

Ingredients for Prepared Menu Items Week of October 10, 2007

Pumpkin Soup with Smokey Paprika

INGREDIENTS: organic pumpkin, granny smith apples, onions, garlic, butter, smoked paprika, cumin, cayenne pepper, milk, cream, fresh thyme, fresh sage, salt, pepper

Salmon with Roasted Fennel and Red Onion

INGREDIENTS: fresh king salmon, fennel, red onion, garlic, cherry tomatoes, olive oil, fresh lemon juice, fresh thyme, salt, pepper

Purple Peruvian Potato Salad

INGREDIENTS: purple potatoes, Yukon Gold potatoes, red onion, yellow bell pepper, kalamata olives; VINAIGRETTE: canola oil, balsamic vinegar, fresh cilantro, Vidalia onion, Dijon mustard, honey

Mexican Polenta Spoon Pudding

INGREDIENTS: polenta, organic black beans, onions, corn, tomatoes, tomato juice, olive oil, garlic, skim milk, chili powder, fresh poblano chile; low fat cheddar cheese (optional)

Jicama Slaw

INGREDIENTS: Jicama, carrots, red onion, cilantro, lime juice

Tarter Sauce

INGREDIENTS: Low fat mayonnaise, sweet pickle relish, capers, fresh chives, fresh parsley, lemon juice

Oven Fries

INGREDIENTS: Yukon Gold potatoes, extra virgin olive oil, sea salt, pepper

Cucumber Salad

INGREDIENTS: cucumbers, red onion, cilantro, white vinegar, sugar, sea salt

Cinnamon Streusel Baked Apples

INGREDIENTS: Ida Red apples, oats, brown sugar, pecans, butter, cinnamon chips, salt