

Native American Heritage Celebration Menu

Tuesdays of November and Thanksgiving Day Thursday November 25, 2013
Marquam Café 3rd Floor University Hospital South

Tuesday November 4

Salmon Nation

Appaloosa and Orca Bean Salad with butternut squash, wild rice and sweet honey & mustard seed vinaigrette

Fall Columbia River Raceway Steelhead with hazelnut herb butter

Imu style roasted root vegetables

Ozette Potatoes roasted with licorice seed

Pumpkin Fry Bread with wild huckleberry and apricot preserves

Birch Syrup Iced Tea

HTHU Turkey & Quinoa Millet Salad Wellness Meal

Tuesday November 11

People of the Woodland Nations

Sun-dried Cranberry, Apple and Celeryroot Salad with Autumn leafy greens and berry vinaigrette

Roasted Trout with bacon & cornbread dressing

Molasses Baked Northern and Mandan Beans

Buckskin Cakes with Blackberry and Walnut Conserve

Rose Hip Iced Tea

Wildflower Honey Ice Cream Bar

HTHU Turkey & Quinoa Millet Salad Wellness Meal

Tuesday November 18

The People of Mesas and Desserts

Cactus Paddle Salad

Braised Lamb with Chile New Mexico and Wild Oregano

Honey Roasted Sweet Potatoes, Calabasa, & Turbinado Squash ~ toasted walnuts & walnut oil

Taos Style Buffalo Frybread Tacos with pico de gallo and cotija cheese

Sagauaro Iced Tea Mint & Watermelon Sorbet Bars

HTHU Turkey & Quinoa Millet Salad Wellness Meal

Tuesday November 24

Mound People and the Mississippi Delta

Molasses Baked Corn, Beans and Squash

Venison Stew with Root Vegetables, Potatoes and Corn

Wild Rice and Corn Saffi with Shrimp & Chicken

Oyster Poor Boy with peppercress and cabbage slaw

Sassafras and Honey Ice Tea

Sweet Potato Pie

HTHU Turkey & Quinoa Millet Salad Wellness Meal

Thursday November 27
Thanksgiving One Nation

Please Join Us!

Special menu inspirations from all walks of life featuring America's First Nations foods prominently as our collective tradition has come to bare.

HTHU Turkey & Quinoa Millet Salad Wellness Meal

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