

Week 1



Monday

Sautéed Sugar Snap Peas with Carrots over Soba Noodles

Tuesday

Sautéed Kale, Black bean, and Avocado Burrito Bowl

Wednesday

Vegetable Pho

Thursday

Roasted Vegetable Reman

Friday

Bibimbap Bowl
Steamed Rice
Roasted Mushrooms
Spinach
Cucumber
Carrots
Scallions
Cilantro Leaves

Saturday

Spicy Tofu Bowl with Quinoa and Sautéed Broccoli

Sunday

Roasted Eggplant
Spicy Potato Hash
Lemon Risotto

Lunch

COLLEGE DINING HALL





Week 1



Monday- Sunday Pasta | Pizza Exhibition Cooking Station Lunch and Dinner

***Pasta(s):**
Penne
Linguine
Fettuccini
Spaghetti
Bowtie
Cavatappi

***Sauce(s):**
Pesto
Alfredo
Marinara

****Topping(s):**
Fresh Spinach
Cut Broccoli
Julienne Zucchini
Julienne Squash
Sliced Mushrooms
Diced Tomato's
Diced Onions
Diced Red Peppers
Diced Yellow Peppers
Diced Green Peppers
Green Peas
Fresh Basil
Minced Garlic
Italian Seasoning
Crushed Red Pepper
Kosher Salt
Ground Black Pepper
Olive Oil Blend
Grated Parmesan

***Protein(s):**
Fully Cooked Diced Chicken
Fully Cooked Salad Shrimp
****Diced Tofu**
Fully Cooked Diced Italian Sausage

Pizza:
Prepared Dough
Marinara Sauce
Mozzarella Cheese
Sliced Pepperoni
Pork Topping
Beef Topping
Diced Chicken

* Minimum of 2 at each meal service

**All Required



COLLEGE DINING HALL

Week 1



Monday- Sunday Asian Stir Fry Exhibition Cooking Station Lunch and Dinner

***Starch:**
Lo Mein Noodles
Steamed Rice

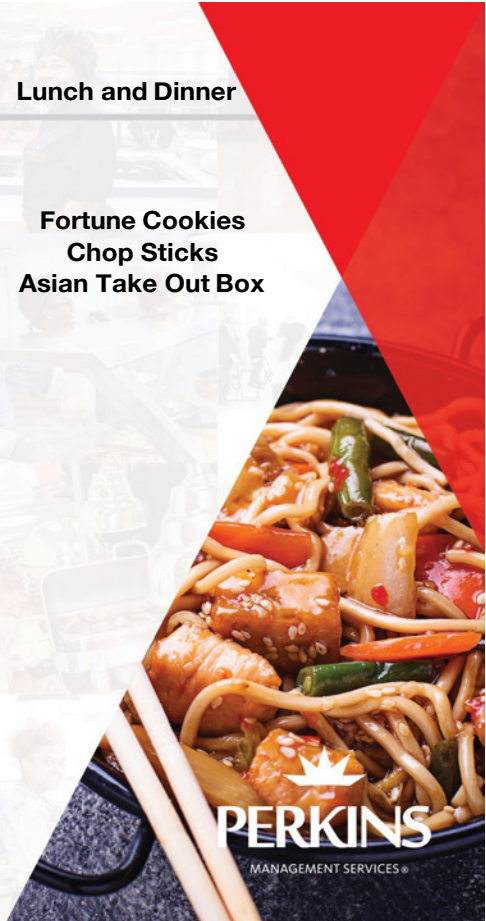
***Sauce(s):**
Teriyaki Sauce
Sweet and Sour
Hoisin Sauce
*****Duck Sauce**
*****Soy Sauce**

****Topping(s):**
Cut Broccoli
Julienne Zucchini
Julienne Squash
Sliced Mushrooms
Diced Onions
Diced Red Peppers
Diced Yellow Peppers
Diced Green Peppers
Snow Peas
Shredded Carrots
Bamboo Shoots
Water Chestnuts
Fresh Ginger
Minced Garlic
Italian Seasoning
Crushed Red Pepper
Kosher Salt
Ground Black Pepper
Olive Oil Blend

***Protein(s):**
Fully Cooked Diced Chicken
Fully Cooked Salad Shrimp
****Diced Tofu**
Fully Cooked Strip Steak

Fortune Cookies
Chop Sticks
Asian Take Out Box

*** Minimum of 2 at each meal service **All Required *** Daily Requirement**



COLLEGE DINING HALL



Week 1



Monday- Sunday

Breakfast, Lunch, and Dinner

*****Breakfast:**

Daily Cooked to Order Omelets
Pancakes and Or French Toast

***Texas Toast Breakfast Sandwiches:**

Pork Sausage Patties
Smoked Sausage Links
Ham

Scrambled Eggs with Cheese

Protein(s):

***Grilled Hamburgers
***Grilled Veggie Burgers
***Grilled Beef Hotdogs
**Beef Philly Steak
**Chicken Philly Steak
**Chicken Tenders
**Chicken Nuggets

Bread(s):

Traditional Hamburger Bun
Sesame Seed Bun
Hot Dog Bun
Sub Roll
Texas Toast

*****Sauces:**

Smokehouse BBQ
Honey Mustard
Ranch
Ketchup
Mustard
Mayonnaise
Chipotle Mayonnaise

*****Toppings:**

Sliced Tomato's
Shredded Lettuce
Sliced Onions
Sliced Pickles
American Cheese
Provolone Cheese
White American
Bacon
Mushrooms
Chili Sauce
Cheese Sauce

Sides:

***Fresh Cut Fries
**Onion Rings
**Tater Tots

* Minimum of 2 at each meal service

** Rotating

*** Daily Requirement



COLLEGE DINING HALL

Week 1



Monday- Sunday

Lunch and Dinner

- *Bread(s):**
High Crown White
High Crown Wheat
Sub Roll
Kaiser Roll
Spinach Wrap
Wheat Wrap
Flour Wrap
Tomato Wrap

- *Toppings:**
Sliced Tomato's
Cut Romaine
Shredded Lettuce
Sliced Onions
Sliced Pickles
Sliced Olives
Spinach
American Cheese
Provolone Cheese
White American

- *Protein:**
Sliced Honey Ham
Sliced Roast Turkey
Sliced Bologna
Pepperoni
Tuna Salad
Chicken Salad

- *Sauces:**
Honey Mustard
Ranch
Traditional Mustard
Mayonnaise
Chipotle Mayonnaise
Oil
Vinegar
Italian Seasoning
Salt and Pepper Blend

* Daily Requirement



COLLEGE DINING HALL



Week 1



****Green(s):**
Iceberg Mix
Mescaline Mix
Spinach
Romaine

Monday- Sunday

***Topping(s):**
Sliced Tomato's
Cut Broccoli
Cut Cauliflower
Cut Zucchini
Cut Squash
Sliced Purple Onions
Sliced Cucumbers
Sliced Beets
Sliced Olives
Sliced Mushrooms
Chickpeas
Shredded Carrots
Sliced Olives
Dried Cranberries
Raisins
Sunflower Seeds
Cut Cantaloupe
Cut Honeydew Mellon
Sliced Peaches
Mandarin Oranges
Black Beans
Kidney Beans
Bacon Bits
Croutons
Sunflower Seeds

Lunch and Dinner

***Dressing(s):**
Ranch
Caesar
Bleu Cheese
Italian
Balsamic Vinaigrette
Oil
Vinegar

*** Daily Requirement**

**** Minimum of 3 at each meal service**



COLLEGE DINING HALL

Week 1



Breakfast and Brunch

Monday

Buttermilk Pancakes
 Southern Oatmeal with Brown Sugar
 Fresh Fruit Toppings
 Crisp Pork Bacon
 Crisp Turkey Bacon
 Scrambled Eggs
 Boiled Eggs
 Buttermilk Biscuits

Tuesday

French Toast with
 Fresh Fruit Compote
 Grilled Pork Sausage Links
 Grilled Turkey Sausage Links
 Buttered Grits
 Scrambled Eggs
 Boiled Eggs
 Buttermilk Biscuits

Wednesday

Roasted Vegetable Strata
 Buttered Grits
 Grilled Pork Sausage Patties
 Grilled Turkey Sausage Patties
 Scrambled Eggs
 Boiled Eggs
 Buttermilk Biscuits

Thursday

Spinach Quiche
 Southern Oatmeal with Brown Sugar
 Fresh Fruit Toppings
 Crisp Pork Bacon
 Crisp Turkey Bacon
 Scrambled Eggs
 Boiled Eggs
 Buttermilk Biscuits

Friday

Buttermilk Pancakes
 Blueberry Pancakes
 Buttered Grits
 Corned Beef Hash
 Grilled Turkey Sausage Links
 Scrambled Eggs
 Boiled Eggs
 Buttermilk Biscuits

Saturday

French Toast with
 Fresh Fruit Compote
 Cream of Wheat
 Crisp Pork Bacon
 Crisp Turkey Bacon
 Oven Roasted Breakfast Potatoes
 Scrambled Eggs
 Boiled Eggs
 Buttermilk Biscuits
 Jerk Chicken
 Beef Lasagna with
 Marinara Sauce
 Steamed Broccoli
 Green Beans
 Black Eye Peas
 Mashed Potatoes with
 Gravy
 Steamed Rice
 Spinach
 Buttered Corn
 Garlic Breadsticks

Sunday

Buttered Grits
 Grilled Country Ham
 Grilled Turkey Sausage Links
 Scrambled Eggs
 Boiled Eggs
 Hash brown Potatoes
 Buttermilk Biscuits
 Chicken Parmesan
 Eggplant Parmesan
 Spaghetti Pasta
 with Marinara Sauce
 Green Beans
 Vegetable Medley
 Southern Green
 Beans
 Mashed Potatoes
 with Gravy
 Steamed Rice
 Green Peas
 Spinach
 Candied Yams
 Garlic Bread

COLLEGE DINING HALL





Week 1



Lunch

Monday

- Chili Rubbed Tilapia
- Grilled Chicken Breast Topped with Tomatoes, Garlic, and Basil
- Orzo Pasta with Lemon and Basil
- Grilled Zucchini with Yellow Squash and Onions
- Roasted Cauliflower
- Steamed Rice
- Mashed Potatoes with Gravy
- Southern Green Beans
- Spinach
- Buttered Corn
- Black Eye Peas
- Buttered Rolls

Tuesday

- Chicken and Sausage Jambalya
- Blackened Tilapia with Cajun Cream Sauce
- Red Beans with Rice
- Cajun Corn on The Cob
- Steamed Broccoli
- Red Beans
- Steamed Rice
- Mashed Potatoes with Gravy
- Candied Yams
- Southern Green Beans
- Spinach
- Buttered Corn
- Corn Bread Flap Jacks

Wednesday

- Southern Fried Chicken
- Herb Baked Chicken
- Spaghetti with Meat Sauce
- Candied Yams
- Collard Greens
- Macaroni and Cheese
- Roasted Butternut Squash
- Yellow Rice
- Buttered Carrots
- Baked Beans
- Southern Green Beans
- Mashed Sweet Potatoes
- Mashed Potatoes with Gravy
- Corn Bread

Thursday

- Salisbury Steak with Gravy and Onions
- Chicken Broccoli and Rice Casserole
- Garlic Mashed Potatoes
- Sautéed Green Beans
- Candied Carrots
- Southern Green Beans
- Black Eye Peas
- Steamed Rice
- Mashed Sweet Potatoes
- Mashed Potatoes with Gravy
- Buttered Corn
- Green Peas
- Buttered Rolls

Friday

- Southern Fried Fish
- Lemon Pepper Baked Fish
- Hushpuppies
- Skillet Cabbage
- Corn on the Cob
- Roasted Vegetable
- Macaroni and Cheese
- Candied Yams
- Steamed Rice
- Buttered Corn
- Spinach
- Pinto Beans
- Mashed Potatoes with Gravy
- Corn Bread Muffins



COLLEGE DINING HALL

Week 1



Dinner

Monday

Sliced Roast Beef with Au jus
 BBQ Chicken Steamed
 Rice Pilaf Steamed Baby
 Carrots Broccoli
 Casserole
 Spinach
 Southern Green Beans
 Green Peas
 Buttered Corn
 Mashed Sweet Potatoes
 Mashed Potatoes with
 Gravy
 Black Eye Peas
 Buttered Rolls

Tuesday

Sliced Roasted
 Turkey Breast
 Sliced Ham
 Candied Yams
 Turnip Greens
 Corn Bread Dressing with
 Gravy
 Spinach
 Steamed Broccoli
 Southern Green Beans
 Buttered Corn
 Mashed Potatoes with
 Gravy
 Green Peas
 Buttered Rolls

Wednesday

Stewed Beef Tips with Gravy
 Teriyaki Pork Tips
 Steamed Rice
 Sautéed Vegetable Medley
 Roasted Cauliflower
 Baby Carrots
 Spinach
 Baked Beans
 Buttered Corn
 Mashed Potatoes with
 Gravy
 Candied Yams
 Green Peas
 Corn Bread Muffins

Thursday

Fried Pork Chops
 Meat Loaf
 Mashed Potato's with Gravy
 Stewed Okra with Tomatoes
 Creamed Corn
 Green Beans
 Green Peas
 Black Eye Peas
 Steamed Rice
 Mashed Potatoes with
 Gravy
 Southern Green Beans
 Buttered Rolls

Friday

BBQ Ribs
 Pulled BBQ Chicken
 Smokey Baked Bean
 Potato Salad
 Sautéed Green Beans
 Dirty Rice
 Candied Yams
 Steamed Rice
 Buttered Carrots
 Spinach
 Pinto Beans
 Southern Green Beans
 Buttered Rolls

Saturday

Sliced Roast Pork
 with Apple Chutney
 Lemon Pepper Baked Fish
 Steamed Rice with Gravy
 Candied Carrots
 Steamed Broccoli
 Black Eye Peas
 Spinach
 Mashed Potatoes with
 Gravy
 Buttered Corn
 Collard Greens
 Buttered Rolls

Sunday

Fried Chicken
 Baked Chicken
 Collard Greens
 Sweet Potato Casserole
 Macaroni and Cheese
 Mashed Potatoes with
 Gravy
 Southern Green Beans
 Green Peas
 Spinach
 Pinto Beans
 Buttered Corn
 Corn Bread

COLLEGE DINING HALL





Week 1

RISE & SHINE
BREAKFAST BY PERKINS

Monday – Sunday

- Assorted Muffins**
- Assorted Danishes**
- Assorted Bagels**
- Assorted Breakfast Breads for Toast**
- Assorted Cereals**
- Assorted Spreads**
- Whole Milk**
- 2% Milk**
- Almond Milk**
- Variety Whole Fruit or Fresh Cut Fruit**
- Build Your Own Waffle Bar**



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COLLEGE DINING HALL

Week 1



Monday

Sautéed Portobello Mushroom Stir fry with Broccoli and Peppers

Tuesday

Spicy Portobello and Roasted Vegetable Tacos

Wednesday

Butternut, Sweet Potato, And Lentil Stew

Thursday

Sundried Tomato with Spinach Tofu Quiche

Friday

Maple Baked Sweet Potatoes With Lentils

Dinner

Saturday

Roasted Seasonal Vegetables Over Warm Quinoa with 3 Herb Sauce

Sunday

Grilled Tofu with Pineapple Sala and Coconut Rice

COLLEGE DINING HALL





Week 1



Monday-Friday Lunch and Dinner

Chicken and Rice

Tuesday
Vegetable Beef

Wednesday
Minestrone

Thursday
Roasted Garlic and Tomato

Friday
Broccoli And Cheese



COLLEGE DINING HALL

Week 1



Monday- Sunday

Lunch and Dinner

Cake(s):

- Traditional Yellow Cake with Chocolate Frosting
- Devils Food Cake
- Traditional Vanilla Cake with Vanilla Frosting
- Red Velvet Cake
- Strawberry Cake with Butter Cream Frosting
- Butter Pound Cake

Pie(s):

- Pecan Pie
- Sweet Potato Pie
- Apple Pie
- Lemon Meringue Pie

Cookie(s):

- Oatmeal Raisin
- Chocolate Chip
- White Chocolate Macadamia Nut
- Sugar

Daily Requirement

Cobbler(s):

- Apple
- Blueberry
- Peach

Other:

- Jell-O Parfait
- Banana Pudding Parfait



COLLEGE DINING HALL

Week 2



Breakfast

Monday

- Buttered Grits
- Grilled Country Ham
- Grilled Turkey Sausage Links
- Scrambled Eggs
- Boiled Eggs
- Hash brown Potatoes
- Buttermilk Biscuits

Tuesday

- Roasted Vegetable Frittata
- Buttered Grits
- Grilled Pork Sausage Patties
- Grilled Turkey Sausage Patties
- Breakfast Potatoes
- Scrambled Eggs
- Boiled Eggs
- Buttermilk Biscuits

Wednesday

- French Toast
- Fresh Fruit Compote
- Grilled Pork Sausage Link
- Grilled Turkey Sausage Link
- Buttered Grits
- Scrambled Eggs
- Breakfast Potatoes
- Boiled Eggs
- Buttermilk Biscuits

Thursday

- Spinach Quiche
- Southern Oatmeal with Brown Sugar
- Fresh Fruit Topping
- Crisp Pork Bacon
- Crisp Turkey Bacon
- Scrambled Eggs
- Hash Brown Potatoes
- Boiled Eggs
- Buttermilk Biscuits

Friday

- Buttermilk Pancakes
- Blueberry Pancakes
- Buttered Grits
- Corned Beef Hash
- Grilled Turkey Sausage Links
- Scrambled Eggs
- Hash brown Potatoes
- Boiled Eggs
- Buttermilk Biscuits

Saturday

- French Toast with Cream of Wheat
- Fresh Fruit Compote
- Southern Oatmeal with Brown Sugar
- Crisp Pork Bacon
- Crisp Turkey Bacon
- Oven Roasted Breakfast Potatoes
- Scrambled Eggs
- Boiled Eggs
- Pulled Pork Taco
- Chile Roasted Corn
- Roasted Vegetable Medley
- Steamed Broccoli
- Mashed Potatoes with Gravy
- Steamed Rice
- Candied Yams
- Southern Green Beans
- Baby Carrots
- Buttered Corn
- Buttered Rolls/ Buttermilk Biscuits

Sunday

- Buttermilk Pancakes
- Oatmeal with Brown Sugar
- Fresh Fruit Toppings
- Crisp Pork Bacon
- Crisp Turkey Bacon
- Turkey Bacon Scrambled Eggs
- Boiled Eggs
- Jerk Chicken
- BBQ Chicken
- Yellow Rice
- Steamed Broccoli
- Spinach
- Southern Green Beans
- Buttered Corn
- Carved Turkey
- Craved Top Round
- Buttered Rolls/ Buttermilk Biscuits



COLLEGE DINING HALL

Week 2



Lunch

Monday

- Teriyaki Glaze Chicken Breast
- Sweet and Sour Pork Tips
- Fried Rice
- Lo Mein Noodles
- Asian Roasted Vegetables
- Egg Rolls
- Fresh Steamed Broccoli
- Mashed Potatoes with Gravy
- Steamed Rice
- Candied Yams
- Black Eye Peas
- Southern Green Beans
- Peas and Carrots
- Buttered Corn
- Buttered Rolls

Tuesday

- Glazed Meatloaf
- Spaghetti with Meatballs
- Oven Roasted Potatoes
- Vegetable Medley
- Fresh Steamed Broccoli
- Mashed Potatoes with Gravy
- Steamed Rice
- Mashed Sweet Potatoes
- Pinto Beans
- Southern Green Beans
- Baby Carrots
- Buttered Corn
- Buttered Rolls

Wednesday

- Southern Fried Chicken
- Herb Baked Chicken
- Spaghetti with Meat Sauce
- Candied Yams
- Collard Greens
- Macaroni and Cheese
- Peas
- Mashed Potatoes with Gravy
- Southern Green Beans
- Buttered Corn
- Steamed Rice
- Baby Carrots
- Buttered Rolls

Thursday

- Spice Rubbed Pork Loin
- Pulled BBQ Chicken
- Cajun Rice
- Corn on the Cob
- Steamed Broccoli
- Roasted cauliflower
- Mashed Potatoes with Gravy
- Steamed Rice
- Southern Green Beans
- Candied Yams
- Peas
- Baby Carrots
- Buttered Rolls

Friday

- Southern Fried Fish
- Blackened Tilapia
- Hushpuppies
- Skillet Cabbage
- Spinach
- Macaroni and Cheese
- Mashed Potatoes with Gravy
- Mashed Sweet Potatoes
- Steamed Rice
- Southern Green Beans
- Buttered Corn
- Baby Carrots
- Buttered Rolls

COLLEGE DINING HALL



Week 2



Monday

Chicken Fried Steak with Gravy
 Creamy Garlic Mashed Potatoes
 Roasted Yellow Squash
 Buttered Baby Carrots
 Steamed Broccoli
 Mashed Potatoes with Gravy
 Steamed Rice
 Candied Yams
 Black Eye Peas
 Southern Green Beans
 Peas and Carrots
 Buttered Corn
 Buttered Rolls

Tuesday

Chipotle Pork Chicken Cacciatore
 Cilantro Lime Rice
 Spicy Collard Greens
 Buttered Corn
 Steamed Broccoli
 Mashed Potatoes with Gravy
 Pinto Beans
 Southern Green Beans
 Baby Carrots
 Buttered Corn
 Buttered Rolls

Wednesday

Grilled BBQ Pork Chops
 Swedish Meatballs
 Scalloped Potatoes
 Chefs Vegetable Blend
 Roasted Green Beans
 Mashed Potatoes with Gravy
 Southern Green Beans
 Buttered Corn
 Steamed Rice
 Baby Carrots
 Buttered Rolls

Thursday

Chicken and Sausage Jambalaya
 Red Beans and Rice
 Stewed Okra with Tomatoes
 Creamed Corn
 Steamed Broccoli
 Roasted Cauliflower
 Mashed Potatoes with Gravy
 Steamed Rice
 Southern Green Beans
 Candied Yams
 Peas
 Baby Carrots
 Buttered Rolls

Friday

BBQ Ribs
 Roasted Chicken
 Smokey Baked Bean
 Potato Salad
 Sautéed Green Beans
 Dirty Rice
 Southern Green Beans
 Macaroni and Cheese
 Mashed Potatoes with Gravy
 Mashed Sweet Potatoes
 Buttered Corn
 Baby Carrots
 Peas
 Buttered Rolls

Saturday

Moroccan Chicken
 Chile Roasted Tilapia
 Scallion Jasmine Rice
 Ginger Snow Peas
 Roasted Butternut Squash
 Mashed Potatoes with Gravy
 Steamed Rice
 Candied Yams
 Southern Green Beans
 Baby Carrots
 Buttered Corn
 Buttered Rolls

Sunday

Chicken Fried Chicken
 Baked Chicken
 Collard Greens
 Sweet Potato Casserole
 Macaroni and Cheese
 Mashed Potatoes with Gravy
 Spinach
 Buttered Corn
 Baby Carrots
 Southern Green Beans
 Buttered Rolls

Dinner

COLLEGE DINING HALL





Week 2

RISE & SHINE
BREAKFAST BY PERKINS

Monday – Sunday

- Assorted Muffins**
- Assorted Danishes**
- Assorted Bagels**
- Assorted Breakfast Breads for Toast**
- Assorted Cereals**
- Assorted Spreads**
- Whole Milk**
- 2% Milk**
- Almond Milk**
- Variety Whole Fruit or Fresh Cut Fruit**
- Build Your Own Waffle Bar**


PERKINS
MANAGEMENT SERVICES®

COLLEGE DINING HALL

Week 2



Lunch

Monday

Veggie Burger Burrito Bowl
Mix Greens Salad
Brown Rice
Black Beans
Avocado
Pico de Gallo
Veggie Burger

Tuesday

Roasted Vegetable Lettuce Wraps

Wednesday

Tofu Thai Curry Pasta
Mushroom Risotto

Thursday

Vegetable Pad Thai
Mushroom Risotto

Friday

Portobello with Couscous
Broccoli Lemon Pasta

Saturday

Quinoa Stuffed Tomatoes
Griddled Black Eye Pea Cakes

Sunday

Bean and Tofu Burrito
Red Quinoa, Corn, and Tomatoes
Braised Cabbage

COLLEGE DINING HALL





Week 2



Monday

Vegetable Portobello
Shiitake
Stir fry with Broccoli
and Peppers
Steamed Rice Bowl

Tuesday

Whole Grain
Spaghetti with
Marinara with
Squash

Wednesday

Creole Eggplant
Polenta Stuffed
Peppers

Thursday

Vegetable Pho

Friday

Quinoa with
sundried tomatoes
and Zucchini

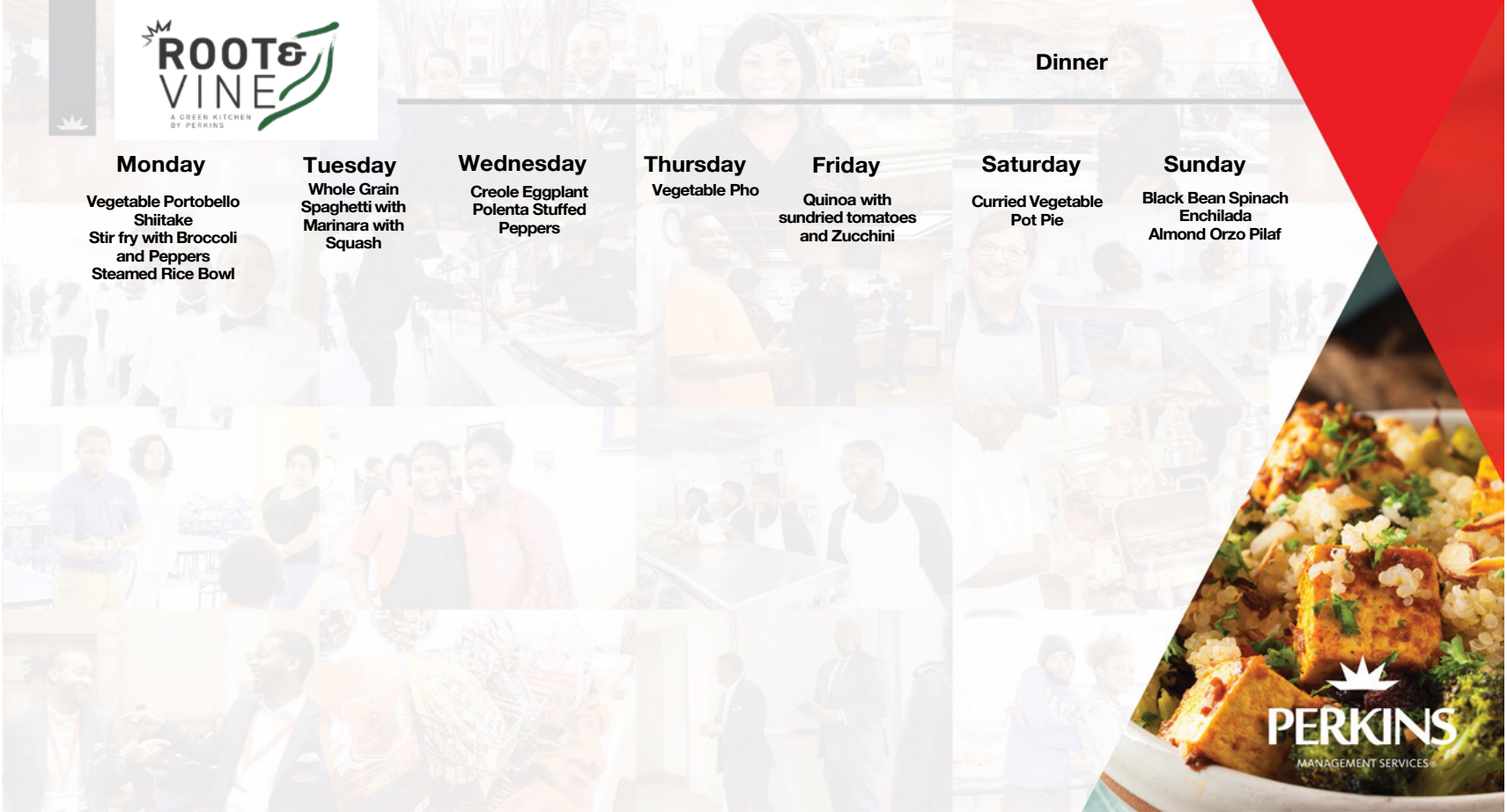
Saturday

Curried Vegetable
Pot Pie

Sunday

Black Bean Spinach
Enchilada
Almond Orzo Pilaf

Dinner



COLLEGE DINING HALL

Week 2



Monday- Sunday Pasta | Pizza Exhibition Cooking Station Lunch and Dinner

***Pasta(s):**
 Penne
 Linguine
 Fettuccini
 Spaghetti
 Bowtie
 Cavatappi

***Sauce(s):**
 Pesto
 Alfredo
 Marinara

****Topping(s):**
 Fresh Spinach
 Cut Broccoli
 Julienne Zucchini
 Julienne Squash
 Sliced Mushrooms
 Diced Tomato's
 Diced Onions
 Diced Red Peppers
 Diced Yellow Peppers
 Diced Green Peppers
 Green Peas
 Fresh Basil
 Minced Garlic
 Italian Seasoning
 Crushed Red Pepper
 Kosher Salt
 Ground Black Pepper
 Olive Oil Blend
 Grated Parmesan

***Protein(s):**
 Fully Cooked Diced Chicken
 Fully Cooked Salad Shrimp
****Diced Tofu**
 Fully Cooked Diced Italian Sausage

Pizza:
 Prepared Dough
 Marinara Sauce
 Mozzarella Cheese
 Sliced Pepperoni
 Pork Topping
 Beef Topping
 Diced Chicken

* Minimum of 2 at each meal service

**All Required



COLLEGE DINING HALL



Week 2



Monday- Sunday Asian Stir Fry Exhibition Cooking Station Lunch and Dinner

***Starch:**
Lo Mein Noodles
Steamed Rice

***Sauce(s):**
Teriyaki Sauce
Sweet and Sour
Hoisin Sauce
*****Duck Sauce**
*****Soy Sauce**

****Topping(s):**
Cut Broccoli
Julienne Zucchini
Julienne Squash
Sliced Mushrooms
Diced Onions
Diced Red Peppers
Diced Yellow Peppers
Diced Green Peppers
Snow Peas
Shredded Carrots
Bamboo Shoots
Water Chestnuts
Fresh Ginger
Minced Garlic
Italian Seasoning
Crushed Red Pepper
Kosher Salt
Ground Black Pepper
Olive Oil Blend

***Protein(s):**
Fully Cooked Diced Chicken
Fully Cooked Salad Shrimp
****Diced Tofu**
Fully Cooked Strip Steak

Fortune Cookies
Chop Sticks
Asian Take Out Box

* Minimum of 2 at each meal service **All Required *** Daily Requirement



COLLEGE DINING HALL

Week 2



Monday- Sunday

Breakfast, Lunch, and Dinner

*****Breakfast:**

**Daily Cooked to Order Omelets
Pancakes and Or French Toast**

***Texas Toast Breakfast Sandwiches:**

**Pork Sausage Patties
Smoked Sausage Links
Ham**

Scrambled Eggs with Cheese

Protein(s):

*****Grilled Hamburgers
***Grilled Veggie Burgers
***Grilled Beef Hotdogs
**Beef Philly Steak
**Chicken Philly Steak
**Chicken Tenders
Chicken Nuggets

Bread(s):

**Traditional Hamburger Bun
Sesame Seed Bun
Hot Dog Bun
Sub Roll
Texas Toast**

*****Sauces:**

**Smokehouse BBQ
Honey Mustard
Ranch
Ketchup
Mustard
Mayonnaise
Chipotle Mayonnaise**

*****Toppings:**

**Sliced Tomato's
Shredded Lettuce
Sliced Onions
Sliced Pickles
American Cheese
Provolone Cheese
White American
Bacon
Mushrooms
Chili Sauce
Cheese Sauce**

Sides:

*****Fresh Cut Fries
**Onion Rings
Tater Tots

*** Minimum of 2 at each meal service**

**** Rotating**

***** Daily Requirement**



COLLEGE DINING HALL



Week 2



Monday- Sunday

Lunch and Dinner

- *Bread(s):**
- High Crown White
- High Crown Wheat
- Sub Roll
- Kaiser Roll
- Spinach Wrap
- Wheat Wrap
- Flour Wrap
- Tomato Wrap

- *Toppings:**
- Sliced Tomato's
- Cut Romaine
- Shredded Lettuce
- Sliced Onions
- Sliced Pickles
- Sliced Olives
- Spinach
- American Cheese
- Provolone Cheese
- White American

- *Protein:**
- Sliced Honey Ham
- Sliced Roast Turkey
- Sliced Bologna
- Pepperoni
- Tuna Salad
- Chicken Salad

- *Sauces:**
- Honey Mustard
- Ranch
- Traditional Mustard
- Mayonnaise
- Chipotle Mayonnaise
- Oil
- Vinegar
- Italian Seasoning
- Salt and Pepper Blend

* Daily Requirement



COLLEGE DINING HALL

Week 2



Monday- Sunday

Lunch and Dinner

****Green(s):**
Iceberg Mix
Mescaline Mix
Spinach
Romaine

***Topping(s):**
Sliced Tomato's
Cut Broccoli
Cut Cauliflower
Cut Zucchini
Cut Squash
Sliced Purple Onions
Sliced Cucumbers
Sliced Beets
Sliced Olives
Sliced Mushrooms
Chickpeas
Shredded Carrots
Sliced Olives
Dried Cranberries
Raisins
Sunflower Seeds
Cut Cantaloupe
Cut Honeydew Mellon
Sliced Peaches
Mandarin Oranges
Black Beans
Kidney Beans
Bacon Bits
Croutons
Sunflower Seeds

***Dressing(s):**
Ranch
Caesar
Bleu Cheese
Italian
Balsamic Vinaigrette
Oil
Vinegar

*** Daily Requirement**

**** Minimum of 3 at each meal service**



COLLEGE DINING HALL



Week 2



Monday-Friday Lunch and Dinner

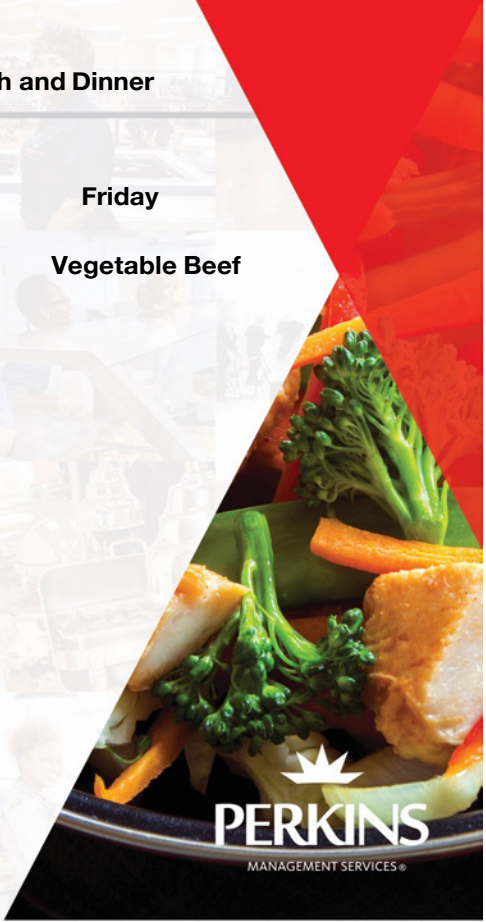
Tomato and Basil

Tuesday Creamy Squash

Wednesday Chicken Noodle

Thursday Creamy Potato

Friday Vegetable Beef



COLLEGE DINING HALL

Week 2



Monday- Sunday

Lunch and Dinner

Cake(s):

- Traditional Yellow Cake with Chocolate Frosting
- Devils Food Cake
- Traditional Vanilla Cake with Vanilla Frosting
- Red Velvet Cake
- Strawberry Cake with Butter Cream Frosting
- Butter Pound Cake

Pie(s):

- Pecan Pie
- Sweet Potato Pie
- Apple Pie
- Lemon Meringue Pie

Cookie(s):

- Oatmeal Raisin
- Chocolate Chip
- White Chocolate Macadamia Nut
- Sugar

Daily Requirement

Cobbler(s):

- Apple
- Blueberry
- Peach

Other:

- Jell-O Parfait
- Banana Pudding Parfait



COLLEGE DINING HALL

Week 3



Breakfast

Monday

- Buttered Grits
- Grilled Country Ham
- Grilled Turkey Sausage Links
- Scrambled Eggs
- Boiled Eggs
- Hash brown Potatoes
- Buttermilk Biscuits

Tuesday

- French Toast with Fresh Fruit Compote
- Grilled Pork Sausage Links
- Grilled Turkey Sausage Links
- Buttered Grits
- Scrambled Eggs
- Breakfast Potatoes
- Boiled Eggs
- Buttermilk Biscuits

Wednesday

- Roasted Vegetable Strata
- Buttered Grits
- Grilled Pork Sausage Patties
- Grilled Turkey Sausage Links
- Breakfast Potatoes
- Scrambled Eggs
- Boiled Eggs
- Buttermilk Biscuits

Thursday

- Buttermilk Pancakes
- Blueberry Pancakes
- Buttered Grits
- Corned Beef Hash
- Grilled Turkey Sausage Links
- Scrambled Eggs
- Hash brown Potatoes
- Boiled Eggs
- Buttermilk Biscuits

Friday

- Vegetable Quiche
- Southern Oatmeal with Brown Sugar
- Fresh Fruit Toppings
- Crisp Pork Bacon
- Crisp Turkey Bacon
- Scrambled Eggs
- Hash Brown Potatoes
- Boiled Eggs
- Buttermilk Biscuits

Saturday

- Buttermilk Pancakes
- Oatmeal with Brown Sugar
- Fresh Fruit Toppings
- Crisp Pork Bacon
- Crisp Turkey Bacon
- Scrambled Eggs
- Boiled Eggs
- Rosemary Chicken
- Chicken and Spinach
- Pasta Casserole
- Basmati Rice
- Spanish Squash
- Steamed Broccoli
- Mashed Potatoes with Gravy
- Mashed Sweet Potatoes
- Navy Beans
- Southern Green Beans
- Spinach
- Baby Carrots
- Buttered Rolls

Sunday

- French Toast with Fresh Fruit Compote
- Cream of Wheat
- Crisp Pork Bacon
- Crisp Turkey Bacon
- Oven Roasted Breakfast Potatoes
- Scrambled Eggs
- Boiled Eggs
- Chicken Fried Steak
- Rotisserie Chicken with Gravy
- Garlic Mashed Potatoes
- Roasted Cauliflower
- Steamed Broccoli
- Southern Green Beans
- Buttered Corn
- Candied Yams
- Black Eye Peas
- Baby Carrots
- Buttered Rolls



COLLEGE DINING HALL



Week 3



Lunch

Monday

- Italian Beef Top Round
- Italian Chicken Breast
- Italian Rice
- Green Beans
- Vegetable Medley
- Spinach
- Black Eye Peas
- Candied Yams
- Baby Carrots
- Buttered Corn
- Steamed Rice
- Mashed Potatoes With Gravy
- Buttered Rolls

Tuesday

- Sage Roasted Turkey Breast
- Honey Roasted Pork Loin
- Rice Pilaf
- Green Peas
- Baby Carrots
- Roasted Cauliflower
- Southern Green Beans
- Spinach
- Steamed Rice
- Mashed Sweet Potatoes
- Mashed Potatoes with Gravy
- Buttered Corn
- Buttered Rolls

Wednesday

- Southern Fried Chicken
- Herb Baked Chicken
- Spaghetti with Meat Sauce
- Candied Yams
- Collard Greens
- Roasted Vegetables
- Macaroni and Cheese
- Mashed Potatoes with Gravy
- Steamed Rice
- Buttered Corn
- Baby Carrots
- Spinach
- Corn Bread

Thursday

- Thai Grilled Beef
- Sweet and Sour Chicken
- Chicken Fried Chicken
- Lo Mein Noodles
- Asian Vegetable Blend
- Fried Egg Rolls
- Southern Green Beans
- Spinach
- Black Eye Peas
- Candied Yams
- Buttered Corn
- Baby Carrots
- Mashed Potatoes with Gravy
- Green Peas
- Buttered Rolls

Friday

- Southern Fried Fish
- Blackened Tilapia
- Hushpuppies
- Skillet Cabbage
- Corn on the Cob
- Macaroni and Cheese
- Mashed Potatoes with Gravy
- Steamed Rice
- Mashed Sweet Potatoes
- Southern Green Beans
- Green Peas
- Spinach
- Baby Carrots
- Corn Bread Muffins

COLLEGE DINING HALL



Week 3



Dinner

Monday

Beef Bulgoi Rice Bowl
 General Tsos Chicken
 Asian Blend Vegetables
 Fried Rice
 Egg Rolls
 Vegetable Medley
 Southern Green Beans
 Mashed Potatoes with Gravy
 Steamed Rice
 Black Eye Peas
 Candied Yams
 Baby Carrots
 Buttered Rolls

Tuesday

Jamaican Jerk Chickejn
 Salisbury Steak with Gravy
 Fried Plantains
 Red Beans with Rice
 Sautéed Broccoli
 Buttered Corn
 Baby Carrots
 Roasted Cauliflower
 Spinach
 Southern Green Bans
 Steamed Rice
 Mashed Potatoes with Gravy
 Mashed Sweet Potatoes
 Buttered Corn
 Buttered Rolls

Wednesday

Shepherd's Pie
 Chicken Broccoli and Rice
 Casserole
 Sautéed Squash with Onions
 Roasted Vegetables
 Collard Greens
 Southern Green Beans
 Mashed Potatoes with Gravy
 Candied Yams
 Steamed Rice
 Buttered Corn
 Baby Carrots
 Green Peas
 Buttered Rolls

Thursday

Blackened Tilapia
 Blacked Chicken Breast
 Dirty Rice
 Steamed Broccoli
 Southern Green Beans
 Spinach
 Black Eye Peas
 Candied Yams
 Buttered Corn
 Baby Carrots
 Mashed Potatoes with Gravy
 Green Peas
 Buttered Rolls

Friday

BBQ Chicken
 BBQ Pork Chops
 Garlic Mashed Potatoes
 Peas with Carrots
 Corn On the Cobb
 Macaroni and Cheese
 Steamed Rice
 Mashed Sweet Potatoes
 Southern Green Beans
 Green Peas
 Spinach
 Buttered Rolls

Saturday

Sweet and Sour Chicken Breast
 Jerk Chicken
 Coconut Rice
 Black Beans
 Roasted Vegetable Blend
 Spanish Squash
 Steamed Broccoli
 Mashed Potatoes with Gravy
 Spinach
 Navy Beans
 Baby Carrots
 Buttered Rolls

Sunday

Fried Chicken
 Baked Chicken
 Collard Greens
 Sweet Potato Casserole
 Macaroni and Cheese
 Green Peas
 Spinach
 Southern Green Beans
 Mashed Potatoes with Gravy
 Baby Carrots
 Corn Bread

COLLEGE DINING HALL





Week 3

RISE & SHINE
BREAKFAST BY PERKINS

Monday – Sunday

- Assorted Muffins**
- Assorted Danishes**
- Assorted Bagels**
- Assorted Breakfast Breads for Toast**
- Assorted Cereals**
- Assorted Spreads**
- Whole Milk**
- 2% Milk**
- Almond Milk**
- Variety Whole Fruit or Fresh Cut Fruit**
- Build Your Own Waffle Bar**


PERKINS
MANAGEMENT SERVICES®

COLLEGE DINING HALL

Week 3



Lunch

Monday

Roasted Vegetable Salad
Roasted Corn
Roasted Peppers
Roasted Tomatoes
Roasted Mushrooms

Tuesday

Bulgur Pilaf With Lentils Stew

Wednesday

Fresh Kale and Quinoa Salad
Hummus
Pita Chips

Thursday

Roasted Vegetable Pad Thai

Friday

Spaghetti Squash with Basil & Parmesan

Saturday

Vegetarian Lasagna
Lemon and Herb Sautéed Green Beans

Sunday

Vegetable Pasta Salad

COLLEGE DINING HALL





Week 3



Monday

Vegetable Portobello
Shiitake
Stir fry with Broccoli
and Peppers
Steamed Rice

Tuesday

Whole Grain
Spaghetti with
Marinara with
Squash

Wednesday

Creole Eggplant
Polenta Stuffed
Peppers

Thursday

Kidney Bean
Stew with
Sweet Over
Brown Rice

Friday

Quinoa with
sundried tomatoes
and Zucchini

Saturday

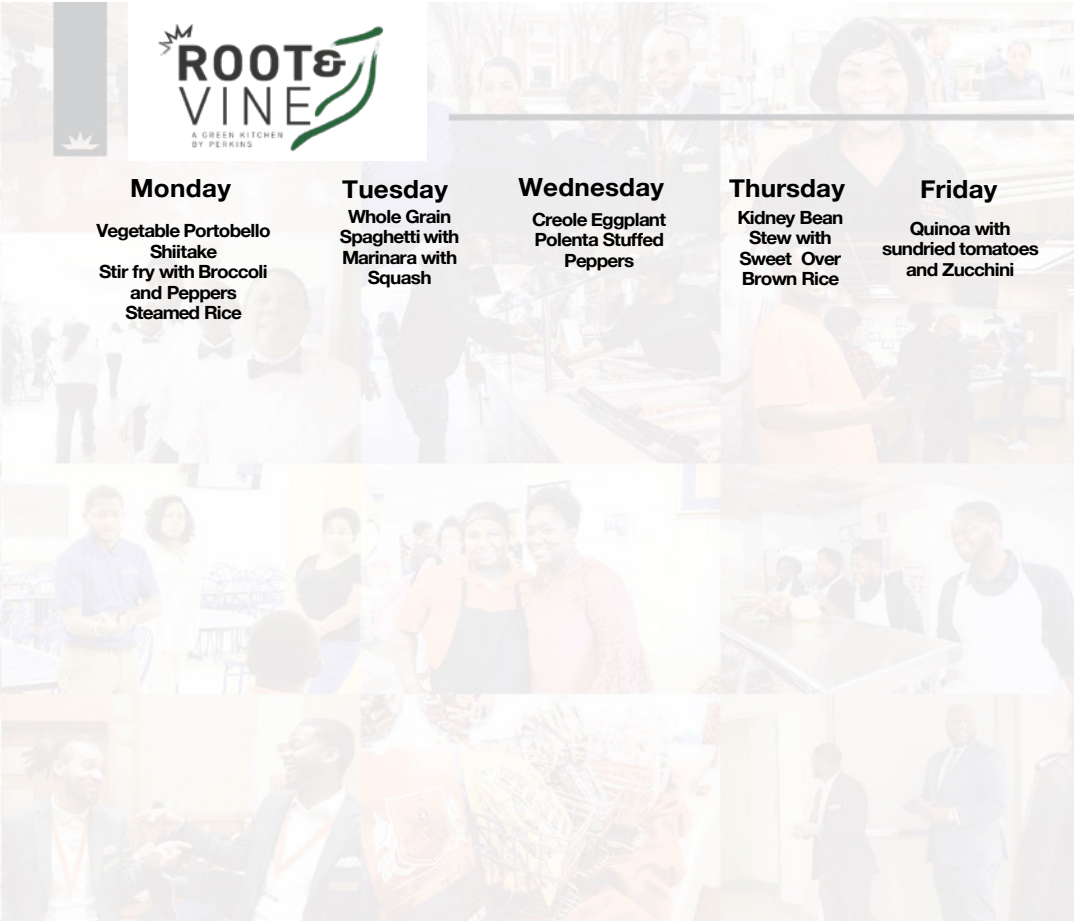
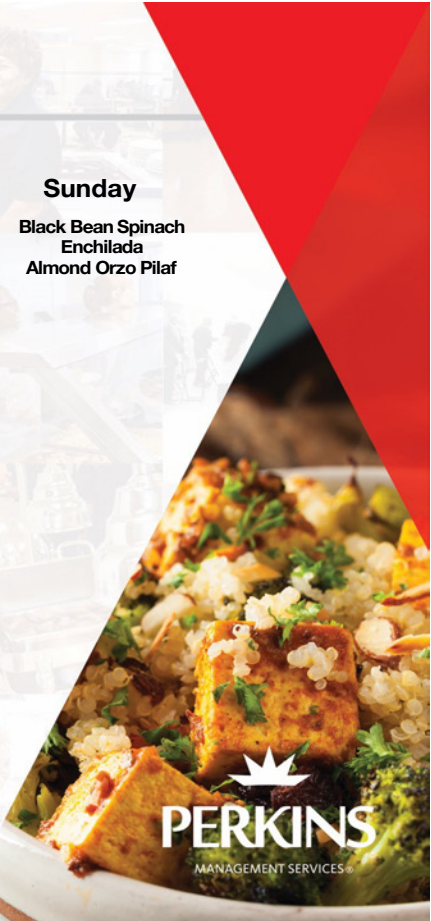
Curried Vegetable
Pot Pie

Sunday

Black Bean Spinach
Enchilada
Almond Orzo Pilaf

Dinner

COLLEGE DINING HALL



Week 3



Monday- Sunday Pasta | Pizza Exhibition Cooking Station Lunch and Dinner

***Pasta(s):**
 Penne
 Linguine
 Fettuccini
 Spaghetti
 Bowtie
 Cavatappi

***Sauce(s):**
 Pesto
 Alfredo
 Marinara

****Topping(s):**
 Fresh Spinach
 Cut Broccoli
 Julienne Zucchini
 Julienne Squash
 Sliced Mushrooms
 Diced Tomato's
 Diced Onions
 Diced Red Peppers
 Diced Yellow Peppers
 Diced Green Peppers
 Green Peas
 Fresh Basil
 Minced Garlic
 Italian Seasoning
 Crushed Red Pepper
 Kosher Salt
 Ground Black Pepper
 Olive Oil Blend
 Grated Parmesan

***Protein(s):**
 Fully Cooked Diced Chicken
 Fully Cooked Salad Shrimp
****Diced Tofu**
 Fully Cooked Diced Italian Sausage

Pizza:
 Prepared Dough
 Marinara Sauce
 Mozzarella Cheese
 Sliced Pepperoni
 Pork Topping
 Beef Topping
 Diced Chicken

* Minimum of 2 at each meal service

**All Required



COLLEGE DINING HALL



Week 3



Monday- Sunday Asian Stir Fry Exhibition Cooking Station Lunch and Dinner

***Starch:**
Lo Mein Noodles
Steamed Rice

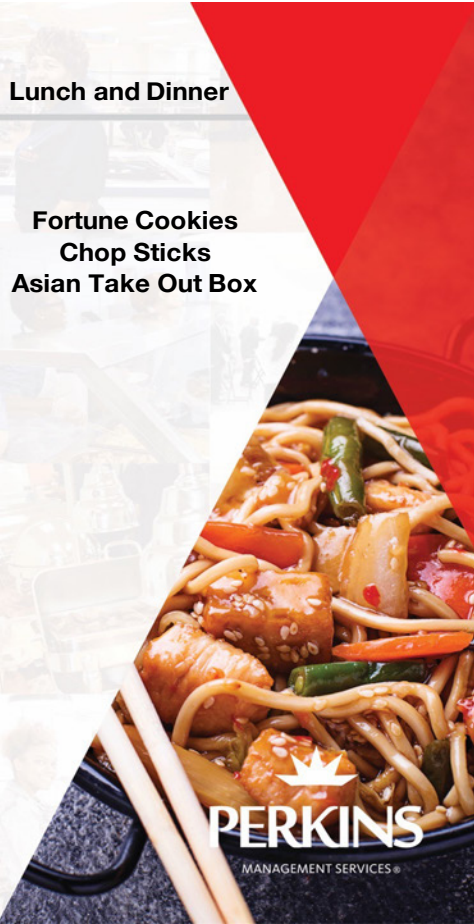
***Sauce(s):**
Teriyaki Sauce
Sweet and Sour
Hoisin Sauce
*****Duck Sauce**
*****Soy Sauce**

****Topping(s):**
Cut Broccoli
Julienne Zucchini
Julienne Squash
Sliced Mushrooms
Diced Onions
Diced Red Peppers
Diced Yellow Peppers
Diced Green Peppers
Snow Peas
Shredded Carrots
Bamboo Shoots
Water Chestnuts
Fresh Ginger
Minced Garlic
Italian Seasoning
Crushed Red Pepper
Kosher Salt
Ground Black Pepper
Olive Oil Blend

***Protein(s):**
Fully Cooked Diced Chicken
Fully Cooked Salad Shrimp
****Diced Tofu**
Fully Cooked Strip Steak

Fortune Cookies
Chop Sticks
Asian Take Out Box

* Minimum of 2 at each meal service **All Required *** Daily Requirement



COLLEGE DINING HALL

Week 3



Monday- Sunday

Breakfast, Lunch, and Dinner

*****Breakfast:**

Daily Cooked to Order Omelets
Pancakes and Or French Toast

***Texas Toast Breakfast Sandwiches:**

Pork Sausage Patties
Smoked Sausage Links
Ham

Scrambled Eggs with Cheese

Protein(s):

***Grilled Hamburgers
***Grilled Veggie Burgers
***Grilled Beef Hotdogs
**Beef Philly Steak
**Chicken Philly Steak
**Chicken Tenders
**Chicken Nuggets

Bread(s):

Traditional Hamburger Bun
Sesame Seed Bun
Hot Dog Bun
Sub Roll
Texas Toast

*****Sauces:**

Smokehouse BBQ
Honey Mustard
Ranch
Ketchup
Mustard
Mayonnaise
Chipotle Mayonnaise

*****Toppings:**

Sliced Tomato's
Shredded Lettuce
Sliced Onions
Sliced Pickles
American Cheese
Provolone Cheese
White American
Bacon
Mushrooms
Chili Sauce
Cheese Sauce

Sides:

***Fresh Cut Fries
**Onion Rings
**Tater Tots

* Minimum of 2 at each meal service

** Rotating

*** Daily Requirement



COLLEGE DINING HALL



Week 3



Monday- Sunday

Lunch and Dinner

- *Bread(s):**
- High Crown White
- High Crown Wheat
- Sub Roll
- Kaiser Roll
- Spinach Wrap
- Wheat Wrap
- Flour Wrap
- Tomato Wrap

- *Toppings:**
- Sliced Tomato's
- Cut Romaine
- Shredded Lettuce
- Sliced Onions
- Sliced Pickles
- Sliced Olives
- Spinach
- American Cheese
- Provolone Cheese
- White American

- *Protein:**
- Sliced Honey Ham
- Sliced Roast Turkey
- Sliced Bologna
- Pepperoni
- Tuna Salad
- Chicken Salad

- *Sauces:**
- Honey Mustard
- Ranch
- Traditional Mustard
- Mayonnaise
- Chipotle Mayonnaise
- Oil
- Vinegar
- Italian Seasoning
- Salt and Pepper Blend

* Daily Requirement



COLLEGE DINING HALL

Week 3



****Green(s):**
Iceberg Mix
Mescaline Mix
Spinach
Romaine

Monday- Sunday

- *Topping(s):**
Sliced Tomato's
Cut Broccoli
Cut Cauliflower
Cut Zucchini
Cut Squash
Sliced Purple Onions
Sliced Cucumbers
Sliced Beets
Sliced Olives
Sliced Mushrooms
Chickpeas
Shredded Carrots
Sliced Olives
Dried Cranberries
Raisins
Sunflower Seeds
Cut Cantaloupe
Cut Honeydew Mellon
Sliced Peaches
Mandarin Oranges
Black Beans
Kidney Beans
Bacon Bits
Croutons
Sunflower Seeds

Lunch and Dinner

- *Dressing(s):**
Ranch
Caesar
Bleu Cheese
Italian
Balsamic Vinaigrette
Oil
Vinegar

*** Daily Requirement**

**** Minimum of 3 at each meal service**



COLLEGE DINING HALL



Week 3



Monday-Friday **Lunch and Dinner**

Tomato and Basil

Tuesday
Creamy Squash

Wednesday
Chicken Noodle

Thursday
Creamy Potato

Friday
Vegetable Beef



COLLEGE DINING HALL

Week 3



Monday- Sunday

Lunch and Dinner

Cake(s):

- Traditional Yellow Cake with Chocolate Frosting
- Devils Food Cake
- Traditional Vanilla Cake with Vanilla Frosting
- Red Velvet Cake
- Strawberry Cake with Butter Cream Frosting
- Butter Pound Cake

Pie(s):

- Pecan Pie
- Sweet Potato Pie
- Apple Pie
- Lemon Meringue Pie

Cookie(s):

- Oatmeal Raisin
- Chocolate Chip
- White Chocolate Macadamia Nut
- Sugar

Daily Requirement

Cobbler(s):

- Apple
- Blueberry
- Peach

Other:

- Jell-O Parfait
- Banana Pudding Parfait



COLLEGE DINING HALL

Week 4



Breakfast

Monday

- Buttered Grits
- Grilled Country Ham
- Grilled Turkey Sausage Links
- Scrambled Eggs
- Boiled Eggs
- Hash brown Potatoes
- Buttermilk Biscuits

Tuesday

- French Toast with Fresh Fruit Compote
- Grilled Pork Sausage Links
- Grilled Turkey Sausage Links
- Buttered Grits
- Scrambled Eggs
- Breakfast Potatoes
- Boiled Eggs
- Buttermilk Biscuits

Wednesday

- Roasted Vegetable Strata
- Buttered Grits
- Grilled Pork Sausage Patties
- Grilled Turkey Sausage Links
- Breakfast Potatoes
- Scrambled Eggs
- Boiled Eggs
- Buttermilk Biscuits

Thursday

- Buttermilk Pancakes
- Blueberry Pancakes
- Buttered Grits
- Corned Beef Hash
- Grilled Turkey Sausage Links
- Scrambled Eggs
- Hash brown Potatoes
- Boiled Eggs
- Buttermilk Biscuits

Friday

- Vegetable Quiche
- Southern Oatmeal with Brown Sugar
- Fresh Fruit Toppings
- Crisp Pork Bacon
- Crisp Turkey Bacon
- Scrambled Eggs
- Hash Brown Potatoes
- Boiled Eggs
- Buttermilk Biscuits

Saturday

- Buttermilk Pancakes
- Oatmeal with Brown Sugar
- Fresh Fruit Toppings
- Crisp Pork Bacon
- Crisp Turkey Bacon
- Scrambled Eggs
- Boiled Eggs
- Rosemary Chicken
- Chicken and Spinach
- Pasta Casserole
- Basmati Rice
- Spanish Squash
- Steamed Broccoli
- Mashed Potatoes with Gravy
- Mashed Sweet Potatoes
- Navy Beans
- Southern Green Beans
- Spinach
- Baby Carrots
- Buttered Rolls

Sunday

- French Toast with Fresh Fruit Compote
- Cream of Wheat
- Crisp Pork Bacon
- Crisp Turkey Bacon
- Oven Roasted Breakfast Potatoes
- Scrambled Eggs
- Boiled Eggs
- Chicken Fried Steak
- Rotisserie Chicken with Gravy
- Garlic Mashed Potatoes
- Roasted Cauliflower
- Steamed Broccoli
- Southern Green Beans
- Buttered Corn
- Candied Yams
- Black Eye Peas
- Baby Carrots
- Buttered Rolls



COLLEGE DINING HALL



Week 4



Lunch

Monday

- Stewed Beef Tips over Rice
- Jerk Chicken
- Green Beans
- Vegetable Medley
- Spinach
- Black Eye Peas
- Candied Yams
- Baby Carrots
- Buttered Corn
- Steamed Rice
- Mashed Potatoes With Gravy
- Buttered Rolls

Tuesday

- Lasagna with Meat Marinara
- Honey Roasted Pork Loin
- Rice Pilaf
- Green Peas
- Baby Carrots
- Roasted Cauliflower
- Southern Green Beans
- Spinach
- Steamed Rice
- Mashed Sweet Potatoes
- Mashed Potatoes with Gravy
- Buttered Corn
- Buttered Rolls

Wednesday

- Southern Fried Chicken
- Herb Baked Chicken
- Spaghetti with Meat Sauce
- Candied Yams
- Collard Greens
- Roasted Vegetables
- Macaroni and Cheese
- Mashed Potatoes with Gravy
- Steamed Rice
- Buttered Corn
- Baby Carrots
- Spinach
- Corn Bread

Thursday

- Stuffed Pork Chops with Gravy
- Meatloaf with Roasted Tomato Sauce
- Southern Green Beans
- Spinach
- Black Eye Peas
- Candied Yams
- Buttered Corn
- Baby Carrots
- Mashed Potatoes with Gravy
- Green Peas
- Buttered Rolls

Friday

- Southern Fried Fish
- Blackened Tilapia
- Hushpuppies
- Skillet Cabbage
- Corn on the Cob
- Macaroni and Cheese
- Mashed Potatoes with Gravy
- Steamed Rice
- Mashed Sweet Potatoes
- Southern Green Beans
- Green Peas
- Spinach
- Baby Carrots
- Corn Bread Muffins

COLLEGE DINING HALL



Week 4



Dinner

Monday

Beef Bulgoi Rice Bowl
 General Tsos Chicken
 Asian Blend Vegetables
 Fried Rice
 Egg Rolls
 Vegetable Medley
 Southern Green Beans
 Mashed Potatoes with Gravy
 Steamed Rice
 Black Eye Peas
 Candied Yams
 Baby Carrots
 Buttered Rolls

Tuesday

Jamaican Jerk Chickejn
 Salisbury Steak with Gravy
 Fried Plantains
 Red Beans with Rice
 Sautéed Broccoli
 Buttered Corn
 Baby Carrots
 Roasted Cauliflower
 Spinach
 Southern Green Bans
 Steamed Rice
 Mashed Potatoes with Gravy
 Mashed Sweet Potatoes
 Buttered Corn
 Buttered Rolls

Wednesday

Shepherd's Pie
 Chicken Broccoli and Rice
 Casserole
 Sautéed Squash with Onions
 Roasted Vegetables
 Collard Greens
 Southern Green Beans
 Mashed Potatoes with Gravy
 Candied Yams
 Steamed Rice
 Buttered Corn
 Baby Carrots
 Green Peas
 Buttered Rolls

Thursday

Blackened Tilapia
 Blacked Chicken Breast
 Dirty Rice
 Steamed Broccoli
 Southern Green Beans
 Spinach
 Black Eye Peas
 Candied Yams
 Buttered Corn
 Baby Carrots
 Mashed Potatoes with Gravy
 Green Peas
 Buttered Rolls

Friday

BBQ Chicken
 BBQ Pork Chops
 Garlic Mashed Potatoes
 Peas with Carrots
 Corn On the Cobb
 Macaroni and Cheese
 Steamed Rice
 Mashed Sweet Potatoes
 Southern Green Beans
 Green Peas
 Spinach
 Buttered Rolls

Saturday

Sweet and Sour Chicken Breast
 Jerk Chicken
 Coconut Rice
 Black Beans
 Roasted Vegetable Blend
 Spanish Squash
 Steamed Broccoli
 Mashed Potatoes with Gravy
 Spinach
 Navy Beans
 Baby Carrots
 Buttered Rolls

Sunday

Fried Chicken
 Baked Chicken
 Collard Greens
 Sweet Potato Casserole
 Macaroni and Cheese
 Green Peas
 Spinach
 Southern Green Beans
 Mashed Potatoes with Gravy
 Baby Carrots
 Corn Bread

COLLEGE DINING HALL





Week 4



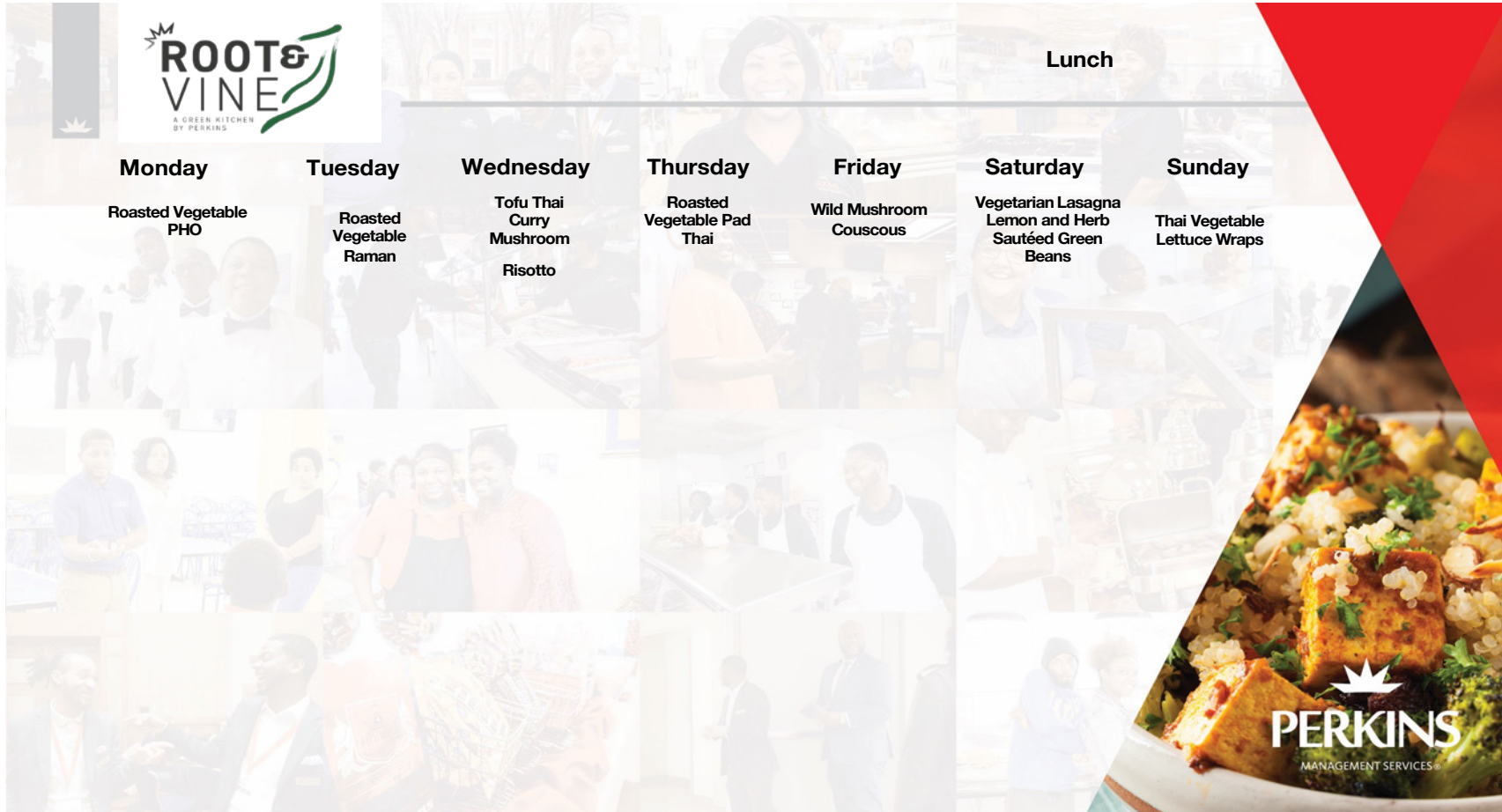
Monday – Sunday

- Assorted Muffins**
- Assorted Danishes**
- Assorted Bagels**
- Assorted Breakfast Breads for Toast**
- Assorted Cereals**
- Assorted Spreads**
- Whole Milk**
- 2% Milk**
- Almond Milk**
- Variety Whole Fruit or Fresh Cut Fruit**
- Build Your Own Waffle Bar**



COLLEGE DINING HALL

Week 4



ROOT & VINE
A GREEN KITCHEN BY PERKINS

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Roasted Vegetable PHO	Roasted Vegetable Raman	Tofu Thai Curry Mushroom Risotto	Roasted Vegetable Pad Thai	Wild Mushroom Couscous	Vegetarian Lasagna Lemon and Herb Sautéed Green Beans	Thai Vegetable Lettuce Wraps

PERKINS
MANAGEMENT SERVICES

COLLEGE DINING HALL



Week 4



Monday

Vegetable Portobello
Shiitake
Stir fry with Broccoli
and Peppers
Steamed Rice

Tuesday

Whole Grain
Spaghetti with
Marinara with
Squash

Wednesday

Creole Eggplant
Over Brown
Rice

Thursday

Kidney Bean
Stew Over
Brown Rice

Friday

Quinoa with
sundried tomatoes
and Zucchini

Saturday

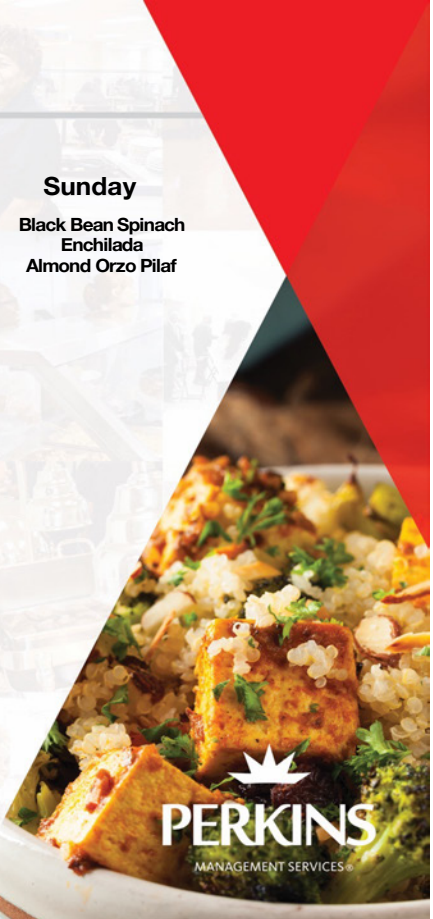
Curried Vegetable
Pot Pie

Sunday

Black Bean Spinach
Enchilada
Almond Orzo Pilaf

Dinner

COLLEGE DINING HALL



Week 4



Monday- Sunday Pasta | Pizza Exhibition Cooking Station Lunch and Dinner

***Pasta(s):**
 Penne
 Linguine
 Fettuccini
 Spaghetti
 Bowtie
 Cavatappi

***Sauce(s):**
 Pesto
 Alfredo
 Marinara

****Topping(s):**
 Fresh Spinach
 Cut Broccoli
 Julienne Zucchini
 Julienne Squash
 Sliced Mushrooms
 Diced Tomato's
 Diced Onions
 Diced Red Peppers
 Diced Yellow Peppers
 Diced Green Peppers
 Green Peas
 Fresh Basil
 Minced Garlic
 Italian Seasoning
 Crushed Red Pepper
 Kosher Salt
 Ground Black Pepper
 Olive Oil Blend
 Grated Parmesan

***Protein(s):**
 Fully Cooked Diced Chicken
 Fully Cooked Salad Shrimp
****Diced Tofu**
 Fully Cooked Diced Italian Sausage

Pizza:
 Prepared Dough
 Marinara Sauce
 Mozzarella Cheese
 Sliced Pepperoni
 Pork Topping
 Beef Topping
 Diced Chicken

* Minimum of 2 at each meal service

**All Required



COLLEGE DINING HALL



Week 4



Monday- Sunday Asian Stir Fry Exhibition Cooking Station Lunch and Dinner

***Starch:**
Lo Mein Noodles
Steamed Rice

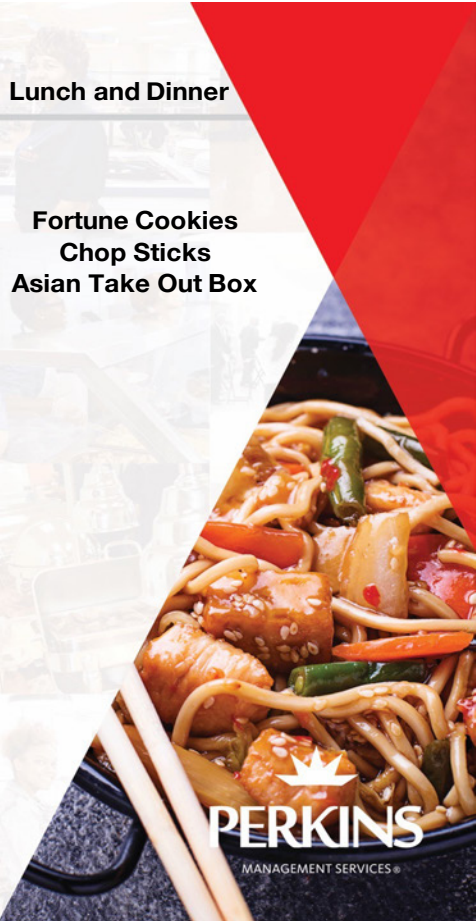
***Sauce(s):**
Teriyaki Sauce
Sweet and Sour
Hoisin Sauce
*****Duck Sauce**
*****Soy Sauce**

****Topping(s):**
Cut Broccoli
Julienne Zucchini
Julienne Squash
Sliced Mushrooms
Diced Onions
Diced Red Peppers
Diced Yellow Peppers
Diced Green Peppers
Snow Peas
Shredded Carrots
Bamboo Shoots
Water Chestnuts
Fresh Ginger
Minced Garlic
Italian Seasoning
Crushed Red Pepper
Kosher Salt
Ground Black Pepper
Olive Oil Blend

***Protein(s):**
Fully Cooked Diced Chicken
Fully Cooked Salad Shrimp
****Diced Tofu**
Fully Cooked Strip Steak

Fortune Cookies
Chop Sticks
Asian Take Out Box

* Minimum of 2 at each meal service **All Required *** Daily Requirement



COLLEGE DINING HALL

Week 4



Monday- Sunday

Breakfast, Lunch, and Dinner

*****Breakfast:**

**Daily Cooked to Order Omelets
Pancakes and Or French Toast**

***Texas Toast Breakfast Sandwiches:**

**Pork Sausage Patties
Smoked Sausage Links
Ham**

Scrambled Eggs with Cheese

Protein(s):

*****Grilled Hamburgers
***Grilled Veggie Burgers
***Grilled Beef Hotdogs
**Beef Philly Steak
**Chicken Philly Steak
**Chicken Tenders
Chicken Nuggets

Bread(s):

**Traditional Hamburger Bun
Sesame Seed Bun
Hot Dog Bun
Sub Roll
Texas Toast**

*****Sauces:**

**Smokehouse BBQ
Honey Mustard
Ranch
Ketchup
Mustard
Mayonnaise
Chipotle Mayonnaise**

*****Toppings:**

**Sliced Tomato's
Shredded Lettuce
Sliced Onions
Sliced Pickles
American Cheese
Provolone Cheese
White American
Bacon
Mushrooms
Chili Sauce
Cheese Sauce**

Sides:

*****Fresh Cut Fries
**Onion Rings
Tater Tots

*** Minimum of 2 at each meal service**

**** Rotating**

***** Daily Requirement**



COLLEGE DINING HALL



Week 4



Monday- Sunday

Lunch and Dinner

- *Bread(s):**
- High Crown White
- High Crown Wheat
- Sub Roll
- Kaiser Roll
- Spinach Wrap
- Wheat Wrap
- Flour Wrap
- Tomato Wrap

- *Toppings:**
- Sliced Tomato's
- Cut Romaine
- Shredded Lettuce
- Sliced Onions
- Sliced Pickles
- Sliced Olives
- Spinach
- American Cheese
- Provolone Cheese
- White American

- *Protein:**
- Sliced Honey Ham
- Sliced Roast Turkey
- Sliced Bologna
- Pepperoni
- Tuna Salad
- Chicken Salad

- *Sauces:**
- Honey Mustard
- Ranch
- Traditional Mustard
- Mayonnaise
- Chipotle Mayonnaise
- Oil
- Vinegar
- Italian Seasoning
- Salt and Pepper Blend

* Daily Requirement



COLLEGE DINING HALL

Week 4



****Green(s):**
Iceberg Mix
Mescaline Mix
Spinach
Romaine

Monday- Sunday

***Topping(s):**
Sliced Tomato's
Cut Broccoli
Cut Cauliflower
Cut Zucchini
Cut Squash
Sliced Purple Onions
Sliced Cucumbers
Sliced Beets
Sliced Olives
Sliced Mushrooms
Chickpeas
Shredded Carrots
Sliced Olives
Dried Cranberries
Raisins
Sunflower Seeds
Cut Cantaloupe
Cut Honeydew Mellon
Sliced Peaches
Mandarin Oranges
Black Beans
Kidney Beans
Bacon Bits
Croutons
Sunflower Seeds

Lunch and Dinner

***Dressing(s):**
Ranch
Caesar
Bleu Cheese
Italian
Balsamic Vinaigrette
Oil
Vinegar

*** Daily Requirement**

**** Minimum of 3 at each meal service**



COLLEGE DINING HALL



Week 4



Monday-Friday Lunch and Dinner

Tomato and Basil

Tuesday Creamy Squash

Wednesday Chicken Noodle

Thursday Creamy Potato Friday Vegetable Beef



COLLEGE DINING HALL

Week 4



Monday- Sunday

Lunch and Dinner

Cake(s):

- Traditional Yellow Cake with Chocolate Frosting
- Devils Food Cake
- Traditional Vanilla Cake with Vanilla Frosting
- Red Velvet Cake
- Strawberry Cake with Butter Cream Frosting
- Butter Pound Cake

Pie(s):

- Pecan Pie
- Sweet Potato Pie
- Apple Pie
- Lemon Meringue Pie

Cookie(s):

- Oatmeal Raisin
- Chocolate Chip
- White Chocolate Macadamia Nut
- Sugar

Daily Requirement

Cobbler(s):

- Apple
- Blueberry
- Peach

Other:

- Jell-O Parfait
- Banana Pudding Parfait



COLLEGE DINING HALL