Iggy's Market Menu, September 1-7

Dining LOYOLA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						Brunch / Dinner	Brunch / Dinner
fresh STOCK	Chicken Tortallini	Chicken Noodle	Loaded Potato	Beef Barley	New England Clam Chowder	Oatmeal/Soup du Jour	Cream of Wheat/Soup du Jour
	Creamy Tomato	Brocolli Cheedar	Pasta Bean	Mushroom Bisque	Vegetable Lentil	Soup du Jour	Soup du Jour
IGGY'S Dish	**Roasted Pork Loin**	**Grilled Sweet & Sour Chicken**	**Herb Crusted Baked Chicken**	**Turkey Meat Pie**	**Crab Stuffed Flonder**	**Bacon & Sausage**	**Bacon & Sausage**
	Fried Flounder	**Garlic Ginger Beef Tips**	**Beef Meatloaf**	**Grilled London Broil**	**Fried Shrimp**	**Roasted Chicken**	**Fried Cod**
	Roasted Poatatoes	Mashed Potatoes	Obrien Potato	Gratin Potatoes	Hush Puppies	Pancakes / Homefries	French Toast Sticks / Home Fries
	Sweet Potato Casserole	Steam Rice	Pesto Orzo	Dirty Rice	Pasta Alfredo	Vegetable du Jour	Vegetable du Jour
	Steamed Cauliflower	Steamed Green Beans	Stew Squash	Fried Onion Straws	Fried Cabbage	Steamed Green Bean	Roasted Mushroom
Lunch	Green Bean Medley	Brocolli Medley	Carrot Medley	Squash Medley	Steam Brocolli	Steamed Green Bean	Roasted Mushroom
ALLERGY FRIENDLY ZONE	**Herb Grill Chicken**	**Broiled Fish**	**Gluten-Free Pasta & Vegan Alfredo**	**Grill London Broil**	**Grilled Salmon**	**Gluten Free Chicken Wings**	**Grilled Tuna Steak**
	Seared Tofu & Vegetable Cake	**Asian Beef & Peppers**	**Veggie Corn Meal Pie**	**Blackbean Cake**	**Summer Squash Cake**	**Sweet Potato Rissotto Cake**	**Brocolli Tofu Bites**
Lunch	Steamed Cauliflower	Steamed Broccoli	Steamed Green Beans	Bok Choy	Steamed Aspargus	Roasted Mushrooms	Roasted Saffron Califlower
IGGY'S Dish	**Chicken Pot Pie**	**Arroz Con Pollo**	**Chicken Lasagna**	**Chicken & Dumplings**	**Cajan Baked Chicken**	**BBQ Chicken**	**Italian Lasagna**
	Beef Stew	**Shreeded Pork Taco**	**Sliced Beef Au Jus**	**Fried Pork Chop**	**Seafood Creole**	**Fried Fish**	**Chicken Parm**
	Parmesan Roasted Potato	Spanish Rice	Roasted Potatoes	Scollop Potato	Black Bean Rice	Mash Potatoes	Roasted Potatoes
	Wild Rice	Tostones	Rice Pilaf	Mac & Cheese	Okra & Tomatoes	Mac & Cheese	Garlic Penne
Dinner	Squash Medley	Spinach Fritters	Steamed Green Beans	Glazed Carrots	Brocolli Fritters	Braised Greens	Roasted Squash
ALLERGY FRIENDLY ZONE	**Grill London Broil**	**Thyme Roasted Chicken**	**Gluten-Free Turkey Meat-Loaf**	**Ginger Shallot Grilled Chicken**	**Gluten Free Fried Fish**	**Gluten Free Chicken Wings**	**Grilled Tuna Steak**
	Seared Tofu & Vegetable Cake	**Broccoli Cake**	**Roasted Potatoes**	**Rice Pilaf**	**Steak Fries**	**Sweet Potato Rissotto Cake**	**Brocolli Tofu Bites**
Dinner	Steamed Cauliflower	Green Beans	Roasted Vegetables	Root Vegetable	Corn on the Cob	Roasted Mushrooms	Roasted Saffron Califlower
Bravissimo	**Cheese Steak Bar**	**Meatball Bar**	**Pot-Sticker Bar**	**Stew & Chowder Bar**	**Funnel Cake Bar**	**Omelet Bar**	**Omelet Bar**
	Chicken & Broccoli	**BBQ Smoke House Bar**	**Mashed Potato Bar**	**Pupusa bar**	**Texas Tommy Station**	**Crepe Bar**	**Chicken Wing Bar**
1852 PIZZA	Items available at the Pizzeria daily: Cheese, Pepperoni, White & Vegetable Pizzas						
	Chicken Spinach Bake Pasta	**Italian Meat Pasta Bake**	**American Chop Suey**	**Chicken Primavera Bake**	**Salmon Casserole**	**Meat Baked Ziti**	**Shrimp Alfredo**
	Caprese Pizza	**BBQ Chicken & Feta**	**Summer Veggie Pizza**	**Bacon Cheese Burger**	**Mushroom Cheddar**	**Bacon Ranch**	**Meat Lovers**
NEWMAN DELI	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 House Roasted 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. Condiments available - Mustard, Herbed Mayonnaise, Mayonnaise, Fat-Free Mayo, Horseradish and Red Hot.						
	Pastrami	Cold Rachel	Italian Hogie	Asian Chicken Sub	Tuna Salad, Quinoa & White Bean Wrap	Specialty of the Day	Specialty of the Day
MARKET FRESH SALADS	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.						
	Cous Cous Compast Salad	Beet & Orange Salad	Watermelon & Feta Salad	Cardamom Citris Fruit Salad	Pickled Vegetable Salad	Fruit Salad	Brown Rice Tomato Basil Salad