Elmira College CC		2024 Spring		Regular		Week 4
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fresh Stock						
Chef's Choice	Curried Chicken Soup	Chef's Choice	Mexican Corn Soup	Chef's Choice	Chef's Choice	American Bounty Vegetable Soup
Old Fashioned Ham & Bean Soup	Chef's Choice	Chicken Tortilla Soup	Chef's Choice	Pasta Fagioli Soup	Chef's Choice	Beef Stuffed Pepper Soup
Composed Salad						
Bacon Avocado & Macaroni Salad	Black Bean Hummus	Arugula & Strawberry Salad	Tuscan Tortellini Salad	Asian Noodle Salad	Chef's Choice	Greek Style Pasta Salad
Broccoli Salad	Crudite w Hummus	Southern Chicken Salad	Blue Cheese BLT Salad	BBQ Ranch Pasta Salad		Asian Vegetable Salad
BBQ Chicken Salad	Dill Cucumber Hummus	Spaghetti Salad	German Potato Salad	Tossed Salad		
Lunch - S&F						
Spicy Salmon Cakes	Ancho Roasted Chicken	Broccoli & Cauliflower	Chicken & Shrimp Etouffe	Vegetarian Jambalaya Allergen Free	Caribbean Barbecue Pork Loin	Baked Pesto Chicken
Roasted Cauliflower	Mexican Corn	Jasmine Rice	Basmati Rice	Italian Sausage	Mashed Sweet Potatoes	Potato Wedges
Cheddar Mashed Potatoes	Red Beans & Rice	Sesame Beef Stir Fry	Carrots w Tarragon & Orange	Beans Roasted Green (Haricot Vert)	Brown Rice Pilaf	Beans Roasted Green (Haricot Ver
Lunch - V2						
Pasta Bake	Green Beans & Peppers	Black Bean Chickadillas	Ratatouille	General Tso Tempeh	Black Bean Tofu Chili	Cantonese Vegetable Stir Fry
	Corn Cakes w Zucchini Salsa	Spanish Rice		Tofu Fried Rice	Cornbread	Jasmine Rice
Lunch Inspired						
Eats						
Brown Rice	Herb Marinated Chicken	Brown Rice	Roasted Tomato Chickpea Quinoa	Roasted Cajun Eye Round	Aglio E Olio Pasta - Allergy Friendly	Beef Stew
Tuscan Oven Roasted Chicken	Chef's Choice Vegetable	Rosemary Garlic Chicken	Stew - Al Roasted Sweet Potatoes	Roasted Butternut Squash	Balsamic Grilled Chicken	
Grill -Lunch						
Grilled Chicken Breast	Taco Bar	Tuna Melt	Chicken Spiedies	Hand Cut French Fries	Omelet Bar	Omelet Bar
Mushroom & Swiss Burger	Grilled Chicken Breast	Fire Ranch Fries	Sauteed Mushroom	Buffalo Chicken Grilled Cheese		
Fire Ranch Fries		Grilled Chicken Breast	Roasted Onions & Peppers	Grilled Cheese Bar		
			Salt & Vinegar Potato Chip			
Oven - Lunch						
Loaded Pizza	Cheesesteak Flatbread Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Cheese Pizza	Cheese Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Hawaiian Pizza
Pepperoni Pizza	Pepperoni Pizza	Pierogie Pizza	Garlic Knot	Broccoli White Sauce Pizza	BBQ Chicken Pizza	Pepperoni Pizza
Lunch - Bravo						
Brk Eggs to Order	Pho Bar	Elmira Nachos	Stir Fry Bar	Pierogies with Onions		
Dinner - S&F						
Dilled Carrots	Brussels Sprouts Fresh Whole	Citrus Grilled Pork Loin	Beef Stroganoff	Honey Mustard Chicken	Chicken Stew w Smoked Paprika	Chef's Choice
Baked Pesto Chicken	Shepherd's Pie	Roasted Vegetables	Italian Bread	Boiled Potatoes EC	Corn On The Cob	
Creamy Polenta		Creamy Macaroni & Cheese	Buttered Egg Noodles	BBQ Vegetarian Baked Beans	Spanish Rice	
			Chef's Choice Vegetable			
V2' Dinner						
Minted Barley with Peas	Cheese Ravioli	Churrasco Tofu Steak	Eggplant Tofu Lasagna	Cuban Black Beans	Balsamic Grilled Vegetables	Southwest Grilled Tofu
Roasted Root Vegetables	Corn	Salad White Bean Zucchini and	Roasted Carrots	Arroz Brasiliero	Creamy Red Pepper Basil Pasta	BBQ Sweet Potatoes

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Parmesan

Elmira College CC	2024 Spring	Regular	Week 4

Elmira College CC	2024 Spring			Regular		week 4
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
V2' Dinner						
Dinner Inspired Eats						
Eggplant Puttanesca	Shepherds Pie Baked Potato	Shredded Citrus Pork Bowl - Allergen Fri Brown Rice	Smoked Bacon Paella - Allergen Friendly	Adobe Roast Pork - Allergen Friendly Beans Roasted Green (Haricot Vert)	Herb Marinated Chicken Brown Rice	Chef's Choice
Grill - Dinner						
Taqueria Chicken Burrito Refried Beans	Patty Melt Curly Fries Grilled Chicken Breast	Grilled Chicken Breast Falafel Bowl	Hand Cut French Fries Hot Dog Turkey Hot Dog Grilled Chicken Breast	Tater Tots Pineapple Chili Chicken Grilled Tofu		Omelet Bar
Oven - Dinner						
Buffalo Fried Chicken Pizza Cheese Pizza Pepperoni Pizza	Cheese Pizza Pepperoni Pizza Sicilian Pizza	Cheese Pizza Pepperoni Pizza Tuscan Oven Supreme Pizza	Chef's Choice Cheese Pizza Pepperoni Pizza	Pepperoni Pizza Cheese Pizza Mushroom Pizza	Cheese Pizza Pepperoni Pizza French Bread Pizza	Cheese Pizza Farm Source Pizza Pepperoni Pizza
Dinner - Bravo						
Thai Chicken Lettuce Wrap	Garibaldi Hoagie Cajun Red Potato 'Chips'	Beef Enchilada Rice Bowl	Vietnamese Garlic Beef	Ancho Grilled Chicken Brown Rice Bowl		
Pasta						
Classic Bolognese Sauce Marinara Sauce	Alfredo Sauce Marinara Sauce	Pesto Cream Sauce Marinara Sauce	Vegetable Alfredo Pasta Marinara Sauce	Blush Marinara Sauce Marinara Sauce	Marinara Sauce Meat Sauce	Blush Marinara Sauce Marinara Sauce