

Terrace Dining Hall

BREAKFAST MENU

Sun 01/19/19	Mon 01/20/19	Tue 01/21/19	Wed 01/22/19	Thur 01/23/19	Fri 01/24/19	Sat 01/25/19
Vegan Area						
	Spinach & Cheese VG Scramble	Southwest VG Scramble, Cormmeal Griddle Cakes, Field Roast Sausage	Kale & Onion VG Scramble, VG Pancakes, Field Roast Sausage	VG Scramble, VG French Toast, Field Roast Sausage	Asparagus, Mushroom & Parmesan VG Scramble	
The Dish (comfort)						
	French Toast, Scrambled Eggs, Pork Sausage Patty, Turkey Bacon, Hash Browns, Oatmeal	Pancakes, Scrambled Eggs, Home Fries, Chicken Sausage, Bacon, Oatmeal	Belgian Waffles, Scrambled Eggs, Tator Tots, Sliced Ham, Turkey Patty, Oatmeal	French Toast Sticks, Scrambled Eggs, Home Fries, Chicken Sausage, Bacon, Oatmeal	Blueberry Pancakes, Kielbasa, Scrambled Eggs, Hash Brown Patty, Turkey Link, Oatmeal	
Food Lab						
Belgian Waffle Bar: Toppings, Syrup, Eggs, Vegan Eggs, Bacon, Field Roast Sausage, home Fries, Oatmeal	Omelet Bar	Omelet Bar	Omelet Bar	Omelet Bar	Tofu Scramble	Scrambled Eggs, VG Eggs, Hash Brown Patty, Bacon, Field Roast Sausage, French Toast Sticks, Oatmeal
The Bakery						
Assorted Pastries and Assorted Donuts		Assorted Pastries and Assorted Donuts		Assorted Pastries and Assorted Donuts		Assorted Pastries and Assorted Donuts
LUNCH MENU						
Vegan Area						
Roasted VG Ravioli, Meatless Meatballs with Marinara Sauce and Garlic Green Beans	VG Grilled Cheese & VG Bacon, French Fries, Broccoli	Sunflower Pesto Pasta, VG Italian Sausage with Peppers & Onions, Zucchini with Oregano	Roasted Mushroom & Kale Quesadilla, Yellow Rice & Beans, Sautéed Vegetables & Greens	Battered Buffalo Cauliflower, Garlic Potato Wedge, Steamed Vegetable Medley	Vegetable Lo Mein, Steamed Broccoli, General Tso Tofu	Falafel with Tahini, Pita Bread, Zucchini, Peas, Onions and Wild Rice
The Dish (comfort)						
Meatloaf with Mushroom Espagnole, Buffalo Chicken Meat, Garlic Green Beans, Creamy Pesto Tortellini and Roasted Peppers, Roasted Potatoes	Fried Cod, Herb Marinated Chicken Breast, Rice Pilaf, Steamed Broccoli, French Fries, Cole Slaw, Tartar Sauce & Rolls	Balsamic Glazed Chicken Breast with Tomato Bruschetta, Cheese Ravioli, Penne Pasta, Roasted Garlic Marinara, Basil Pesto Alfredo, Zucchini with Oregano, Garlic Bread	Grilled Jerk Chicken Thighs with Mango Salsa, Sweet & Spicy Caribbean Shrimp (peppers, onions, pineapple), Yellow Rice with Pigeon Peas, Brown Sugar Fried Plantains, Mixed Vegetables & Greens	Cuban Sandwich, Chimichurri Grilled Chicken, Steamed Vegetable Medley, Cilantro Lime Sweet Potato, Sautéed Southwest Corn	Teriyaki Glazed Chicken Thighs with Toasted Sesame & Tri-bell Peppers, Hoisin Glazed Tofu, Steamed Brown Rice, Nappy Cabbage Vegetable Stir Fry, Steamed Broccoli	Marinated Grilled Chicken Breast with Avocado Salsa, Breaded Pork Chop with Pancetta Gravy, Wild Rice Zucchini Peas & Pearl Onions, Pasta Primavera
Food Lab						
Belgian Waffle Bar: Toppings, syrup, Eggs, Vegan Eggs, Bacon, Field Roast Sausage, home Fries, Oatmeal	Grill Bar	Grill Bar	Grill Bar	Grill Bar	Tofu Scramble	Scrambled Eggs, VG Eggs, Hash Brown Patty, Bacon, Field Roast Sausage, French Toast Sticks, Oatmeal
Pizza, Pizzal						
Pepperoni, Italian 6-Cheese, Breakfast Sandwich	Pepperoni, Italian 6-Cheese, Blue Cheese, Bacon & Balsamic Pizza	Pepperoni, Italian 6-Cheese,Sundried Tomato and Artichoke Pizza	Pepperoni, Italian 6-Cheese, Philly Steak Stromboli	Pepperoni, Italian 6-Cheese, Pesto & Chicago Sausage Deep Dish Pizza	Pepperoni, Italian 6-Cheese, Spinach, Pancetta & Roasted Garlic	Pepperoni, Italian 6-Cheese, Breakfast Sandwich
Station No. 8 (devoid of the 8 most common allergens)						
Breakfast Bowl, Hash Browns with Onions and Mushrooms, Cheese, Tomatoes, Salsa	Souvlaki Chicken, Lemon Rice, Roasted Broccoli	Grilled Vegetables and Rice, Beef Shawarma, Hummus	Balsamic Chicken, Wild Rice, Roasted Tomatoes & Broccoli	Carnitas Tacos (avocado, Pico), Cilantro Rice, Pinto Beans	BBQ Chicken, Baked Beans, Roasted Carrots	VG Pancake Bar
Soup of Day						
Vegetable Minestrone Soup & Creamy Roasted Mushroom	Vegan Tomato Bisque and Southwest Chicken & Quinoa	Gingery Shitake & Tofu Vegetables and Pasta e Fagioli with Sausage	Broccoli Cheddar and Chicken Noodle	Tortellini Vegetable and Creamy Cauliflower & Chorio	Caramelized French Onion and New England Clam Chowder	Cuban Black Bean and Creamy Potato & Ham
DINNER MENU						
Vegan Area						
Vegetable Paella, Catalonia ToFu Steak, Sautéed Kale & Tomatoes	Seitan Fajitas, Refried Beans, Spanish Rice and Southwest Vegetable Blend	Sweet & Sour Tofu, Fried Rice and Sesame Vegetable Mix	VG Pulled Pork, Sweet Potatoes, Ginger Vegetable Medley	VG Pizza, Steamed Corn, Peas, Carrots and Herb Roasted Potatoes	VG Pot Roast, Mashed Sweet Potatoes, Mixed Vegetables with Asparagus	Seitan Wings, Black Eyed Peas & Rice, Roasted Brussel Sprouts
The Dish (comfort)						
Roasted Garlic Bone-In Chicken, Eggplant Parmesan, Crispy Gnocchi with Herb Oil, Cacciatore Sauce, Sautéed Kale & Tomatoes, Roasted Vegetables, Wild Mushroom Rice Pilaf	Barbacoa Beef, Peruvian Chicken Breast with Green Sauce, Spanish Rice, Refried Beans, Southwest Vegetable Blend, Cilantro Garlic Corn with Tomato	Sticky Asian Glaze Chicken Thighs, Sweet & Sour Pork, Fried Rice, Baby Bok Choy Stir Fry, Sesame Garlic Vegetable Mix, White Rice, Vegetable Pot Stickers	Tamarind Kalua Pork, Hull Hull Chicken, Glazed Sweet Potatoes, Hawaiian Rolls, Gingered Vegetable Medley, Green Beans, Basmati Rice	Chicken Marsala, Shrimp Puttanesca, Herb Roast Potatoes, Steamed Corn, Peas & Carrots, Broccoli with Brown Butter, Asiago-Truffle Mushroom Pasta	Herb Mustard & Panko Crusted Salmon, Roasted Beef Sirloin with Sauce Chasseur, Wild Rice Pilaf, Mashed Sweet Potatoes, Mixed Vegetables with Asparagus, Roasted Squash Medley	Smoked Hickory Chicken Thighs, BBQ Spiced Brisket, Black Eyed Peas & Rice, Roasted Brussel Sprouts, Glazed Carrots & Chive, Chipotle Vinaigrette Slaw with Kale, Creole Red Potato Salad
Food Lab						
Burrito Bowl Bar	Asian Bar	Tex Mex Pasta Bar	Greek Bar	Chili Bar	Pierogi Bar	Pasta Bar
Pizza, Pizzal						
Pepperoni, Italian 6-Cheese, Breakfast Sandwich	Pepperoni, Italian 6-Cheese, Bacon & Balsamic Pizza	Pepperoni, Italian 6-Cheese,Sundried Tomato and Artichoke Pizza	Pepperoni, Italian 6-Cheese, Philly Steak Stromboli	Pepperoni, Italian 6-Cheese, Pesto & Chicago Sausage Deep Dish Pizza	Pepperoni, Italian 6-Cheese, Spinach, Pancetta & Roasted Garlic	Pepperoni, Italian 6-Cheese, Breakfast Sandwich
Station No. 8 (devoid of the 8 most common allergens)						
Roast Beef, Roasted Yams, Green Beans	Gluten Free Pasta Bar	Apricot Glazed Pork Loin, Brown Rice Pilaf, Roasted Vegetables	Southern Pot Roast, Baked Potatoes, Roasted Cauliflower	Fried Rice Bar	Tuscan Chicken, Spin-Artichoke Cream, Spaghetti Squash, Zucchini & Peppers	Roast Turkey Breast, Rosemary Potatoes, Carrots
Soup of the Day						
Vegetable Minestrone and Creamy Roasted Mushroom	Vegan Tomato Bisque and Southwest Chicken & Quinoa	Gingery Shitake & Tofu Vegetable and Pasta e Fagioli with Sausage	Broccoli Cheddar and Chicken Noodle	Tortellini Vegetable and Creamy Cauliflower & Chorio	Caramelized French Onion and New England Clam Chowder	Cuban Black Bean and Creamy Potato & Ham
** A Variety of Desserts are Served Daily **						

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