



Open Monday – Friday 11:30 am – 2:00 pm

MEAL PLAN DISCOUNT 40% OFF

F/S DINING PLAN DISCOUNT 10% OFF

MONDAY
September 8

SOUP

Beef & Barley Soup
Tomato Soup

SANDWICH

Italian Pressed Sandwich

VEGETARIAN

Cheesy Polenta &
Roasted Mushrooms

ENTRÉE

Chicken Cacciatore

SIDES

Rice Pilaf
Roasted Summer Squash

PASTA

Pasta Bolognese

TUESDAY
September 9

SOUP

Split Pea Soup
Sweet Corn Chowder

SANDWICH

Tacos al Pastor

VEGETARIAN

Mexican Lentil Stew

ENTRÉE

Carne Asada (roasted beef) with
Chimichurri Sauce

SIDES

Corn & Zucchini
Calabacitas
Mexican Street
Corn Pasta

WEDNESDAY
September 10

SOUP

Kale & White Bean Broth Soup
Loaded Baked Potato Soup

SANDWICH

Warm Turkey Sandwich
on Marble Rye with Coleslaw

VEGETARIAN

Impossible Meatloaf

ENTRÉE

Southern Fried Chicken

ALLERGEN-FRIENDLY

Pulled BBQ Beef

SIDES

Macaroni & Cheese
Green Beans

THURSDAY
September 11

SOUP

Chicken & Rice Soup
Broccoli & Cheddar Soup

SANDWICH

Jerk Pork Sliders with
Pineapple Chutney

VEGETARIAN

Curry Chickpeas & Potatoes

ENTRÉE

Jerk Chicken Quarters

SIDES

Rice & Peas
Braised Cabbage

PASTA

Rasta Pasta
(Jamaican creamy pasta dish)

FRIDAY
September 12

SOUP

Roasted Vegetable Soup
Butternut Squash Bisque

SANDWICH

Pastrami Sandwich

VEGETARIAN

Stuffed Peppers

ENTRÉE

Roasted Salmon

ALLERGEN-FRIENDLY

Country Fried Pork Chops

SIDES

Potato Wedges
Sautéed Broccolini



Celebrating Hispanic Heritage Month

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ARGENTINA Monday, Sept 15

SOUP

Caldo de Pollo
(chicken soup)

Tomato Soup

SANDWICH

Bondiola Sandwich
(pork shoulder on a roll with pickled onions
and chimichurri sauce)

VEGETARIAN

Milanese de Bernejena
(breaded & fried eggplant cutlets)

ENTRÉE

Pollo a la Parrilla
(chicken thighs with chimichurri sauce)

SIDES

Papa a la Provenzal
(roasted potatoes)

Choclo a la Parrilla
(grilled corn with butter & paprika)

PASTA

Ñoquis a la Sorrentino
(potato gnocchi topped with
tomato sauce, mozzarella & basil)

SPAIN Tuesday, Sept 16

SOUP

Gazpacho
(cold vegetable soup)

Sweet Corn Chowder

SANDWICH

Montadito de Lomo
(grilled pork loin, roasted red peppers, & garlic aioli
on a small roll)

VEGETARIAN

Espinacas con Garbanzos
(Sautéed spinach & chickpeas)

ENTRÉE

Pollo al Ajillo
(Pan-seared garlic chicken)

ALLERGEN-FRIENDLY

Beef Barbacoa
(slow-cooked beef)

SIDES

Patatas Bravas
(crispy fried potatoes)

Esclivada
(roasted Mediterranean vegetables)

PUERTO RICO Wednesday, Sept 17

SOUP

Sopa de Gandules
(pigeon pea soup)

Loaded Baked Potato Soup

SANDWICH

Tripleta Sandwich
(grilled chicken, roasted pork, ham & cheese with
cabbage slaw & ketchup-mayo on a baguette)

VEGETARIAN

Vegetarian Pinchos
(skewers of grilled vegetables)

ENTRÉE

Pollo Guisado
(chicken stew)

SIDES

Arroz con Gandules
(yellow rice & pigeon peas)

Tostones
(fried green plantains)

PASTA

Pasta con Salsa de Sofrito
y Queso Blanco
(penne pasta tossed in a creamy
sofrito-based cheese sauce)

CUBA Thursday, Sept 18

SOUP

Potaje de Frijoles Negros
(Cuban black bean soup)

Broccoli & Cheddar Soup

SANDWICH

Cuban Sandwich
(grilled sandwich of roast pork, ham,
Swiss cheese, mustard, pickles on Cuban bread)

VEGETARIAN

Vegetarian Ropa Vieja
(stewed lentils over rice)

ENTRÉE

Pollo en Mojo Criollo
(Marinated chicken in a citrus mojo sauce)

ALLERGEN-FRIENDLY

Carne con Papas
(beef & potato stew)

SIDES

Arroz Moro
(Cuban black beans & rice)

Plátanos Maduros
(Fried sweet plantains)

TAILGATE PARTY Friday, Sept 19

SOUP

Chili
Southwest Corn &
Black Bean Soup

SANDWICH

Hot Dog Bar

VEGETARIAN

Buffalo Cauliflower

ENTRÉE

Boneless Buffalo Wings

ALLERGEN-FRIENDLY

Pulled Pork

SIDES

Twice Baked Potato
Corn on the Cob