



The McDougall Advanced Study Weekend Menu Plan

FRIDAY

Dinner Buffet

Romaine Salad
 Lemon Wedges / Oil Free Dressings
 Bowls: Vegetables & Beans
 Three Bean Salad
 Spicy Thai Noodles
 Soup - Hearty Dal
 Vegetable - Broccoli with Lemon
 Grilled Portobello Mushrooms
 Tofu Loaf
 Mashed Potatoes
 Marsala Mushroom Sauce
 Golden Gravy
 Chocolate Pudding with Fresh Berries
 Basket of Assorted Fresh Fruit
 Herb Tea, Decaf Iced Tea

SATURDAY

Breakfast Buffet

Assorted Sliced Fruit
 Steel Cut Irish Oatmeal
 Rice Milk, Soy Milk, Almond Milk
 Cinnamon, Mace, Nutmeg
 Brown Sugar, Fair Trade Sugar
 Cold Cereals: Puffed Corn, Rice & Millet,
 Shredded Wheat, Grapenuts, Uncle Sam Cereal
 Banana Pancakes
 Gallo Pinto and Mi Abuelita Tortillas
 Fresh Salsa, Apple Sauce & Syrup

Lunch Buffet

Mixed Green Salad
 Lemon Wedges / Oil Free Dressings
 Bowls: Vegetables & Beans
 Garbanzo Spinach Salad
 Bean Soup
 Baked Potatoes
 Asian Bowls:
 Steamed brown rice
 Quinoa
 Steamed snap peas, broccoli, carrots
 chopped kale & red peppers
 Bean sprouts, oyster mushrooms
 Asian Marinated Tofu
 Asian Ginger Sauce
 Szechwan Sauce
 Peanut-Hoisin Sauce
 Basket of Assorted Fresh Fruit
 Herb Tea, Decaf Iced Tea



SATURDAY continued

Dinner Buffet

Spinach Salad
 Lemon Wedges / Oil Free Dressings
 Bowls: Vegetables & Beans
 Southwest Couscous Salad
 Soup - Tortilla with Crispy Strips
 Vegetable - Green Beans
 Brown Rice
 Baked Potatoes
 White Beans Mexicali
 Layered Tex-Mex Lasagna
 Enchilada Sauce
 Peach-Oatmeal Crisp
 Vanilla Rice & Almond Ice Cream
 Basket of Assorted Fresh Fruit
 Herb Tea, Decaf Iced Tea

SUNDAY

Breakfast Buffet

Assorted Sliced Fruit
 Bob's Gluten-Free Mighty Tasty Hot Cereal
 Rice Milk, Soy Milk, Almond Milk
 Cinnamon, Mace, Nutmeg
 Brown Sugar, Fair Trade Sugar
 Cold Cereals: Puffed Corn, Rice, Millet,
 Shredded Wheat, Grapenuts, Uncle Sam Cereal
 Costa Rican Potatoes, Beans & Greens
 Mi Abuelita Tortillas
 Fresh Salsa
 Herb Tea

Lunch Buffet

Romaine Salad
 Lemon Wedges / Oil Free Dressings
 Bowls: Vegetables & Beans
 Shredded Salad
 Soup - Moroccan Red Lentil
 Vegetable - Roasted Brussels Sprouts & Kale
 Baked Beans
 Baked Potatoes
 Whole Wheat Buns
 McVeggie Burgers
 Jeff Novick's Sweet Potato Curry Burger
 Sautéed Onion, Tomatoes, Lettuce, Pickles,
 Relish, Ketchup, Mustard, Tofu Mayo
 Basket of Assorted Fresh Fruit
 Herb Tea, Decaf Iced Tea