

Fall Buffet Menu

University of Vermont

\$29.99 per person

The Fall Limited Time Offer buffet is served with dinner rolls (90 CAL) **contains: wheat, soy, sesame, milk** and butter (25 CAL) **contains: milk**

SALAD *choice of one:*

Caprese Supreme Mozzarella Salad (330 CAL)
with Baby Kale, Crushed Red Pepper Flakes, and Italian Dressing
contains: milk

Corn Tomato and Basil Salad (70 CAL)
with Olive Oil and Balsamic Vinegar

PROTEIN *choice of two:*

Lentil Stew with Roasted Vegetables (340 CAL)
Zucchini, Bell Peppers, Kale, and Tomatoes

Lemon Basil Chicken (180 CAL)
with Balsamic Tomato Salsa

Beef and Pork Chorizo Meatloaf with a Red Pepper Compote (190 CAL)
with Tomatoes and Basil
contains: wheat, eggs

STARCH *choice of one:*

Sweet Potato Hash (110 CAL)
with Shallots and Kale

Arroz Rojo with Tomatoes (150 CAL)
with Tomatoes, Corn, Bell Peppers, and Cilantro

VEGETABLE *choice of one:*

Caramelized Brussels Sprouts and Fennel (60 CAL)
contains: milk

Roasted Broccoli, Tomatoes, and Mushrooms (50 CAL)

DESSERT *choice of one:*

5 Generations Creamery Apple Donut Bread Pudding (300 CAL)
contains: milk, eggs, wheat, soy

Cheddar Pound Cake (320 CAL)
with Blueberry and Blackberry Compote
contains: milk, eggs, wheat

SEASONAL INFUSED WATER (0 CAL)

Orange Cinnamon, and Rosemary

*2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.*

