

CHECK OUT OUR SALAD SPECIALS FOR THE SPRING SEMESTER!



This



m

is a Mindful choice.

**Try it
today!**

mindful.sodexo.com

Green Goddess Grain Bowl

A bowl of fresh baby kale, tricolor quinoa and bulgur topped with avocado, edamame, grilled asparagus and pickled red onion. Served with green goddess dressing.

*Available at the Salad Bar:
01/26 - 02/06*

310 CAL



ADDITIONAL NUTRITION INFO AND RECIPE:



Contains:
Milk
Eggs
Wheat
Soy
Gluten
Mustard



2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Butternut Squash & Spinach Salad

A hearty bowl of spinach with roasted butternut squash, sweet dried cherries, feta, toasted pecans, and creamy plum dressing

mindful
Enjoy Health

*Available at the Salad Bar:
02/09-02/20*

310 CAL

ADDITIONAL NUTRITION INFO AND RECIPE:



Contains:
Milk
Tree Nuts

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



Seared Lemongrass Tofu Noodle Bowl

Lemongrass tofu, crushed peanuts, tangy-sweet marinated vegetables, and mint over rice noodles and field greens

*Available at the Salad Bar:
02/23 - 03/06*

430 CAL

ADDITIONAL NUTRITION INFO AND RECIPE:



Contains:
Soy
Peanuts
Wheat
Sulphites
Gluten



2,000 calories a day is used for general nutrition advice, but calorie needs vary.



Italian Herb Pesto Farro Risotto

mindful
Enjoy Health

Creamy pesto-farro risotto with peas topped with herb-grilled chicken breast and roasted tomatoes and squash.

*Available at the Salad Bar:
03/23-04/03*

520 CAL

ADDITIONAL NUTRITION INFO AND RECIPE:



Contains:
Milk
Eggs
Wheat
Gluten

2,000 calories a day is used for general
nutrition advice, but calorie needs vary.



Mediterranean Chicken & Red Quinoa Salad

mindful
Enjoy Health

Field greens, balsamic chicken, red quinoa, grape tomatoes, crispy cucumbers, red onion, and Kalamata olives tossed with Dijon lemon-shallot vinaigrette and topped with crumbled feta.

*Available at the Salad Bar:
04/06-04/17*

360 CAL

ADDITIONAL NUTRITION INFO AND RECIPE:



Contains:
Milk
Mustard
Sulphites

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

