

## CYCLE MENU PLANNING PROJECT – CAFÉ LAURA

**Partner #1 name:** Ava Reichard **Sec:** 002 (plans Day 1-3, in consultation with Partner #2)

**Partner #2 name:** Abby Keith **Sec:** 002 (plans Day 5-7, in consultation with Partner #1)

<i>Menu Pattern</i>	<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>	<i>Day 4</i>	<i>Day 5</i>	<i>Day 6</i>	<i>Day 7</i>
<b>Soup</b> (½ Broth, ½ Thick, ½ Veg, ½ Meat/Prot.)	Turkey and Squash Soup	Japanese Clear Onion Soup with Mushrooms	Stuffed Pepper Soup with Sausage, Rice and Parsley	Simmering Chinese Vegetable Miso Soup	Root Vegetable and Barley Soup	Seafood Chowder with Cod and Shrimp	Smoky White Bean Chili
<b>Chopped Salad</b> (Offered Daily)	<b>Chopped Salad</b>	<b>Chopped Salad</b>	<b>Chopped Salad</b>	<b>Chopped Salad</b>	<b>Chopped Salad</b>	<b>Chopped Salad</b>	<b>Chopped Salad</b>
<b>Bread</b> (Served Daily)	Fresh Baked Roll	Fresh Baked Roll	Fresh Baked Roll	Fresh Baked Roll	Fresh Baked Roll	Fresh Baked Roll	Fresh Baked Roll
<b>(Homestyle-Entrée W/2 Sides</b> <b>Main Entrée – Meat/Poultry/Seafood Based</b>	Grilled Pork Chops with Savory Pineapple	Turkey Breast with a Cranberry-Orange Glaze	Pan-Seared Cod with Lemon Butter and White Wine Sauce	Cornbread Stuffed Chicken Breast with a Silky Sage Gravy	Buttermilk Brined Nashville Style Hot Chicken (Mild or Hot)	Honey BBQ Meatloaf	Fresh Sliced Roast Beef with Horseradish Sauce
<b>Starch Side</b> (Served Hot) <b>NOT BREAD</b>	Steamed Brown Rice	Bourbon Baked Beans	Ancient Grain Quinoa	Red-Skinned Garlic Mashed Potatoes	4 Cheese Mac/Cheese	Mashed Ranch Potatoes	Buttered Egg Noodles with Parsley
<b>Vegetable Side</b> (Served Hot)	Garlic-Roasted Green Beans	Steamed Broccoli	Honey-Glazed Carrots	Marinated Mushrooms and French Cut Green Beans	Slow Cooked Collard Green with Bacon and Garlic	Roasted Vegetable Medley	Garlicky Roasted Broccoli
<b>Action Station Entrée (Main Dish with Side)</b> Item Prepared Quickly in Front of Customer	Tomato and Basil Risotto Topped with Parma Ham	Chicken and Broccoli Stir-Fry	Tangy Beef Enchiladas with Black Olives and Fresh Herbs <b>Side:</b> Sautéed Cucumbers	Sautéed Steak Bites with Herb Sauce and Pasta <b>Choose:</b> Fresh Pesto or Herbs De Provence Sauce &	Stir Fry Station: Spiced Pork, Baby Corn, Water Chestnuts, Peas, And Carrots	Pumpkin Ravioli's (From Locally Sourced Ingredients) With A Brown Butter Pecan Sauce	Sautéed Shrimp Alfredo <b>Side:</b> White, Wheat, Or Gluten-Free Fettuccini

(But Also Prepared Ahead to Speed Service)	<b>Side:</b> Sautéed Corn	<b>Choose:</b> Brown or White Rice		* Linguine or Fusilli	<b>Side:</b> Asian Rice Noodles	<b>Side:</b> Sautéed Butternut Squash with Roasted Pine Nuts	
<b>Deli/Grill Burgers, Wraps, Chicken Fingers, Cheesesteaks, Subs &amp; Fries (Offered Daily)</b>	<b>Chicken Fingers, Burgers, Cheesesteaks Turkey or Ham Subs/Wraps, And French Fries</b>	<b>Chicken Fingers, Burgers, Cheesesteaks Turkey or Ham Subs/Wraps, And French Fries</b>	<b>Chicken Fingers, Burgers, Cheesesteaks Turkey or Ham Subs/Wraps, And French Fries</b>	<b>Chicken Fingers, Burgers, Cheesesteaks Turkey or Ham Subs/Wraps, And French Fries</b>	<b>Chicken Fingers, Burgers, Cheesesteaks Turkey or Ham Subs/Wraps, And French Fries</b>	<b>Chicken Fingers, Burgers, Cheesesteaks Turkey or Ham Subs/Wraps, And French Fries</b>	<b>Chicken Fingers, Burgers, Cheesesteaks Turkey or Ham Subs/Wraps, And French Fries</b>
<b>Specialty Sandwich (Specify Bread)</b>	Broiled Ham and Cheese with Spinach On Ciabatta Roll	Grilled Cheese with Tomato and Pesto On White Bread	Oven-Baked Sausage and Egg Wrap with Sliced Chives On English Muffin	Roasted Turkey Breast and Bacon Club with Heirloom Tomatoes On Fresh Herb Focaccia	Grilled Brie, Turkey, And Pear Sandwich	Black Bean Burger On Sesame Seed Bun	Ranch Grilled Chicken with Crispy Bacon On Toasted Flatbread
<b>Specialty Pizza (Cheese and Pepperoni Offered Daily)</b>	Balsamic Grilled Mushrooms & Green Peppers	Savory Salami and Bell Peppers	Spinach & Caramelized Onions	Tropical Fresh Pineapple & Hogs Galore-Cured Ham	Polish Pierogi Pizza	3 Meat Pizza with Sweet Sausage, Ham, And Ground Beef	Spinach/Artichoke Pizza
<b>Side Salad (Cold &amp; Non-Leafy Greens Based) (Think Inexpensive!)</b>	Mexican Bean Salad Made with Fresh Cilantro and Kidney Beans	Asparagus Salad with Sliced Tomatoes and Balsamic Dressing	Crispy Butternut Squash Salad with Cranberries & Vinaigrette	Confetti Coleslaw Made with Locally Grown Cabbage and Café Laura's Special Sweet & Sour Dressing	Chick-Pea and Olive Salad with Vinaigrette	Cucumber and Cous Cous Salad with Feta Cheese	Dijon Potato Salad
<b>(Optional) Additional Items to</b>	Butternut Squash Bites Wrapped in Bacon	Gluten Free Bread at Specialty	Seasonal Hot Chocolate Cake with Cinnamon Whipped Cream	*Gluten-Free Pasta Available at Action Station	Applesauce *Fresh Local Apples		Cornbread with Chili

<b>Complete Menu</b> (Eg. Special Breads, Sides, Toppings, Dessert, Drinks)		Sandwich Station			*Gluten-Free Pasta Available		
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**NOW complete the written sections of the checklist/evaluation form and attach to this menu form prior to submitting your project!**