Seasonal Menu

October 21-27 Lunch and Dinner: Loyola University

(V) Vegetarian		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
fresh STOCK					National Food Day!		Brunch / Dinner	Brunch / Dinner
	Broth Soup	French Onion Soup	(V)Hearty Tomato Vegetable Soup	Beef Noodle Soup	(V) Vegetable Minestrone	(V) Tomato Basil	Cream of Wheat / Soup du Jour	Oatmeal / Soup du Jour
	Cream Base or Chili	(V) Cream of Spinach Soup	Beef & Bacon Chili	3 Bean Chili	Anahiem Chicken Chili	Maryland Crab Soup	Soup du Jour	Soup du Jour
Loyola Diner	Lunch Entrée	Beef Stew	Cajun Fried Chicken	Chicken Pot Pie with Biscuits	Bratwurst Hoagie with Cracked Mustard	Hand Breaded Fish	Scrambled Eggs	Meat & Cheese Frittatas
	Lunch Entrée	Blackened Chicken Sandwich	Roast Beef Cheddar Melts	Grilled Tuna Melt	Chicken Piccata	Coconut Chicken	Specialty of the Day	Specialty of the Day
	Vegetable	Sauteed Squash & Red Peppers	Vegetable Medley	Roasted Root Vegetables	Sauteed Mushrooms	Buttered Corn	Specialty of the Day	Specialty of the Day
	Vegetable	Succotash	Green Beans	Braised Kale	Roasted Asparagus	Steamed Cauliflower	Bacon & Sausage	Bacon & Sausage
Lunch	Starch	Steamed Rice	Cheddar Bacon Red Skin Mashed Potatoes	Battered Steak Fries	Long Grain-Wild Rice	Macaroni & Cheese	Pancakes & Home Fries	French Toast Sticks & Home Fries
	(V) Vegetarian	Schewaun Eggplant	Quinoa with Cranberries, Cilantro & Pine Nutes	Vegan Black Bean Cakes	Chickpeas Stew	Tofu Vegetable Cous Cous	Vegetable Bacon & Sausage	Vegetable Frittatas
Loyola Diner	Dinner Entrée	Honey Mustard Ham	Roasted Pork Loin	Meat Lasagna	Stuffed Pork Chop with Caramelized Apples, Rustic Wilted Kale & Wild Mushrooms (Organic Willow Acres)	Sesame Salmon	Herb Breadcrumb encrusted Chicken Breasts	Grilled Swordfish
	Dinner Entrée	BBQ Chicken	Roasted Turkey Breast	Sun Dried Tomato-Pesto Baked Chicken Breast	Chicken & Root Vegetable Ste (Lancater Farm Hormone Free)	Beef & Broccoli	Korean BBQ Ribs	Specialty of the Day
	Vegetable	Zucchini & Tomatoes	Caramelized Apples	Garlic Spinach	Roasted Harvest Blend of Squash (Rising Sun Organics)	Sauteed Snow Peas & Bean Sprouts	Brussel Sprouts	Specialty of the Day
	Vegetable	Peas & Pearl Onions	Steamed Broccoli	Ratatouillle	Orange Cauliflower, Purple Carrots & Broccoli (Farmdale Organics)	Honey Orange Glazed Carrots	Green Beans & Mushrooms	Stewed Tomatoes
Dinner	Starch	Roasted Sweet Potatoes	Herbed Bread Stuffing	Garlic Bread	Purple, Sweet & Gold Fingerling Potato Hash (Pine Hill Organics)	Fried Rice	Garlic Mashed Pogtaoes	Asparagus-Portabella Mushroom Risotto
	(V) Vegetarian	Black Beans & Roasted Corn	Curried Coconut Tofu	Vegetable Lasagna	Parsnip & Roasted Garlic Whipped Potatoes (Countryside Organics)	BBQ Tofu	Carrots, Spinach & Cabbage in a Garlic- Black Bean Sauce	Brown Rice Casserole with Tofu & Vegetables
BRAVISIMO!	Lunch Entrée	Shrimp Stir Fry	Tortellini Bar	Beef Stir fry	Caribbean Curry	Shrimp Quesadilla Bar	Made to order Omeletes	Made to order Omeletes
	Dinner Entrée	Beef Pho Bar	Chicken Wing Bar	Omelete Bar	Pasta Bar	Chicken Scampi	Chicken Stir Fry	Made to order Omeletes
1852 Pizza		Items available at the Pizzeria daily: Cheese, Pepperoni, White & Vegetable Pizzas						
	Pizza Specialty	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
The Daily Dish	Entrée	Chef Salad Wrap	Roasted Sweet Potato Bar	Baja Fish Tacos	Soft Pretzel Bar	Chicken Faijitas	**Brunch** Carved Roasted Salmon **Dinner** Chicken Fajita Bar	**Brunch** Top Round of Beef **Dinner** Mashed Potato Bar
The Grille		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						
	Flats Special					Sliders Bar		
	Burger Special	Brushetta Burger	Bacon Blue Burger	Taco Burger	Smothered Onion Burger		Specialty of the day	Specialty of the Day
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 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.						
Market Fresh		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.						
Wheatcroft's		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.						