ONE&ALL

Monarca Dining Hall Weekly Menu 11/16-11/19

	Lunch		Dinner	
	Savory	Showcase	Savory	Showcase
Monday 11/16	CHICKEN CACCIATORE CREAMY POLENTA GARLIC VEGETABLE STIR-FRY PASTA WITH BUTTERNUT SQUASH AND MUSHROOMS	BEEF PHO TOFU PHO	BEEF STEW MASHED POTATOES AND GRAVY STEAMED VEGETABLES GARBANZO STEW QUINOA PILAF	GENERAL TSO'S CHICKEN BOWL GENERAL TSO'S TOFU BOWL
Tuesday 11/17	COLOMBIAN ROPA VIEJA AREPAS (BRAISED BEEF) BLACK BEANS AREPAS CILANTRO LIME BROWN RICE STEAMED VEGETABLES SPAGHETTI SQUASH / LENTIL MEATLOAF	CHAR SIU PORK FRIED RICE BOWL EDAMAME TOFU FRIED RICE BOWL	BBQ PORK BAKED BEANS / CORN ON THE COB GARLIC MASHED POTATOES BBQ ROASTED CAULIFLOWER	TERIYAKI BEEF NOODLE BOWL TERIYAKI TOFU NOODLE BOWL SPICY CUCUMBER SALAD ASIAN SLAW
Wednesday 11/18	ROASTED CHICKEN ALFREDO PASTA / GARLIC BREAD STEAMED VEGETABLES QUINOA AND KALE STUFFED SWEET POTATOES	BEEF BULGOGI FRIED EGG JASMINE RICE TOFU BULGOGI CUCUMBER SALAD	MEAT LASAGNA STEAMED VEGETABLES EGGPLANT PARMESAN IMPOSSIBLE MEAT SAUCE GARLIC BREAD	IMPERIAL SHRIMP FRIED RICE BOWL TOFU EDAMAME FRIED RICE BOWL VEGETABLE SPRING ROLLS
Thursday 11/19	SAGE-ROASTED TURKEY MASHED POTATOES AND TURKEY GRAVY STUFFING / STEAMED GREEN BEANS DINNER ROLL / CRANBERRY SAUCE ROASTED CAULIFLOWER STEAK AND VEGAN GRAVY VEGAN POTATO GRATIN	PINEAPPLE HONEY GLAZED HAM SWEET POTATO CASSEROLE PIE CARAMELIZED BRUSSELS SPROUTS	ROASTED PORK LOIN TURMERIC BASMATI RICE STEAMED VEGETABLES SAUTEED GARLIC SEITAN	CLOSED

Monarca DINING HALL

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*Allergens are noted on the menu in the dining hall. For calorie and nutrient information, please find the managers on site.