

Fall Dining Hall Lunch (November 13 - 19)

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Stock	Soup	Chicken Tortilla Soup(LF)	Chicken Noodle(LF)	White Chicken Chili	Butternut Squash(V)	Loaded Baked Potato w Bacon and Cheddar	Tomato Vegetable (V)	Cream Of Broccoli(V)
	Whole Body Soup	Cream of Spinach	Potato, Broccoli, Cheddar Chowder (V)	Tomato Three Bean LF)	Turkey Barley	Red Pepper Bisque(V)(LF)	N/A	N/A
Parkside Diner	Entrée	Honey BBQ Pulled Chicken	Sloppy Joes	Rosemary Chicken (H)(V)(LF)	South Philly Pork Sandwich	Scampi baked Fish(LF)	Parmesan Baked Ziti (V)	Turkey CheeseBurger Casserole
	Whole Body Entrée	Pesto Cream Pasta	Southwestern Cheese Lasagna (V)	Italian Stuffed Squash (V))	Pasta Puttanesca (V)	Fettuccini Alfredo	Scrambled Eggs	Scrambled Eggs
	Organic Vegetable	Fresh Stewed Tomatoes (O)(V)	Fresh Seasonal Vegetable Du Jour(V)	Corn Medley(V)	Fresh Seasonal Vegetable Du Jour(V)	Fresh Seasonal Vegetable Du Jour(V)	Fresh Mixed Vegetables(V)	Cabbage(V)
	Steamed Vegetable	Fresh Seasonal Vegetable Du Jour(V)	Broccoli w cheese sauce(V)	Fresh Seasonal Vegetable Du Jour(V)	Fresh Garlic Spinach (V)	Vegetable Medley (O)(V)	Fresh Seasonal Vegetable Du Jour(V)	Fresh Seasonal Vegetable Du Jour(V)
	Starch	Wedge Cut Sweet Potatoes(V)	Cajun Potato Steak fries(V)	Vegetable orzo(V)	Noodles(V)	Rosemary Roasted Potatoes(V)	Tator Tots(V)	Tator Tots(V)
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	Margheretta	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(LF)	Sausage, Peppers, and Onions	Turkey Burger(LF)	Texas Tommy	Roasted Vegetable Wrap (V)(LF)	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.								

Fall Dining Hall Dinner (November 13 - 19)

		Monday	Tuesday	Wednesday Mac Nite	Thanksgiving Thursday	Friday	Saturday	Sunday
Fresh Stock	Soup	Chicken Tortilla Soup(LF)	Chicken Noodle(LF)	White Chicken Chili	Butternut Squash(V)	Loaded Baked Potato w Bacon and Cheddar	Tomato Vegetable (V)	Cream Of Broccoli(V)
	Whole Body Soup	Cream of Spinach	Potato, Broccoli, Cheddar Chowder (V)	Tomato Three Bean(V)(LF)	Turkey Barley	Red Pepper Bisque(V)(LF)	N/A	N/A
Parkside Diner	Entrée	Cajun Seafood Jambalaya	Chicken Teriyaki(LF)	Buffalo Chicken Drumsticks	Carved Turkey	Baked Ziti (V)	Meat Sauce	MeatLoaf
	Whole Body Entrée	Smothered Pork Chops	Tofu Szechuan (V)(H)	Mac N Cheese	Classic Stuffing	Chicken Picatta(LF)	Homemade Marinara	Chef choice
	Organic Vegetable	Cabbage(V)	Stir Fried Greens (V)	Fresh Seasonal Vegetable Du Jour(V)	Green Bean Casserole	Spinach and Mushrooms(V)	Fresh Seasonal Vegetable Du Jour(V)	Fresh Seasonal Vegetable Du Jour(V)
	Steamed Vegetable	Fresh Seasonal Vegetable Du Jour(V)	Fresh Seasonal Vegetable Du Jour(V)	Broccoli(V)	Buttered Corn	Fresh Seasonal Vegetable Du Jour(V)	Fresh Cauliflower & Carrots (O)(V)	Steamed Carrots & Broccoli (O)(V)
	Starch	Dirty Rice(V)	Steamed White Rice (V)	Whipped Potatoes (V)	Mashed Potatoes and Gravy	Rice Pilaf(V)	Noodles(V)	Mashed Potatoes and Gravy(V)
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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							
		Chili	pizza chef choice	Alfredo	French Bread Pizza	Italian Rosa Cream	pizza chef choice	Alfredo Sauce
Bravisimo	Display Cooking	Egg Scramble (V)	Tacos (V)	Student Choice Crispy Chicken Finger Station (V)	Mac n Cheese Toss	n/a	n/a	n/a
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	Sandwich Special	Taco Burger	Chipolte Bbq Chicken	Cowboy Burger w Onion Rings	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.								