

WEEK 5
LUNCH



ALADDIN
CAMPUS DINING

	jumpstart	flame	sauce + stone	globalfare	soúpside	streetfood	thelocal DELI
MONDAY	Made To Order Breakfast Eggs, Omelet Bar, Burritos, Sandwiches, French Toast Sticks, Oatmeal Bar	Charbroiled Burgers Black Bean Burgers Chicken Sandwiches Chicken Tenders Quesadillas Fries	Supreme Pizza Cheese Tortellini w/Marinara	Blackened Chicken or Blackened Tofu With Bean and Rice Roasted Broccoli	Chef Choice		Roasted Vegetable Pesto Panini Spinach, Mushroom, Tomato, Artichoke Hearts & Havarti
TUESDAY	Made To Order Breakfast Eggs, Omelet Bar, Burritos, Sandwiches, French Toast Sticks, Oatmeal Bar	Charbroiled Burgers Black Bean Burgers Chicken Sandwiches Chicken Tenders Quesadillas Fries	French Bread Pizza Eggplant Baked Penne	Taco Beef or Tofu Spanish Rice Refried Beans Assorted topping	Chef Choice		Caprese Panini Fresh Mozzarella Cheese, Roma Tomato & Fresh Basil, with a Balsamic Reduction
WEDNESDAY	Made To Order Breakfast Eggs, Omelet Bar, Burritos, Sandwiches, French Toast Sticks, Oatmeal Bar	Charbroiled Burgers Black Bean Burgers Chicken Sandwiches Chicken Tenders Quesadillas Fries	Meat Lover's Pizza Pasta & Pesto	Ramen Noodle Bar Chicken, Beef, Pork Tofu Toppings Bar Vegetable Spring Roll	Chef Choice		Panini Portabella Mushroom Balsamic Vinegar Red Pepper Arugula Mayo
THURSDAY	Made To Order Breakfast Eggs, Omelet Bar, Burritos, Sandwiches, French Toast Sticks, Oatmeal Bar	Charbroiled Burgers Black Bean Burgers Chicken Sandwiches Chicken Tenders Quesadillas Fries	Cheese Pizza Cajun Pasta Alfredo	Sliced Roast Beef Pasta Vegetarian w/ Garlic sauce V Roasted red Potato Mix Vegetable	Chef Choice		Panini Chicken Pesto Mozzarella Cheese Slice Tomato
FRIDAY			HAPPY EASTER!				
SATURDAY							
SUNDAY							

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

= BeWell Healthy Option = Not made with gluten = Vegetarian = Vegan

WEEK 5
DINNER



ALADDIN
CAMPUS DINING

	globalfare	flame	soupside	streetfood			
MONDAY	Beef Stroganoff Vegetable Stroganoff Buttered Egg Noodles Honey Glazed Carrots Dinner Roll		Chef Choice				
TUESDAY	Baked Chipotle Chicken Baked Chipotle Tofu Baked Sweet Potatoes & Apples Parmesan Roasted Cauliflower		Chef Choice				
WEDNESDAY	Roasted Pork Whipped mashed Potato & Gravy Side Vegetable Or Pasta Primavera		Chef Choice				
THURSDAY			HAPPY EASTER!				
FRIDAY							
SATURDAY							
SUNDAY							

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

= BeWell Healthy Option
 = Not made with gluten
 = Vegetarian
 = Vegan