



April  
4th - 8th

# Greens Week

featuring Jane Esselstyn

## Super Cereal Breakfast

Cereal mix, consisting of, Uncle Sam Cereal (wheat berry flakes, whole flaxseeds), mini shredded wheat, grape nuts, whole oats and raisins.  
Toppings - walnuts, ground flaxseed, bananas, other fruits as available top with milk substitute of choice

### Monday Lunch

Herbivore: Spicy African Peanut Perfection Soup  
Bakery: Damn Good Cookies  
Big Greens: Beet & Orange Salad

### Monday Dinner

Herbivore: Baked Sweet Potato/ Kale Butter 2.0, Smokey Oat Bean Burgers  
Big Greens: Beet & Orange Salad, Thai Slaw

### Tuesday Lunch

Herbivore: Hunter-Gatherer Rainbow Quinoa, Bouldin Creek Spicy Scrambler  
Big Greens: Jens Potato Salad

### Tuesday Dinner

Herbivore: Lime-Ginger Tofu Cubes, Lentil Soup  
Big Greens: Jens Potato Salad

### Wednesday Lunch

Herbivore: Spicy African Peanut Perfection Soup  
Bakery: Damn Good Cookies  
Big Greens: Beet & Orange Salad

### Wednesday Dinner

Big Greens: Thai Slaw  
Herbivore: Cauliflower Buffalo Wings  
Serving: Vegan Waffle Station (continuously prepared through dinner, topping's to include maple syrup, sliced bananas, chopped walnuts, craisins)

### Thursday Lunch

Big Greens: Lime Ginger Tofu Cubes (cold version), Nottingham Sandwich Spread  
Herbivore: Baked Sweet Potato/ Kale Butter 2.0, Vegan Sloppy Joes  
Bakery: Oatmeal Banana Peanut Butter Cookies

### Thursday Dinner, with Jane @Herbivore for meet and greets

Herbivore: Bad 2 The Bone Chili, Brown Basmati Rice, Hot Sweet Potatore, Shrapnel Burrito  
Big Greens: Super Salad  
Bakery: Kale Cake, Yonanas

### Friday Lunch

Herbivore: Carrot Dogs, Handstand Burgers  
Big Greens: Lime Mango Black Bean Salad

### Friday Dinner

Herbivore: Whole What pasta, Kale pesto, brown rice salad  
Big Green: Lima Mango Black Bean Salad

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