

SUNY Adirondack Culinary Arts

Appetizers

Mandarin Salad, Honey Roasted Almonds, Yogurt Dressing (234 Calories)

Zucchini Cakes, Sour Cream, and Chives (250 Calories)

Butternut Squash Soup with Apple Chips (139 Calories)

Intermezzo

Watermelon-Mint Sorbet (42 Calories)

Entrees

Lemon-Panko Crusted Salmon, Seasoned Couscous, Garlic-Buttered Carrots, Beurre Rouge Sauce (417 Calories)

Duck a l'Orange, Bulgur Pilaf, Sugar Snap Peas (438 Calories)

Mushroom, Goat Cheese-Stuffed Beef Tenderloin, Green Beans, Boulangere Potatoes, Merlot Cream Sauce (350 Calories)

Desserts

Pumpkin Cheesecake (311 Calories)

Apple-Raspberry Crisp a' La Mode (639 Calories)

Oatmeal Craisin Cookies (125 Calories)

Beverages

Soda, Lemonade, Iced Tea, Herbal Tea, Coffee

****Please Alert Your Server of Any Allergies or Dietary Restrictions and We Will Accommodate****

By: Tiffany Carrera