

ROOSEVELT CAMPUS WEEKLY FEATURES

DATE: 3/4/24-3/8/24



HEARTH + RYE
DELICATESSEN

EMBERS
GRILL

KITCHEN CRAFTED
REAL.GOOD.FOOD.

MONDAY

Not your Average
Ham & Swiss w/
chips
\$8.00 | 530 cal
SOUP: tomato basil

Peri Peri Chicken
Sandwich
\$7.00 | 550 cal
chicken noodle soup
baked potato

ENTREE: chicken & sausage
gumbo
ENTREE: blackened tilapia
SIDE: white rice
SIDE: dirty rice
VEGETABLE: roasted brussel
sprouts
Okra & corn
Collard greens

Creole Queen

TUESDAY

That's a Wrap w/
chips
\$8.00 | 510 cal
SOUP: tomato basil

Peri Peri Chicken
Sandwich
\$7.00 | 550 cal
chicken noodle soup
poblano white cheddar

VERDE

ENTREE: chicken or beef
tacos
SIDE: cilantro lime rice
VEGETABLE: pinto beans
grilled peppers & onions

WEDNESDAY

One Little Goat w/
chips
\$8.00 | 500 cal
SOUP: tomato basil

Peri Peri Chicken
Sandwich
\$7.00 | 550 cal
chicken noodle soup
mushroom bisque

Happy Hen

ENTRÉE: rotisserie chicken
ENTREE: "not fried" chicken
SIDE: mac & cheese
SIDE: cheesy scallion hash browns
VEGETABLE: creamed spinach
VEGETABLE: Dijon potato salad

THURSDAY

The Rachel w/ chips
\$8.00 | 700 cal
SOUP: tomato basil

Peri Peri Chicken
Sandwich
\$7.00 | 550 cal
chicken noodle soup
beef barley

ZEN
PAN-ASIAN CUISINE

ENTREE: tempura chicken
ENTREE: stir fry tofu
ENTRÉE: braised pork loin
SIDE: California fried rice
SIDE: lo mein
VEGETABLE: sesame broccoli
& carrots
Szechuan green beans

FRIDAY

The Chicken Salad
Club w/ chips
\$8.00 | 560 cal
SOUP: tomato basil

Peri Peri Chicken
Sandwich
\$7.00 | 550 cal
chicken noodle soup
clam chowder

ENTREE: baked buffalo
cauliflower
ENTREE: crispy chicken wings
SIDE: mac & cheese
SIDE: spiced potato wedges
VEGETABLE: carrot & celery

DRUMS & FLATS
— AIN'T NO THANG BUT A CHICKEN WING —

MARYVALE CAMPUS WEEKLY FEATURES

Week 2

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HEARTH + RYE

DELICATESSEN

EMBERS

GRILL

KITCHEN CRAFTED

REAL.GOOD.FOOD.

MONDAY



Made to order
Deli Sandwich on Assorted Bread

Flatbread Pizza with Marinara or Pesto and Custom Toppings

SALAD BAR

Romaine & Spring Mix Cherry Tomatoes Cucumbers Eggs, Chicken, Ham Sesame Seeds

Omelet
Breakfast Burrito

Grill Chicken
Beef Burger
Veggie Burger
Grilled Cheese

Soup of the Day



Italian Beef Stew
Italian Shrimp Creole
Mango Coconut Rice
Yellow Rice
Fried Plantains
VEGETABLE: Okra and Tomatoes Island Sweet & Spicy Mango Slaw
Mango Sauce
Jamaican Jerk Sauce
Coconut Crunch Cake

TUESDAY



Made to order
Deli Sandwich on Assorted Bread

Flatbread Pizza with Marinara or Pesto and Custom Toppings

Salad Bar with assorted dressings

Omelet
Breakfast Burrito

Grill Chicken
Beef Burger
Veggie Burger
Grilled Cheese

Soup of the Day



TACOS:
Beef Taco Meat
Pulled Chicken
Cilantro Lime Rice
Pinto Beans
VEGETABLE: Grilled Peppers&Onions
Pico de Gallo
Guacamole
Chips & Salsa

WEDNESDAY



Made to order
Deli Sandwich on Assorted Bread

Flatbread Pizza with Marinara or Pesto and Custom Toppings

Salad Bar with assorted dressings

Omelet
Breakfast Burrito

Grill Chicken
Beef Burger
Veggie Burger
Grilled Cheese

Soup of the Day



Rotisserie Chicken
Buttermilk Ranch Chicken
Macaroni & Cheese
Scallion Hashbrown Casserole
Dijon Roasted Potato Salad
VEGETABLE: Parmesan Creamed Spinach
Honey Mustard
Peppercorn Ranch

THURSDAY



Made to order
Deli Sandwich on Assorted Bread

Flatbread Pizza with Marinara or Pesto and Custom Toppings

Salad Bar with assorted dressings

Omelet
Breakfast Burrito

Grill Chicken
Beef Burger
Veggie Burger
Grilled Cheese

Soup of the Day



Tempura Chicken
Stir Fry Marinated Tofu
Vegetable Fried Rice
Lo Mein Noodles
VEGETABLES: Szechuan Green Beans
Sesame Broccoli and Carrots
Spicy Lime & Cabbage Slaw

FRIDAY



Made to order
Deli Sandwich on Assorted Bread

Flatbread Pizza with Marinara or Pesto and Custom Toppings

SALAD BAR

Romaine & Spring Mix Cherry Tomatoes Cucumbers Eggs, Chicken, Ham Sesame Seeds

Omelet
Breakfast Burrito

Grill Chicken
Beef Burger
Veggie Burger
Grilled Cheese

Soup of the Day

CHEF SPECIAL

Chicken Enchiladas
Beef Enchiladas
Cilantro Lime Brown Rice
Refried Beans
Pico de Gallo
Sour Cream
Cinnamon Churros

MESA CAMPUS WEEKLY FEATURES

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REAL.GOOD.FOOD.

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MONDAY

Breakfast Feature :Fresh
Blueberry Pancakes (2)
\$4.00



ENTREE: Chicken & Sausage
Gumbo
ENTRÉE: Cajun Chicken
SIDE:Yellow Rice
VEGETABLE: Corn on the Cob

TUESDAY

Breakfast Feature: Sausage
& Egg Sandwich
\$4.00

ENTRÉE: Philly Cheesesteak
ENTRÉE: Fried Chicken Sandwich
SIDE: Jojo Potato Wedges
SIDE: Pineapple Colesaw

WEDNESDAY

Breakfast Feature: Chicken
Fried Steak
\$4.00



ENTREE: Crispy Chicken Wings
ENTRÉE: Fried Chicken tenders
VEGETABLE: Chefs Choice
SIDE: Curly Fries

THURSDAY

Breakfast Feature: French
Toast
\$4.00



ENTREE: Braised Pork Loin
ENTREE: Fried Tofu in Sweet
Chili Sauce
SIDE: Lo Mein Noodles
SIDE: Steamed Rice
VEGETABLE: Braised Brussel
Sprouts

FRIDAY

Breakfast Feature: Chicken
& Waffle w/ spicy maple
syrup
\$4.00

ENTREE: : Cheeseburger
ENTRÉE: Chili Cheese Dog
SIDE: Wedges & Rings
Chefs Choice Vegetable