
Sprouts, Olives, Tomatoes,
Onions, Cucumbers, Lettuce
Slice Peppers, Pepperoncini
PBJ / Honey / Bread
Fresh Fruit

Thursday Breakfast

Hot & Cold Cereal Bar
Tofu Scramble (with
tomatoes, pepper &
mushrooms)
Hash Brown Potatoes
Whole Wheat Toast
Canned Pears
Fresh Fruit

Thursday Lunch

Salad Bar
Baked Potato Bar
Assorted Toppings
Tofu Sour Cream
Vegan Spread
Fresh Fruit

Thursday Dinner

Garden Vegetable Soup
Whole Wheat Tortillas
Hummus
Sprouts, Olives, Tomatoes,
Onions, Cucumbers, Lettuce
Slice Peppers, Pepperoncini
PBJ / Honey / Bread
Fresh Fruit

Friday Breakfast

Hot & Cold Cereal Bar
Pancakes
Strawberries & Bananas
Maple Syrup / Honey
Peanut Butter
Seasoned Baby Reds
Applesauce
Fresh Fruit

Friday Lunch

Salad Bar
Haystack (Nacho Supreme)
Tortilla Chips
Black Beans
Mexican Rice
Lettuce, Tomatoes, Olives
Chopped Onions
Avocado
Salsa

Friday Dinner

Wild Mushroom & Barley
Soup
Pita Bread
Hummus
Sprouts, Olives, Tomatoes,
Onions, Cucumbers, Lettuce
Slice Peppers, Pepperoncini
PBJ / Honey / Bread
Fresh Fruit

Sabbath Breakfast

Hot & Cold Cereal Bar
Breakfast Burrito (filled with
Tofu Scramble, Hash Browns)
Vegetarian Refried Beans
Avocado
Salsa
Canned Peaches
Fresh Fruit

Sabbath Lunch

Salad Bar
Vegan Stroganoff
Steamed Brown Rice
Steamed Broccoli
Simple Cabbage Salad
French Bread Sticks
Baked Apples

Sabbath Dinner

Vegan Chili
Vegan Hot Dogs
Vegetable Crudités
Hummus Dip
Multigrain Chips
Fruit

Sunday Breakfast

Hot/Cold Cereal Bar
Fresh Fruit
Left Overs

OYC has taken steps to ensure that no animal products are present in any ingredient, including dairy and egg. All meals are served as all-you-can-eat. Please do NOT take food out of the dining hall. Menu is subject to change without notice.