

Cut Waste GROW PROFIT™

Second Annual
Food Waste Forum – 2013







Monday	Tuesday	Wednesday	Thursday	Friday
Leek & Potato	Italian Meatball	Mushroom Barley	Savoy Cabbage & Bacon	Chicken, Tomato Vegetable
Classic Spaghetti and Meat Sauce Caesar Salad & Bread Sticks	Chicken Schnitzel on a Kaiser Balsamic Potato Wedges	Creamy Macaroni & Cheese Garden Salad	BBQ	Beef Lasagna with lots of Cheese and Tomato Sauce Toasted Garlic Bread and Spinach Salad
Roasted Corn, Chicken & Cheddar Quiche Warm Mixed Bean & Barley Salad	Roast Garlic and Herb Tilapia Filet Roasted Parisienne Potatoes and Vegetable Medley	British Style Beef Curry Basmati Rice and Warm Flatbread	Prime Rib Burger or Yves Vegetarian Hotdog or Honey BBQ Chicken Leg Grilled Zucchini Roasted Carrots	Lemon Tuna & Avocado in a Pita
Ham & Cheese on Multi-grain	Chicken Salad Wrap	Turkey & Jalapeno Havarti on Dark Rye	Chunky Red & White Coleslaw	Soy Marinated Tofu
Thai Coconut Curried Shrimp	Ginger Beef & Snow pea	Mandarin Almond Chicken	Tuna Macaroni Salad Minted Cous-Cous Salad	German Chocolate Cake
Classic Pumpkin Pie with Whipped Cream	Vanilla Caramel Cake	Pear and Apple Crisp	Yolanda's Summer Fruit Platter	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ESSENTIAL GREENS	QUINOA MINISTRONE with rocket pesto	SMOKED SALMON CHOWDER	PRESERVED LEMON CHICKEN	FRENCH ONION
PISTACHIO CRUSTED CHICKEN BREAST on a green curry & lemongrass sauce ----- Basmati rice	SALMON with scallions & black bean sauce ----- Jasmine Rice	CHICKEN & SPINACH PATTIES ----- Egg noodles	ITALIAN PAPILOTE HALIBUT With bell peppers, sundried tomatoes, capers & fresh basil ----- Wild & brown harvest rice	STAR ANISE CHICKEN QUARTERS ----- Sweet potato fries
BEEF POT PIE topped with cheddar biscuit crust	TOFU & ASIAN VEGETABLE STIR FRY ----- Udon noodles	SAGE & RED PEPPER FLAKES RUBBED PORK SHOULDER ----- Mashed potatoes	GRILLED FILLET MIGNON With 3 sauces ----- Roasted fingerlings & green beans	VIETNAMESE PORK WRAP
OLIVE & TUNA STEAK MELT with Swiss cheese & alfalfa sprouts on multigrain bread	CLASSIC CLUB With hot house tomatoes, Boston bib lettuce & smoked turkey	ROAST BEEF & FONTINA on focaccia, with basil pesto, baby spinach & tomato	GRILLED ZUCCHINI with cilantro pesto, Monterey jack on whole wheat bread	TOFU
TOFU	MEDITERRANEAN CHICKPEA	KALE & WHITE BEAN	QUINOA	MOROCCAN DATE
FENNEL SLAW	PUDDING	CAKE	JELL-O	PEANUT BUTTER BROWNIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT & SOUR	TOMATO	WEDDING	MUSHROOM BARLEY	PARSNIP & GINGER
BASA in a mushroom & edamame broth topped with green onions, nori & cilantro ----- Basmati Rice	GOAT CHEESE STUFFED CHICKEN BREAST with roasted red peppers & a garlic pesto with pine nuts ----- Rice	SHRIMP FRIED RICE	FALL OF THE BONE CHICKEN THIGHS ----- Jasmine Rice	CAJUN CAT FISH & WAFFLES with hollandaise sauce & bacon crumbles ----- Home Fries
CHAR SU PORK TENDERLOIN TIPS ----- Shanghai noodles	FILLET MIGNON ----- Roasted fingerlings & heirloom carrots	LENTIL BOLOGNESE ----- Whole Wheat Spaghetti	BEEF SHORT RIBS ----- Mashed potatoes	CRISPY CHICKEN CAESAR WRAP
SARAH' MOST FAVORITE CHICKEN SALAD on harvest bread	POPPER GRILLED CHEESE on light rye	PHILLY CHEESE STEAK with peppers, mushrooms & onions on a mini baguette	SALMON PO' BOY With arugula, hot house tomatoes & onions on a harvest bun	TOFU
TOFU	POT STICKERS	CORN MEAL MUFFIN	CHICKPEA	ASIAN QUINOA
CAULIFLOWER	PUDDING	CHEESE CAKE	JELL-O	APPLE CAKE



Food Item	Protein	Calories
Chocolate Milk	9.67 g	99
Yoghurt	4.0 g	40
Sandwich	38.1 g	281
Apple	.3 g	52
Peanuts (3 oz)	21 g	483
Chicken Salad	14.74 g	208.5
Tortellini	18.0 g	277
Cookies (2)	1.1 g	100
Soup	14.5 g	273
Hummus	1.2 g	25
TOTAL	122.61 g	1838.50



