

Winter Dining Hall Lunch (Feb 5-11)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Stock	Soup	Chicken Noodle(LF)(SS)	Clear Chicken Soup (H) (LF)	Broccoli Cheese(SS)	Chicken & Corn Chowder	Cream of Vegetable (V)(LF)	Classic Tomato (LF)	Vegetable Barley (LF)
	Whole Body Soup	Vegetable Lentil (V)(LF)	Mushroom Bisque(V)	Maryland Crab Chowder(LF)	Southwestern Vegetarian 3 Bean(V) (LF)	Manhattan Clam Chowder (LF)	N/A	N/A
Parkside Diner	Entrée	Jamaican Jerk Chicken (LF)	Lemon Rosemary Chicken	Sweet n Sour Pork	Chicken Bruschetta (SS)	Vegetarian Loaded Nachos (V)	Scrambled Egg	Scrambled Egg
	Whole Body Entrée	Curried Potato and Vegetables (LF)	Mac n' Cheese (V)	Szechuan Tofu(V)(LF)	Barley Root vegetable Stew (V)(LF)	Cajun Spiced Shrimp and Vegetables	Baked Parmesan Pasta (V) (SS)	Broccoli cheddar lasagna
	Organic Vegetable	Fresh Seasonal Vegetable Du Jour	Fresh Seasonal Vegetable Du Jour	Fresh Seasonal Vegetable Du Jour	Roasted Squash	Roasted Winter Vegetables(O)	Fresh Garlic Spinach(O)	Fresh Seasonal Vegetable Du Jour
	Steamed Vegetable	Mixed Vegetables (O)	Fresh Broccoli Spears(O)	Fresh Carrot and Corn Medley (V)	Fresh Seasonal Vegetable Du Jour	Fresh Seasonal Vegetable Du Jour	Fresh Seasonal Vegetable Du Jour	Steamed Carrots
	Starch	Steamed Rice	Whipped Potatoes and Gravy	Vegetable Fried Rice (V)	Garlic Roasted Sweet Potatoes	Dirty Rice	Tater Tot	Tater Tot
The Deli	Items available in the Deli daily: Breads include, but not limited to – Whole Wheat, Seven Grain, Sourdough, Pumpernickel, Rye, Kaiser Rolls, etc. Meats – Baked Ham, Roasted Turkey, Roast Beef, Smoked Turkey, and 1 other specialty offering. Salads – Tuna- Chicken or Egg Salad and a rotation of other composed salads. Vegetable toppings – Lettuce, Tomatoes, Onions, Red Onions, and Pickles. Cheese – American, Provolone, Swiss, and 1 other specialty offering. Condiments available – Mustard, Dijon Mustard, Honey Mustard, Mayonnaise, Yellow Mustard, Ranch dressing and Red Hot.							
Showcase Salads	Full Salad Bar featuring Always Fresh Toppings, 2 Yogurts, Cottage Cheese. Items available daily at Penne's Mediterranean Market will include a rotation of composed salads such as Chicken Caesar, Tabbouleh, Roasted Quinoa with Dried Fruits, Pesto and Tomato Salad. All of these offerings will be made from 100% Farm Fresh Vegetables.							
Slice	Items available daily but not limited to - Plain Pizza , Special Pizza , Protien topped Pizza , & Breadsticks							
	Special Pizza	3 cheese white	Buffalo chicken	Hawaiian	ASSORTED STROMBOLIS	Broccoli Tomato White	Plain, student choice	Plain, student choice
Saturday and Sunday Brunch from Grill will be Eggs to Order. Pancakes or French Toast to Order								
The Grille	The following will be offered at every Lunch and Dinner at The Grille – Fresh hamburger, Fresh Cheeseburgers, Fresh Hand Cut French Fries, All Beef Hot Dogs, Veggie Burgers. Daily Features will be offered like Grilled Ruebens, Monte Cristos, etc							
	Sandwich Special	Pizza Burgers	Turkey Reuben	Grilled Ham and Cheese	Pepperonni Grilled Cheese	Chipolte BBQ Chicken Wrap	Chef's Creation	Chef's Creation
Everyday Features at the Cupboard								
Belgian waffle bar with two syrups and a variety of toppings, 8 cold cereals, 5 fresh whole fruits, 8 juices, whole, 2%, skim, low-fat chocolate, soy (O), coffee, decaf coffee, tea (regular and herbal), hot chocolate, iced tea, 8 soft drinks (carbonated and non-carbonated), bread (white, wheat, rye, potato) English muffins, bagels, peanut butter, cream cheese, whipped unsalted butter, margarine, jelly, jams or preserves. Varieties of donuts, fresh baked muffins, Danish, cinnamon rolls, or croissants available daily. An assortment of fresh baked cookies, bars, pies, cakes, pastries, custards, puddings and a rotation of seasonal specialties.								

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		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Stock	Soup	Chicken Noodle(LF)(SS)	Clear Chicken Soup(H)(LF)	Broccoli Cheese(SS)(V)	Chicken & Corn Chowder (SS)	Cream of Vegetable (V)(LF)	Classic Tomato (LF)	Vegetable Barley (LF)
	Whole Body Soup	Vegetable Lentil (H)(LF)	Mushroom Bisque (V)	Maryland Crab Chowder(LF)	Southwestern Vegetable Three Bean(V)(LF)	Manhattan Clam Chowder (LF)	n/a	n/a
Parkside Diner	Entrée	Broiled Scampi Fish(SS)(LF)	Chicken Teriyaki (H)	Baked Pasta Alfredo (SS)	Lemon Oregano Chicken	Spicy Vegetable Curry (V)	Sesame Chicken (SS)(LF)	Chef Choice
	Whole Body Entrée	Pesto Cream Pasta Bake (V)(LF)	Vegetable Lo Mein(LF)(V)	Maple Brown Sugar Ham(SS)	Artichoke and sundried tomato Fettuccini (V)(LF)(SS)	Seafood Paella (LF) (SS)	Chef Choice	Honey Mustard Glazed Chicken (SS)(LF)
	Organic Vegetable	Winter Veggie Blend (O)(V)	Stir fried Greens (O)(V)	Green Bean (SS)	Sautéed Greens (O)(V)	Fresh Seasonal Vegetable Du Jour	Sautéed Cabbage(V) (O)	Fresh Seasonal Vegetable Du Jour
	Steamed Vegetable	Fresh Seasonal Vegetable Du Jour	Fresh Seasonal Vegetable Du Jour	Fresh Seasonal Vegetable Du Jour	Fresh Seasonal Vegetable Du Jour	Steamed Beans	Fresh Seasonal Vegetable Du Jour	Broccoli w/ Cheese sauce
	Starch	Rosemary Roasted Potatoes	Steamed Rice	Roasted Sweet Potatoes	Rosemary Roasted Potatoes	Herbed Noodles	Fried Rice	Steak Cut Fries
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Noodles	Homemade baked pastas. Two proteins will be offered daily, fresh hand cut vegetables, variety of shredded cheese, fresh cut herbs, and always 1 vegetarian option. Sauces will rotate on a daily basis							
Bravisimo	Display Cooking	Fried Rice Bar (V)	Burritos (V)	Student Choice Crispy Chicken Finger Station (SS) (V)	Alfredo bar	n/a	n/a	n/a
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	Sandwich Special	Chili Cheese Dog	Turkey Reuben	Grilled Turkey and Cheese	Chicken Parm Wrap	Italian Sausage, Peppers, and Onions	Chef's Creation	Chef's Creation
Everyday Features at the Cupboard								
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