



## Lunch and Dinner: January 15 - 21

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Items available daily: Breads include, but not limited to - Flavored and Plain Wraps, Whole Wheat, White, Potato, Multi Grain, Rye, etc. Meats - Baked Ham, Roasted Turkey, Salami, Other. Salads - Tuna, Chicken or Egg and a rotation of other composed salads. Vegetable toppings - Lettuce, Tomato, Onion and Pickles. Cheese - American, Cheddar, Provolone and Swiss. Condiments - Mustard, Honey Mustard, Mayonnaise and a Variety of Condiments.						
		Full Salad Bar featuring 28 Toppings, Fresh Sliced Fruit, House Made Croutons and 5 different fresh seasonal Fruits.						
	Soup	<b>Beef &amp; Bean Chili</b>	<b>Ham &amp; Split Pea</b>	<b>Chicken Tortilla</b>	<b>Seafood Chowder</b>	<b>Beef and Cheddar Ale</b>	<b>Cream of Potato</b>	<b>Vegetable Pasta</b>
	Soup	<b>Chipotle Corn Chowder</b>	<b>Broccoli &amp; Cheddar</b>	<b>Vegetable Noodle</b>	<b>Pasta e Fagioli</b>	<b>Vegetable Lentil</b>	<b>Cream of Wheat</b>	<b>Hot Oatmeal</b>
	Entrée	<b>Scrambled Eggs Pork Roll, Egg &amp; Cheese Sandwich</b>	<b>Smoky Texas BBQ Pork Sandwich</b>	<b>Cajun Fried Chicken</b>	<b>Hand Breaded Fried Flounder w/Cocktail and Tartar Sauces</b>	<b>Hand Breaded Buffalo Chicken Tenders</b>	<b>MTO Omelets</b>	<b>MTO Omelets</b>
		 <b>French Toast Bake w/Vanilla Cream Sauce &amp; Granola Topping</b>	<b>Eggplant Parmesan</b>	<b>Vegetable and Rice Burrito</b>	<b>Pasta &amp; Feta with Pesto Cream Sauce</b>	<b>Zucchini Fritters</b>	<b>Baked French Toast w/Vanilla Cream Sauce</b>	<b>Apple Cinnamon Bread Pudding</b>
<b>Lunch</b>	Vegetable	<b>M&amp;M Pancakes Bacon/Sausage</b>	<b>Honey Roasted Carrots</b>	<b>Green Peas</b>	<b>Sauteed Green Beans</b>	<b>Buttered Corn</b>	<b>Pasta w/Alfredo or Marinara Sauce</b>	<b>Macaroni and Cheese</b>
	Vegetable	<b>Mac &amp; Cheese</b>	<b>Steamed Broccoli</b>	<b>Roasted Zucchini and Squash</b>	<b>Eggplant w/Tomato &amp; Basil</b>	<b>Sauteed Green Beans with Red Onions</b>	<b>Sausage &amp; Ham</b>	<b>Bacon &amp; Sausage</b>
	Starch	<b>Home Fries w/Onions &amp; Peppers</b>	<b>Steak Fries</b>	<b>Mashed Potatoes</b>	<b>Potatoes O'Brien</b>	<b>Ada's Spanish Rice</b>	<b>Breakfast Potatoes</b>	<b>Breakfast Potatoes</b>
		<b>Tater Tots w/Cheese Sauce, Scallions &amp; Bacon</b>	<b>Sloppy Joe</b>	<b>Baked Penne</b>	<b>Italian Sausage w/Onions &amp; Peppers</b>	<b>Sweet &amp; Sour Meatball Skewers</b>		
	Entrée	<b>Carved Top Round au Jus</b>	<b>Greek Stuffed Chicken w/Rosemary Demi Glace</b>	<b>BYO Pastas</b>	<b>Sweet Thai Chili Baked Chicken</b>	<b>MTO Cheese Steaks</b>	<b>Chicken Abruzzi</b>	<b>Turkey Meatloaf with Gravy</b>
		 <b>Tempeh Stir Fry w/Brown Rice</b>	<b>Pasta with Roasted Pepper and Tarragon Cream Sauce</b>	<b>Alfredo Sauce, Clam Sauce, Marinara Sauce</b>	<b>Stir Fry Vegetables with Tofu</b>	<b>Vegan Lenti Sloppy Joe with Roll</b>	<b>Vegetable &amp; Cheese Quesadillas</b>	<b>Pasta Primavera with Garlic and Oil</b>
	Vegetable	<b>Broccoli w/Cheese</b>	<b>Maple Glaze Acorn Squash</b>	<b>BBQ, Buffalo &amp; Teriyaki Wings</b>	<b>Sesame Broccoli</b>	<b>Roasted Cauliflower</b>	<b>Roasted Vegetables</b>	<b>Sauteed Spinach with Garlic</b>
	Vegetable	<b>Cauliflower</b>	<b>Asparagus with Carrots</b>	<b>Roasted Vegetables</b>	<b>Sweet and Sour Carrots</b>	<b>Parmesan Baked Tomatoes</b>	<b>Sauteed Garlic String Beans</b>	<b>Broccoli</b>
	Starch	<b>Baked Potato w/All the Fixings</b>	<b>Herb Roasted Potatoes</b>	<b>Garlic Bread Sticks</b>	<b>Lo Mein Noodles with Julienne Carrots and Snow Peas</b>	<b>Old Bay French Fries</b>	<b>Wild Rice Pilaf</b>	<b>Mashed Sweet Potatoes</b>
		Dinner Items available daily: Fresh Hamburgers and Cheeseburgers, Grilled Chicken, All Beef Hot Dogs, Grilled Cheese and Veggie Burgers						
	Lunch	<b>Grilled Cheesarama</b>	<b>BYO Fried Chicken Sandwich</b>	<b>Walking Tacos</b>	<b>Hawaiin Chicken Wrap</b>	<b>Curry Station</b>		
	Dinner	<b>Paella Station</b>	<b>Fajita Bowls</b>	<b>Pizza Pizza Pizza</b>	<b>Carving Station featuring Pesto Marinated Turkey Breast</b>	<b>Mac &amp; Cheese Bar</b>		
	Specials of the Week	<b>Brunch/Dinner Schedule Canova Commons Opens at 10:30am for Brunch</b>		<b>Hump Day Hangout Presents Pasta, Pizza &amp; Wings</b>		<b>Fun Feast Friday Night Presents Student Favorites</b>		
		Belgian Waffle Bar with two syrups and a variety of toppings, 4 Cold Cereals, 8 Juices, Chocolate 2%, Skim, and Soy Milk, Coffee, Decaf, Tea (regular and herbal), Hot Chocolate, Iced tea, 8 Soft Drinks, Bread (white, wheat, rye, potato, multi grain), English Muffins, Bagels, Peanut Butter, Cream Cheese, Whipped Butter, Margarine, Honey, Jelly and Preserves. Fresh-baked Muffins, Cinnamon Rolls and Croissants. An assortment of fresh-baked Cookies, Bars, Pies, Pastries, Custards, Puddings and a rotation of seasonal specialties.						

Did you know? We offer hand-cut French Fries.

