

ONE PLATE



ONE PLANET

In all
dining
halls,
Thursday
April 22nd
Lunch

**Sourced from
the following
Local Farms**

Coke Farms
Del Cabo/ Jacob
Farms
Ippolito
Kandola Farms
Church Bros
Farms/Ippolito
Naturipe Farms, Cal
Giant
Global Mushrooms

Earth Day Menu

Appetizers

O'Donohue Family Farm
Spring Green Garlic Soup
Hijiki Seaweed Salad,
Cucumber, Miso Vinaigrette
Herb Hummus, Baby
Carrots, French Radish,
Persian Cucumber, Pita
Chips

Desserts

Earth Cookies
Fair Trade Chocolate Cocoa
Mocha Chia Pudding (V)
Strawberry Oat Milk Chia
Pudding (V)
Hibiscus Ginger soda*, Fair
Trade Eco Friendly MInt
Iced Tea

*Made from ginger scraps

Entrees

Seared California Black
Cod* w/ Cherry Tomato
Relish, Nori Sea Salt
Asparagus, Sweet Potato
Puree
Organic Lentil Risotto,
Baby Leeks, Kale, Super
Seed Crunch (V)
Chermoula Chicken
Protein Flip Bowl
Pickled Beets, Roasted
Mushrooms, Romanesco,
Yellow Wax Beans, Harissa
Chickpeas,
Fonio Brown Rice Pilaf
(Allergen)
Kimchi braised Monterey
Sardine* & Calamari*

*Rated Green (Best Choice for
Sustainable Seafood) by
Monterey Bay Aquarium
Seafood Watch