



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

MEAL PLAN DISCOUNT **40% OFF**

F/S DINING PLAN DISCOUNT **10% OFF**

MONDAY
September 29

Soup

Chicken Noodle Soup
Tomato Soup

Sandwich

Turkey Rueben

Vegetarian

Sweet Potato &
Black Bean Loaf

Entrée

Meatloaf

Sides

Mashed Potatoes
Creamed Spinach

Pasta

Broccoli & Chicken Alfredo

TUESDAY
September 30

Soup

Fall Harvest Soup
Sweet Corn Chowder

Sandwich

Carne Asada Tacos

Vegetarian

Mexican Style
Stuffed Zucchini Boats

Entrée

Beef Enchilada

Sides

Roasted Mexican
Sweet Potatoes
Roasted Broccoli

WEDNESDAY
October 1

Soup

Chicken & Rice Soup
Loaded Baked Potato Soup

Sandwich

Sliced Herb Roasted Beef
on a Hard Roll
with Horseradish Cream

Vegetarian

Blackened Tofu

Entrée

Southern Fried Chicken

Allergen-Friendly

Pulled Pork

Sides

Rice Pilaf
Braised Collard Greens

THURSDAY
October 2

Soup

Curried Lentil Soup
Broccoli & Cheddar Soup

Sandwich

Italian Sliced Pork &
Broccoli Rabe with
Balsamic Reduction

Vegetarian

Sweet Pea Risotto

Entrée

Chicken Picatta

Sides

Roasted Potatoes
Broccoli & Tomato

Pasta

Pasta Primavera

FRIDAY
October 3

Soup

Beef & Vegetable Soup
Butternut Squash Bisque

Sandwich

Shrimp Po Boy

Vegetarian

Vegetable Jambalaya

Entrée

BBQ Pork Ribs

Allergen-Friendly

Chicken & Shrimp
Jambalaya

Sides

Cajun Potato Wedges
Roasted Squash



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MONDAY
October 6

Soup

American Bounty Soup
Tomato Soup

Vegetarian

Roasted Acorn Squash
& Cheesy Polenta

Entrée

Herb Roasted Turkey Breast
Pork Chops

Sides

Stuffing
Creamed Corn

TUESDAY
October 7

Soup

Chicken Pozole
Sweet Corn Chowder

Action Station

Pasta Bar

Vegetarian

Jackfruit Carnitas

Entrée

Al Pastor
Ancho Lime Chicken

Sides

Black Beans & Rice
Roasted Mexican Vegetables

WEDNESDAY
October 8

Soup

Minestrone Soup
Loaded Baked Potato Soup

Vegetarian

Vegetable Jambalaya

Entrée

Southern Fried Chicken
Herb Roasted Pork Loin

Sides

Macaroni & Cheese
Southern Style Green Beans

THURSDAY
October 9

Soup

Italian Wedding Soup
Broccoli & Cheddar Soup

Action Station

Mushroom Risotto

Vegetarian

Eggplant Meatballs

Entrée

Roasted Sausage
Peppers & Onions
Meatballs with Marinara

Sides

Baked Ziti
Roasted Balsamic Squash

FRIDAY
October 10

Soup

Chicken Noodle Soup
Butternut Squash Bisque

Vegetarian

Vegetarian Stuffed Peppers

Entrée

Pan Seared Salmon
with Lemon Butter
Herb Roasted Beef

Sides

Mashed Potatoes
Garlic & Herb Roasted Broccoli