

Juicer's Menu Goals

1. The foodservice facility that we will be menu planning this week is a homegrown business. The company started locally in Davis but has expanded regionally to other locations with a Sacramento, Silicon Valley, and San Francisco office. The company's name is Juicer which is a tech company focused on plant based start ups. Juicer focuses on funding applications and various tech involving plant based lifestyles to completion. Juicer prides itself in "juicing the zest out of tech" and wants to reflect that in its on site cafeteria.
2. Juicers employees and staff come in an array of ages and various demographics as they focus on diversity in the workforce. Their staff ranges from age 18-75 with men, women, and gender non-conforming individuals at the forefront of the differing operations being worked on. The locations are all centralized in Northern California with a large focus of health conscious eating.
3. Vegetarian exclusivity in the cafeteria is welcomed at Juicer and emphasized. Health-focused individuals are typically common among staff members. Some of the recipes offered are dairy and/or egg free as well as meat free can help to include those staff members who have certain allergens. Typical of northern Californian residents, the multicultural palate of the staff encourages a range of food genres and textures while still keeping in the realm of comfort.
4. As Juicer is a financial backer of many start ups, we want to keep the majority of the money in supporting those who come to us with their ingenious ideas and inventions rather than anything else. That being said, we would like to offer healthy, vegetarian meals as a thank you to our staff. We know a fair amount of staff do come in with pre-made lunches or go out to eat at local restaurant for their break so we do not want to include heavy priced meat substitutes on our menu. Simple, tasty meals with a tad zest here and there would be our style as we want to be straight forward and available to those who would like to partake.
5. Simplicities in our breakfast such as yogurt, pancakes, and waffles start the day off and more delectable dishes arise throughout the day such as ratatouille, tofu stir fry, and veggie kabobs. Our lunch and dinner menus relay different cultures and ethnic tastes to spice up your late nights at the office.
6. Vegetarian options are the only offering our business to show our loyalty to the brand of Juicer being a plant based business. Convenience items such as our pre-purchased yogurt are few on our menu options as we want to ensure the majority of our food is made in house, fresh for our staff members. Our business focus is on food therefore we want to served tasty options that happen to be plant-based. Rice is a common theme in our menu as many cultures tend to have rice or grain heavy dishes and we want to be welcoming to those who have moved to California for this job and miss the cooking back home.
7. Our cafeteria is similar to that of a cruise ship or collage dining commons where we have hot steam tables buffet style. Plates are at the ready at each station with a two plate limit per individual. Bowls and/or small plates will be available for starters or dessert stations to properly separate your dishes. Flatware is available by the station hub and also by the seating area incase one forgets to pick up these items. The stations with accompanied with slotted spoons, tongs, or other serving utensils that are appropriate for each item.
8. Being that our menu is completely vegetarian (mainly lacto-ovo) that means we focus on vegetables, protein, and dairy happily satisfying not only your plate but also MyPlate set by the USDA. An important nutrient to be aware of would be protein since there is a lack of meat products.

5-day Cycle Menu Planning Worksheet – FS Facility Type: Business

Last: Morrison.

First: Bailey

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Fruit/juice: (one each)	1. Orange juice* 2. Green apple	1. Pineapple juice 2. Kiwi*	1. Pomegrante juice 2. Red grapes	1. Black Cherry juice 2. Banana	1. Grape juice 2. Pineapple chunks
Hot Cereal/Grain:	1. Oatmeal with Strawberries	1. Dried Fruit and Nut Granola	1. Raisin oatmeal	1. Breakfast Polenta	1. Cinnamon oatmeal
Entrees (2):	1. Baked Spanish Omelet 2. Potato Pancakes	1. Waffle 2. Banana Fritters	1. Scrambled eggs 2. Pancake	1. Crepes 2. Veggie sausages baked	1. Egg and Cheese Breakfast Burrito 2. Vegetarian Pocket
Sides (3):	1. Guacamole 2. Cheese straws 3. Toasted Almonds	1. Strawberry Jell-o, purchased 2. Blueberry muffin 3. Raisin bread	1. Seasoned Fresh Spinach and other greens 2. Applesauce 3. Oatmeal Muffin	1. French Toast 2. Buttermilk biscuits 3. Coffee Cake	1. Oven-Browned Potatoes 2. Fresh Cranberry scones 3. Vanilla Yogurt
Lunch:					
Soup/Salad: (one each)	1. Minestrone 2. Chef's Salad Bowl	1. Corn Chowder 2. Spinach** Mushroom Salad	1. French Onion soup 2. Italian pasta salad	1. Navy Bean Soup 2. Tomato cottage cheese salad	1. Cream of potato soup 2. Garbanzo bean salad
Entrees (2):	1. Swiss Broccoli** Pasta 2. Dumplings	1. Curried Rice, Beans, and Vegetable Pilaf 2. Falafel	1. Barley and Vegetable Medley 2. Black bean burrito	1. Vegetable Fajita 2. Rice and Lentils with Balsamic Glazed Carrots**	1. Cheese pizza 2. Veggie Pad Thai
Vegetables (2):	1. Broccoli** part of entree 1 2. Steamed peas	1. Red bell pepper from entree 1* 2. Garbanzo beans in entree 2	1. Misc Vegetables from entree 1 2. Beans from entree 2	1. Tomatoes, green bell peppers, celery, cucumber from salad 2. Carrots** from entree 2	1. Steamed broccoli 2. Carrots** from pad thai
Grain/Bread/ Starch (2):	1. Pasta part of entree 1 2. Baked Potato	1. Rice from entree 1 2. Wild Rice	1. Barley from entree 1 2. Hopping John	1. Rice from entree 2 2. Lentils from entree 2	1. Pizza crust from entree 1 2. Noodles from entree 2
Desserts (2):	1. Molasses cookies 2. Pineapple Upside down cake	1. Coconut Pecan Bars 2. Raspberries Alaska pie	1. Poppy seed rolls 2. Pumpkin cake	1. Cherry-Nut Rolls 2. Pineapple cream pudding	1. Cinnamon roll 2. Sour Cream apple nut pie
Dinner:					
Soup/Salad: (one each)	1. Grapefruit and Apple Salad 2. Garden chili soup	1. Tomato Basil salad 2. Baked Potato cream soup	1. Curried Orzo and Vegetable Salad 2. Broccoli and Cheese soup	1. Pomegranate and Citrus salad 2. Split pea soup	1. Spinach cheese salad 2. Potato and Roasted Red Pepper chowder
Entrees (2):	1. Ratatouille 2. Portabella pepper steak over soft polenta	1. Tofu Stir Fry 2. Vegetarian Spaghetti	1. Veggie Kebobs 2. Vegetable Lo mein	1. Spinach Lasagna 2. Grilled Corn and Roasted Pepper Quesadilla	1. Mushroom Quiche 2. Tofu jambalaya
Vegetables (2):	1. Squash* from entree 1 2. Portabella mushroom in entree 2	1. Broccoli*, mushrooms, garlic 2. Asparagus	1. Bell peppers*, Onions in entree 1 2. Cayenne pepper, bamboo shoots, broccoli, carrots in entree 2	1. Onions, green bell pepper*, garlic, tomatoes in entree 1 2. Black Beans, purchased	1. Mushrooms in entree 1 2. Bell peppers* from entree 2
Grain/Bread/ Starch (2):	1. Corn bread 2. Polenta in entree 2	1. White rice in entree 1 2. Pasta in entree 2	1. Ginger rice 2. Noodles in entree 2	1. Pasta in entree 1 2. Tortilla in entree 2	1. Quinoa Pilaf 2. Rice from entree 2
Desserts (2):	1. Lemon Pie 2. Cranberry Raspberry Pie	1. Fudge brownies 2. Orange-filled Angel food cake	1. Strawberry Glazed cream pie 2. Lemon Meringue	1. apple fritters 2. Mocha Almond Pie	1. Ice cream pie 2. Peach cobbler

Assorted Beverages: Coffee/Tea/Milk Available

Assorted Toast/Bread/Rolls Available

*High Vitamin C **High Vitamin A

Recipe List:

Monday Breakfast

1. Oatmeal with Strawberries (Cooked Breakfast Cereals recipe) pg 596
2. Baked Spanish Omelet (Baked Omelet recipe) pg 411
3. Potato Pancakes pg 854
4. Guacamole pg 227
5. Cheese Straws pg 283
3. Toasted Almonds, purchased

Monday Lunch

1. Minestrone pg 797
2. Chef's Salad Bowl pg 662
3. Swiss Broccoli Pasta pg 549
4. Dumplings pg 279
5. Baked Potato pg 848
6. Steamed peas pg 60
7. Drop molasses cookies pg 349
8. Pineapple Upside down cake (Yellow Cake recipe) pg 317

Monday Dinner

1. Grapefruit and Apple Salad (Grapefruit Orange Salad recipe) pg 659
2. Garden Chili soup pg 794
3. Ratatouille pg 870
4. Portabella pepper steak over soft polenta pg 843
5. Corn Bread pg 268
6. Lemon Pie pg 377
2. Cranberry Raspberry Pie pg 374

Tuesday Breakfast

1. Kiwi, purchased
2. Dried Fruit Granola (Cooked Breakfast Cereal Recipes) pg 597
3. Waffle pg 276
4. Banana Fritters (Fritters recipe) pg 282
5. Strawberry Jell-o, purchase
6. Blueberry Muffin (Basic Muffins recipes) pg 258
7. Raisin Bread (White Bread recipe) pg 284

Tuesday Lunch

1. Corn Chowder pg 810
2. Spinach Mushroom Salad (Basic Mixed Green Salad) pg 632
3. Curried Rice, Beans, and Vegetable Pilaf pg 594
4. Falafel pg 720
5. Wild Rice pg 60
6. Coconut Pecan Bars pg 356
7. Raspberries Alaskan pie (Ice Cream Pie recipe) pg 385

Tuesday Dinner

1. Tomato Basil Salad pg 643
2. Baked Potato soup pg 809
3. Tofu Stir Fry (Chicken and Broccoli Stir Fry recipe) pg 520
4. Vegetarian Spaghetti pg 567
5. Asparagus pg 218
6. Fudge brownies pg 356
7. Orange-filled angel food cake (Angel Food Cake recipe) pg 311

Wednesday Breakfast

1. Raisin Oatmeal pg (Cooked Breakfast Cereal Recipes) 596
2. Scrambled eggs pg 408

3. Pancake pg 273
4. Seasoned fresh spinach and other greens pg 860
5. Applesauce, purchase
6. Oatmeal Muffin (Basic Muffin recipe) pg 259

Wednesday Lunch

1. French Onion soup pg 804
2. Italian pasta salad pg 650
3. Barley and Vegetable Medley pg 599
4. Black Bean burrito pg 714
5. Hopping John pg 579
6. Poppy seed rolls (Basic Roll Dough recipe) pg 296
7. Pumpkin cake pg 329

Wednesday Dinner

1. Curried Orzo and Vegetable Salad pg 653
2. Broccoli and Cheese soup pg 808
3. Veggie Kabobs (Kebob recipe) pg 470
4. Vegetable Lo Mein pg 562
5. Ginger rice pg 575
6. Strawberry Glazed Cream Pie (Cream Pie recipe) pg 375
7. Lemon Meringue (Meringue for Pies recipe)pg 366

Thursday Breakfast

1. Breakfast Polenta pg 502
2. Crepes pg 276
3. Veggie Sausages baked (Oven-fried Bacon recipe) replaced with veggie sausage pg 501
4. French toast pg 281
5. Buttermilk biscuits (Baking Powder Biscuits recipe) pg 256
6. Coffee Cake pg 266

Thursday Lunch

1. Navy Bean Soup pg 801
2. Tomato Cottage Cheese salad (Stuffed Tomato Salad recipe) pg 673
3. Vegetable Fajita (Beef fajita recipe) omit beef pg 713
4. Rice and Lentils with Balsamic Glazed Carrots pg 593
5. Cherry-Nut Rolls (Basic Sweet Roll Dough recipe) pg 300
6. Pineapple cream pudding (Vanilla Cream Pudding recipe) pg 389

Thursday Dinner

1. Pomegranate and Citrus salad (Grapefruit Orange Salad recipe) pg 659
2. Split pea soup pg 801
3. Veggie Lasagna (Lasagna recipe) omit beef pg 552
4. Grilled Corn and Roasted Pepper Quesadilla pg 711
5. Apple Fritters (Fritters recipe) pg 282
6. Mocha Almond Pie pg 386

Friday Breakfast

1. Cinnamon oatmeal (Cooked Breakfast cereal recipe) pg 596
2. Egg and Cheese Breakfast burrito pg 414
3. Vegetarian Pocket (Chicken Pocket Sandwich recipe) omit chicken pg 699
4. Oven-Browned potatoes (Au Gratin Potatoes recipe) pg 867
5. Fresh Cranberry Scones pg 261
6. Vanilla Yogurt, purchased

Friday Lunch

1. Cream of Potato soup (Basic Sauce for Cream soup recipe) pg 806
2. Garbanzo Bean Salad pg 637
3. Cheese pizza (Pizza recipe) omit beef pg 483

4. Veggie Pad Thai pg 566
5. Steamed broccoli pg 60
6. Cinnamon roll pg 302
7. Sour cream apple nut pie pg 371

Friday Dinner

1. Spinach cheese salad pg 646
2. Potato and Roasted Red Pepper Chowder pg 812
3. Mushroom Quiche (Quiche recipe) omit bacon and substitute for mushroom pg 417
4. Tofu Jambalaya pg 629
5. Quinoa Pilaf pg 611
6. Ice cream pie pg 385
7. Peach cobbler (Fruit Cobbler recipe) pg 401

Molt, Mary. *Food for Fifty*. 14th ed., Pearson, 2018.