










# Seasonal Menu

## November 18-24 Lunch and Dinner: Loyola University

(V) Vegetarian	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	<b>Taco Tuesday</b> Breakfast for Dinner		<b>Thanksgiving</b> Celebration			<b>Brunch / Dinner</b>	<b>Brunch / Dinner</b>	
	<b>Broth Soup</b>	(V) Vegetable Minestrone	Beef Noodle	Turkey & Rice	Chicken Noodle	(V) Tomato Basil	Cream of Wheat / Soup du Jour	Oatmeal / Soup du Jour
	<b>Cream Base or Chili</b>	Beef & Bacon Chili	(V) Cream of Spinach Soup	3 Bean Chili	Anahiem Chicken Chili	Maryland Crab Soup	Soup du Jour	Soup du Jour
  <b>Lunch</b>	<b>Lunch Entrée</b>	Beef Stew	Cajun Fried Chicken	Roasted Pork Loin	Bratwurst Hoagie with Cracked Mustard	Hand Breaded Fish	Scrambled Eggs	Meat & Cheese Frittatas
	<b>Lunch Entrée</b>	Blackened Chicken Sandwich	Roast Beef Cheddar Melts	Coconut Chicken	Chicken Piccata	Grilled Tuna Melt	Specialty of the Day	Specialty of the Day
	<b>Vegetable</b>	Roasted Squash	Vegetable Medley	Caramelized Apples	Sauteed Mushrooms	Buttered Corn	Specialty of the Day	Specialty of the Day
	<b>Vegetable</b>	Succotash	Green Beans	Steamed Broccoli	Roasted Asparagus	Steamed Cauliflower	Bacon & Sausage	Bacon & Sausage
	<b>Starch</b>	Steamed Rice	Cheddar Bacon Red Skin Mashed Potatoes	Herbed Bread Stuffing	Long Grain-Wild Rice	Roasted potatoes	Pancakes & Home Fries	French Toast Sticks & Home Fries
	<b>(V) Vegetarian</b>	Szechuan Eggplant	Quinoa with Cranberries, Cilantro & Pine Nuts	Curried Coconut Tofu	Chickpeas Stew	Tofu Vegetable Cous Cous	Vegetable Bacon & Sausage	Vegetable Frittatas
  <b>Dinner</b>	<b>Dinner Entrée</b>	Chicken Pot Pie with Biscuits	Scrambled Eggs	Roasted Turkey with Bread Stuffing	Meat Lasagna	Sesame Salmon	Herb Breadcrumb encrusted Chicken Breasts	Grilled Swordfish
	<b>Dinner Entrée</b>	BBQ Chicken	French Toast Sticks	Pit Ham	Sun Dried Tomato-Pesto Baked Chicken Breast	Beef & Broccoli	Korean BBQ Ribs	Specialty of the Day
	<b>Vegetable</b>	Zucchini & Tomatoes	Vegetable Medley	Green Bean Casserole	Garlic Spinach	Sauteed Snow Peas & Bean Sprouts	Brussel Sprouts	Specialty of the Day
	<b>Vegetable</b>	Peas & Pearl Onions	Bacon & Sausage	Sauerkraut	Ratatouille	Honey Orange Glazed Carrots	Green Beans & Mushrooms	Stewed Tomatoes
	<b>Starch</b>	Roasted Sweet Potatoes	Home Fries	Sweet Potato Casserole	Garlic Bread	Fried Rice	Garlic Mashed Potatoes	Asparagus-Portabella Mushroom Risotto
	<b>(V) Vegetarian</b>	Black Beans & Roasted Corn	Vegetable Sausage	Mashed Potatoes	Vegetable Lasagna	BBQ Tofu	Carrots, Spinach & Cabbage in a Garlic- Black Bean Sauce	Brown Rice Casserole with Tofu & Vegetables
	<b>Lunch Entrée</b>	Shrimp Stir Fry	Tortellini Bar	Pasta Bar	Caribbean Curry	Quesadilla Bar	Made to order Omeletes	Made to order Omeletes
	<b>Dinner Entrée</b>	Pasta Bar	Omeletes Made to order	Carved Leg of Lamb with Caramelized Apples	Pasta Bar	Chicken Scampi	Chicken Stir Fry	Made to order Omeletes
	Items available at the Pizzeria daily: Cheese, Pepperoni, White & Vegetable Pizzas							
	<b>Pizza Specialty</b>	Bacon & Broccoli Pizza	Spinach, Feta, Red Onion & Olive Pizza	Buffalo Chicken Pizza	Blackened Chicken Pizza with Roasted Corn & Black Beans	Hummus Pizza	Specialty of the Day	Specialty of the Day
	<b>Entrée</b>	Baked Potato Bar	Chicken Fajitas	Hot Dog Bar	Baja Fish Tacos	Specialty of the Day	<b>Brunch</b> Carved Roasted Salmon <b>Dinner</b> Specialty of the Day	<b>Brunch</b> Top Round of Beef <b>Dinner</b> Mashed Potato Bar
	Items available at the Grill daily except on "Flats Special Days": "Fresh Ground" Hamburgers and Cheeseburgers, Grilled Cheese, Fried or Grilled Chicken Sandwich, (V) Black Bean Burgers, Turkey Burgers and Hand Cut French Fries Cheese available: American, Provolone, and Swiss							
	<b>Flats Special</b>							
	<b>Nightly Special</b>	Cheese Steak Subs	Tacos	Patty Melts	California Turkey burger	Grilled Chicken Strips		
	Items available in the Deli daily, to include, but not limited to: Breads and Wraps - Whole Wheat, Multi Grain, Sourdough, Rye, Kaiser Rolls, Sub Rolls, and Wraps. Featuring Boars Head Meats - Baked Ham, Roasted Turkey, Roast Beef or Pastrami, Salami, Pepperoni, Buffalo Chicken. Salads - Tuna, Chicken, Seafood salad, or Egg Salad and a rotation of other composed salads. Vegetable Toppings - Red Lettuce, Tomatoes, Red Onions, and Pickles. Cheese - American, Cheddar, Provolone and Swiss or Pepper Jack.							
	Showcase Salads - Full Salad Bar featuring: 28 fresh toppings, 8 dressings, flavored oils and vinegars, 2 Yogurts, Cottage Cheese, Fresh Fruit Bar, and 5 Fresh Fruits. Check out our specialty salads 3 or more composed salads featuring a variety of both International (Hemisflavors) and local favorites.							
	10 Cold Cereals, 4 Juices, 2% Milk, Skim Milk, Chocolate Milk, and Soy Milk, Coffee, Decaf Coffee, Tea, 10 Soft Drinks, Filtered Water.							
	Fresh Baked Desserts and Breads - White & Wheat, Rye, Fat-Free Wheat, English Muffins, 5 Varieties of Bagels, Peanut Butter, Cream Cheese, Butter and Jelly, 6 Flavors of Hershey's Ice Cream, Sundae Toppings, Fresh Baked Cookies, Cakes Pies, and other Homemade Desserts.							
