

Winter Dining Hall Lunch (January 15-21)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Stock	Soup	Chicken Tortilla Soup	Chicken Noodle(LF)(SS)	Hearty Beef Chili (LF)	Shrimp Chowder(SS)	Salisbury Steak & Potato	Tomato Vegetable (V)	Potato Cheddar (V)
	Whole Body Soup	Sweet Potato Chowder(V)	Tomato Three Bean LF)(SS)	Potato, Broccoli, Cheddar Chowder (SS)(V)	Tomato Basil (V)(LF)	Red Pepper Bisque(V)(LF)	N/A	N/A
Parkside Diner	Entrée	Honey BBQ Pulled Chicken(SS)	sloppy joes	Rosemary Chicken (H)(V)	South Philly Pork Sandwich	Scampi baked Fish(SS)	Perogies (V)(SS)	Turkey CheeseBurger Casserole
	Whole Body Entrée	Pesto Cream Pasta (SS)	Broccoli cheese Pasta BAKE	Italian Squash Casserole (V))	Pasta Puttanesca (V)	Fettuccini Alfredo (SS)	Scrambled Eggs	Scrambled Eggs
	Organic Vegetable	Green Bean Medley	Grilled vegetables	Corn Medley	Fresh Seasonal Vegetable Du Jour	Fresh Seasonal Vegetable Du Jour	Fresh Mixed Vegetables	Cabbage
	Steamed Vegetable	Fresh Seasonal Vegetable Du Jour	Fresh Seasonal Vegetable Du Jour	Fresh Seasonal Vegetable Du Jour	Fresh Garlic Spinach	Vegetable Medley (O)	Fresh Seasonal Vegetable Du Jour	Fresh Seasonal Vegetable Du Jour
	Starch	Wedge Cut Sweet Potatoes	Cajun Steak fries	Vegetable orzo	Noodles	Rosemary Roasted Potatoes	Tator Tots(SS)	Tator Tots(SS)
The Deli	Items available in the Deli daily: Breads include, but not limited to – Whole Wheat, Seven Grain, Sourdough, Pumpnickel, 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	Margaretta	Buffalo Chicken	Assorted Stromboli's	Chicken Bacon Ranch	Spinach Alfredo	Plain, student choice	Cheese Burger Pizza
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	Chicken Bruschetta Wrap	Pizza Steak	Turkey Burger	Texas Tommy	Roasted Vegetable Wrap (V)	Brunch / Omelets	Brunch / Omelets
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.								

Winter Dining Hall Dinner (January 15-21)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				"MAC NIGHT"				
Fresh Stock	Soup	Chicken Tortilla Soup	Chicken Noodle(LF)(SS)	Hearty Beef Chili (LF)	Shrimp Chowder(SS)	Salisbury Steak & Potato	Tomato Vegetable (V)	Potato Cheddar (V)
	Whole Body Soup	Sweet Potato Chowder	Tomato Three Bean LF)(SS)	Potato, Broccoli, Cheddar Chowder (SS)(V)	Tomato Basil (V)(LF)	Red Pepper Bisque(V)(LF)	N/A	N/A
Parkside Diner	Entrée	Cajun Seafood Jambalaya	Chicken Italiano	MAC N Cheese	Baked Ziti (V)	Crab Ravioli (SS)	Steak Tips	Butter Chicken
	Whole Body Entrée	Smothered Pork Chops (SS)	Baked Penne Primavera (V)	BBQ Brisket	Chicken Picatta	Eggplant Parmesan (V)	Chef choice	Chef Choice
	Organic Vegetable	Cabbage	Fresh Seasonal Vegetable Du Jour	Steamed Broccoli	Sautéed Squash	Spinach and Mushrooms	Fresh Seasonal Vegetable Du Jour	Fresh Seasonal Vegetable Du Jour
	Steamed Vegetable	Fresh Seasonal Vegetable Du Jour	Green Beans	Fresh Seasonal Vegetable Du Jour	Fresh Seasonal Vegetable Du Jour	Fresh Seasonal Vegetable Du Jour	Steamed Carrots & Broccoli (O)	Fresh Cauliflower & Carrots (O)
	Starch	Dirty Rice	Whipped Potatoes	Garlic Parmesan Steak Fries	Roasted Garlic Potatoes	Rice Pilaf	Mashed Potatoes and Gravy	white rice
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.							
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							
		Chili	pizza chef choice	Alfredo	French Bread Pizza	Italian Rosa Cream	pizza chef choice	Alfredo Sauce (SS)
Bravisimo	Display Cooking	Egg Scramble (V)	walking Tacos (V)	Crispy Chicken Nuggets w Mashed Potatoes Bowl (SS) (V)	Mac n Cheese Toss (SS)	n/a	n/a	n/a
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	Sandwich Special	Taco Burger	Chiplote Bbq Chicken	Cowboy Burger	Chili Cheese Dog	Gourmet Grilled Cheese	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.								