

Terrace Dining Hall

BREAKFAST MENU

Sun 9/22/19	Mon 9/23/19	Tue 9/24/19	Wed 9/25/19	Thur 9/26/19	Fri 9/27/19	Sat 9/28/19
Vegan Area						

Vegan Area

Tofu Scramble	Sweet Potato & Tofu Hash	Tofu Scramble	Tofu Scramble	Breakfast Tacos	Tofu Scramble	Tofu Scramble
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The Dish (comfort)

Belgian Waffle, Scrambled Eggs, Bacon, Sliced Ham, Home Fries, Breakfast Waffles, Oatmeal	French Toast, Scrambled Eggs, Pork Sausage Patty, Chicken Sausage Link, Hash Browns, Oatmeal	Pancakes, Scrambled Eggs, Hash Brown Patty, Chicken Sausage Link, Turkey Bacon, Oatmeal	Belgian Waffles, Scrambled Eggs, Home Fries, Turkey Links, Bacon, Oatmeal	French Toast, Scrambled Eggs, Tater Tots, Pork Sausage Links, Chicken Sausage, Oatmeal	Blueberry Pancakes, Scrambled Eggs, Hash Browns, Kielbasa, Pork Sausage Patty, Oatmeal	Belgian Waffles, Scrambled Eggs, Hash Brown Patty, Bacon, Chicken Sausage, Oatmeal
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Food Lab

Breakfast Taco Bar: Eggs, Tofu, Red and Green Salsa, Black Beans, Cheese, Lettuce, Guacamole, Bacon, Flour & Corn Tortillas	Omelet Bar	Omelet Bar	Omelet Bar	Omelet Bar	Omelet Bar	Breakfast Taco Bar: Eggs, Tofu, Red and Green Salsa, Black Beans, Cheese, Lettuce, Guacamole, Bacon, Flour & Corn Tortillas
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The Bakery

Apple Cinnamon Muffin & Assorted Donuts, Danish, Pastries	Banana Nut Muffins & Raspberry White Chocolate Scone	Chocolate Chip Muffin & Maple Walnut Biscotti	Lemon Poppy Seed Muffin & Honey Almond Pastry Twist	Pumpkin Muffin & Assorted Mini Scones	Orange Cranberry Muffin & Blueberry Coffee Cake	Assorted Donuts, Danish and Pastries
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LUNCH MENU

Vegan Area

Tofu Scramble	Vegetable Paella, Saffron Rice	Tacos with Rice and Beans	Ravioli with Marinara and Steamed Broccoli	General Tso Tofu, Ginger Lime Carrot Vegetable 10 Mein	Pasta w/ Vegan Pesto & Toasted Walnuts	Tofu Scramble
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The Dish (comfort)

Belgian Waffle, Scrambled Eggs, Bacon, Sliced Ham, Home Fries, Breakfast Waffles, Oatmeal	Chicken Tenders. Vegan Chicken Tenders. Roast Sweet Potatoes, Cheesy Grits, Sautéed Kale, Mac & Cheese	Taco Bar and Fried Fish	Fried Cod, Steamed Jasmine Rice. Garlic Chili Edamame, Steamed Vegetables, Sweet Chili Chicken Thighs	Bombay Chicken Curry, Potato Pea Curry, Basmatic Rice, Naan Bread, Roasted Spiced Green Beans, Roasted Mixed Vegetables, Garlic Bread	Smokey Beef Brisket, Roasted Potatoes, BBQ Beans, Corn Bread, Steamed Broccoli	Belgian Waffles, Scrambled Eggs, Hash Brown Patty, Bacon, Chicken Sausage, Oatmeal
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Food Lab

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Pizza, Pizza!

Cheese, Pepperoni, Supreme Pizza	Cheese, Pepperoni, Bacon Chicken Ranch Pizza	Cheese, Pepperoni, Mushroom Trio	Cheese, Pepperoni, BBQ Chicken Pizza	Cheese, Pepperoni, Toasted Meatball Sub	Cheese, Pepperoni, White Garlic Cheddar	Cheese, Pepperoni, Caprese
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Station No. 8 (devoid of the 8 most common allergens)

Glazed Ham, Crispy Smashed Potatoes, Roasted Vegetables	Carne Asada Burrito Bowl	Sweet & Sour Pork, Steamed Rice, Steamed Asian Vegetables	Turkey Chili, Baked Potatoes, Steamed Broccoli	Gluten Free Pasta Bar	Cuban Mojo Pork, Rice & Black Beans, Sautéed Zucchini	Hash Bar: Shredded Potatoes, Bacon, Salsa, Scallions, Roasted Onions, Roasted Mushroom and Other Toppings
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Soup

Vegetable Tortilla Soup	Loaded Potato Soup	Potato Kale Soup	Roasted Butternut Squash Soup	Beef Barley Soup	Carrot Ginger Soup	Corn Chowder
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DINNER MENU

Vegan Area

Shitake and Edamame Fried Rice	Vegetable Paella, Saffron Rice	Tacos with Rice and Beans	Ravioli with Marinara and Steamed Broccoli	General Tso Tofu, Ginger Lime Carrot Vegetable Lo Mein	Pasta with Vegan Pesto & Toasted Walnuts	Vegan Meatballs, Marinara with Penne
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The Dish (comfort)

Parmesan-Basil Seared Chicken, Risotto Milanese, Herbed Oil Fettuccine, Steamed Spinach, Balsamic Mixed Vegetables, Red Pepper Pesto Meatballs, Garlic Red Potatoes	Cuban-Braised Beef, Steamed Rice, Stewed Black Beans, Spiced/Roasted Vegetables, Roasted Sweet Potatoes, Mojo Chicken	Honey Baked Ham, Assorted Rolls, Au Gratin Potatoes, Green Beans, Lemon Pepper Chicken Cutlet, Garlic Broccoli, Wild Rice Pilaf	Beef Shawarma, Pita Bread & Tahini Sauce, Mejadra (spiced rice with lentils, crispy fried onions), Mixed, Roasted Vegetables, Caramelized Shallots & Garlic Spinach, Chicken Shawarma	Oven Roasted Chicken, Mashed Potatoes, Chicken Gravy, Steamed Carrots, Roasted Cauliflower	General Tso's Chicken, Steamed rice, Veggie Chow Mein, Snap Pea Stir Fry, Sweet & Sour Seitan	Chicken Fajitas, Shrimp Fajitas, Portobello Fajitas, Flour Fajitas, Mexican Rice, Roasted Zucchini
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Food Lab

Shrimp Bar	Mac & Cheese Bar	Stir Fry	Poke Bowl Bar	Nacho Bar	Grain Bar	Pasta Bar
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Pizza, Pizza!

Cheese, Pepperoni, Supreme Pizza	Cheese, Pepperoni, Bacon Chicken Ranch Pizza	Cheese, Pepperoni, Mushroom Trio	Cheese, Pepperoni, BBQ Chicken Pizza	Cheese, Pepperoni, Toasted Meatball Sub	Cheese, Pepperoni, White Garlic Cheddar Broccoli Pizza	Cheese, Pepperoni, Caprese Pizza
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Station No. 8 (devoid of the 8 most common allergens)			
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Gluten Free Pasta, Bolognese, Green Beans	Herb Roasted Turkey, Mashed Sweet Potatoes, Steamed Corn	Beef Kofta, Quinoa Tabouleh, Mediterranean Vegetables	Rosemary Garlic Chicken, Polenta with Mushroom Bean Ragout, Roasted Squash	BBQ Beef, Baked Beans, Roasted Potatoes, Roasted Brussel Sprouts	Chicken Curry Bombay, Basmati Rice, Curry Cauliflower	Cajun Chicken, Red Beans and Rice, Braised Kale
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Soup

Vegetable Tortilla Soup	Loaded Potato Soup	Potato Kale Soup	Roasted butternut Squash Soup	Beef Barley Soup,	Carrot Ginger Soup	Corn Chowder
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**** A Variety of Desserts are Served Daily ****