



These meal options may not include all foods for the dietary practice listed, and the menus are subject to change at any time without notice. All students with dietary restrictions among the FDA's top identified allergens are strongly encouraged to utilize the posted menus and recipe tags that are present in each of the three dining centers and MU locations across campus. All published menus in these locations have been screened and labeled with icons for those ingredients. The menus and recipe tags will be the best source of information for dietary management and avoidance of specific ingredients.

Of the menus included in this outline, most are "build-your-own" style, which enables customers to select what goes into their meals. Most others are customizable to be made without specific ingredients.

## **Arnold Dining Hall**

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### **Southside Grill**

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#### **Lunch and Dinner:**

##### **Build Your Own Burger:**

###### **Buns:**

Wheat

Vegan/GF

Potato

###### **Cheeses:**

Pepper Jack

Swiss

Cheddar

Vegan Cheddar

###### **Patties:**

Beef Patty

Chicken Patty

###### **Toppings:**

Lettuce

Red Onion

Tomato

Jalapeno

Fry Sauce

Guacamole

Pineapple Rings

###### **Other Offerings:**

French Fries

Chicken Strips

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### **Southside Deli**

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#### **Build Your Own Sandwich:**

**Bread:**

Wheat  
 White  
 Croissant  
 Naan  
 Hoagie Roll

**Protein:**

Egg Salad  
 Tuna Salad  
 Chicken Breast Strips

**Toppings:**

All Cheeses  
 All Vegetables

**Other Offerings:**

Hummus and Feta Panini  
 Mushroom Panini

**Spreads:**

Mayo  
 Basil Pesto  
 Hummus  
 Guacamole  
 Yellow Mustard

**Salad Bar:**

All options Except Marinated  
 Red Onion, Italian Dressing,  
 Balsamic Dressing, Honey  
 Mustard Dressing

## Southside Pizzeria

**Pizzas:**

Meatball Pizza  
 Cheese Pizza  
 Vegetarian Pizza

**Other Offerings:**

Cheesy Garlic Bread  
 Spaghetti w/ Meatballs  
 Cheese Ravioli w/Alfredo  
 Sauce

## Global Fare

**Brunch Saturday and Sunday****Main Dishes:**

Vegan Winter Squash and Kale  
 Lasagna  
 Cheese Ravioli w/Red Pepper  
 Sauce  
 Vegan Penne Arrabiatta

**Sides:**

Roasted Sweet Potatoes and  
 Roasted Vegetables  
 Garlic Bread

**Breakfast****Main Dishes:**

Scrambled Eggs  
 Buttermilk Biscuit  
 Buttermilk Pancake  
 Chocolate Chip Pancake  
 Blueberry Pancake  
 French Toast Casserole  
 Vegan "Just Egg" Scramble

**All Weeks****Sides:**

Hashbrown Triangles  
 O'Brien Potatoes  
 Roasted Sweet Potatoes and  
 Roasted Vegetables

**Grab and Go:**

Soyrizo Hash Breakfast  
 Burrito  
 Vegan Loco Moco Bowl

## Lunch/ Dinner:

## Dishes rotate through the week

### Week 1

#### Protein:

Vegan Picadillo Stuffed Bell Peppers  
Vegan Chorizo Sauté  
Culiacan Shrimp w/Guajillo Butter

#### Vegetables:

Grilled Zucchini & Squash  
Roasted Sweet Potatoes  
Roasted Corn & Peppers

#### Other Sides:

Costa Rican Gallo Pinto  
Salsa Roja  
Cilantro Lime Rice  
Tortilla Strips  
Creamy Verde Dressing

### Build Your Own Tacos:

White Corn Tortilla  
Flour Tortilla

#### Protein:

Vegan Chorizo Sauté  
Black Beans

#### Toppings:

Cilantro Lime Rice  
Shredded Lettuce  
Pico de Gallo  
Shredded Jack Cheese

#### Sauces:

Salsa Roja

### Week 2

#### Protein:

Vegan Hoppin' John  
Smoked Tempeh

#### Vegetables:

Roasted Red Potatoes w/Rosemary  
Honey Glazed Carrots  
Steamed Buttered Corn

#### Sides:

Cheddar Grits

### Build Your Own Mac and Cheese Bowl:

#### Base:

Tomato Cream Mac and Cheese  
Buffalo Mac and Cheese  
Three Cheese Macaroni & Cheese

#### Protein:

Smoked Tempeh

#### Toppings:

Sautéed Mushrooms  
Yellow Onions  
Green Onions

### Week 3

#### Protein:

#### Vegetables:

Zucchini, Red Peppers & Tomatoes  
Roasted Delicata Squash  
Greek Roasted Potatoes

#### Sides

Khoresh Fesenjan  
Saffron Basmati Rice  
Grilled Pita Bread  
Tzatziki Sauce

### Build Your Own Bowl

#### Base:

Wild Rice Blend  
Quinoa Pilaf  
Roasted Garbanzo Beans  
Sautéed Kale  
Greek Roasted Potatoes

#### Toppings:

Lettuce  
Cherry Tomato  
Cucumber  
Red Onion  
Olives

**Protein:**

Falafel

Feta

Pita Bread

Tzatziki Sauce

Garlic Toum

**Week 4****Protein:**

Ratatouille

Grilled Tofu Steak

Buttered Egg Noodles

**Vegetables:**

Au Gratin Potatoes

Roasted Radishes

JoJo Potatoes

Coleslaw

Garlic &amp; Herb Roasted

Fingerling Potatoes

Potato &amp; Mushroom Pierogi

Buttered Peas

Roasted Carrots

**Sides:**

Vegan Mushroom Gravy

**Week 5****Main:**

Dal Tadka

Carrot Kari

**Vegetables:**

Gujarati Style Green Beans

Curry Potatoes

Vegan Citrus Slaw

Pickled Cucumber Salad

**Sides:**

Cumin Basmati

Warmed Naan

Herbed Yogurt Sauce

Garlic Naan

Mango Chutney

Dried Fruit

**Week 6****Main:**

Yakisoba Noodles w/Veggies

Fried Rice

Mushroom and Zucchini Stir Fry

Baked Tofu

**Vegetables:**

Sesame Broccoli

Sautéed Mushrooms

**Sides:**

Spicy Miso Aioli

Jasmine Rice

Fried Garlic

**Week 7****Protein:****Vegetables:**

Citrus Marinated Mushrooms

Roasted Peruvian Potatoes

Green Chile &amp; Tomato

Braised Cabbage

**Carbs:****Build Your Own Tacos****Base:**

White Corn Tortilla

Flour Tortilla

**Toppings:**

Lettuce

Roasted Sweet Potatoes

Roasted Grape Tomatoes

**Sauces:**

Grilled Portabella  
Cilantro Lime Rice  
Peruvian Quinoa

Poblano Kale

### Week 8

#### Main:

Caribbean Curry w/Coconut  
Coconut Caribbean Rice and Peas  
Coconut Taro Gratin

#### Vegetables:

Roasted Chayote Squash  
Jamaican Eggplant  
Grilled Pineapple and Onion  
Salsa  
Charred Okra  
Citrus Slaw

#### Sides:

Plantains  
Red Beans and Rice  
Plantain Chips  
Grilled Pineapple &  
Onion Salsa

### Build Your Own Bowl

#### Base:

Jerk Spice Tofu  
Seafood Medley  
Spring Mix  
Baby Arugula

#### Toppings:

Pineapple  
Habanero  
Cilantro  
Red Onion

#### Sauces:

Tropical Salad Dressing

### Week 9

#### Main:

Grilled Tofu Steak  
Pineapple Fried Rice

#### Vegetables:

Miso Glazed Yams  
Chili Garlic Roasted Broccoli  
Roasted Vegetable Mix  
Green Cabbage

#### Sides:

Pico De Gallo

### Build Your Own Bowl:

#### Base:

Rice Noodles  
Jasmine Rice

#### Toppings:

Napa Cabbage  
Carrots  
Mung Bean Sprout  
Lime  
Cilantro

#### Sauces:

Yellow Coconut Curry  
Red Coconut Curry

### Week 10

#### Protein:

Juniper Smoked Salmon  
Tempeh Taco Meat  
Amaranth Fritters

#### Vegetables:

Blackberry and Pepper Coulis  
Butternut Squash Succotash  
Cinnamon Roasted Sweet  
Potatoes  
Vegan Braised Greens  
Butternut Squash w/Sage  
Roasted Zucchini & Yellow  
Squash

#### Sides:

Ancient Grains Mix  
Wild Rice, Apple &  
Cranberries  
Fry Bread  
Wild Rice Blend  
Sauteed Hominy

Lima Beans

### Week 11

**Protein:**

Ethiopian Lentils  
Roasted Cauliflower Coconut Curry  
Harissa Honey Tofu  
Vegetable Fonio Pilaf  
Harissa Chickpeas

**Vegetables:**

Spicy Okra with Coconut  
Chermoula Roasted  
Cauliflower  
Pickled Cucumber Salad  
Moroccan Roasted Potatoes  
Sautéed Kale  
Caramelized Red Onion

**Sides:**

North African Style  
Couscous  
Sourdough Round

### Week 12 Lunch Only on Thursday

**Main:**

Vegan Chili  
Baked Potato

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## Nori Grill

**Build Your Own Bowl:**

**Noodles:**

Ramen  
Udon  
Rice

**Broth:**

Shoyu  
Miso

**Protein:**

Tofu

**Toppings:**

Mung Bean Sprout  
Nori  
Poached Egg  
Corn  
Fried Garlic  
Green Onions  
Mushrooms  
Bamboo Shoots

**Other Offerings:**

Togarashi Tots  
California Roll  
Cucumber Avocado Roll

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## Memorial Union

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### North Porch Cafe

**Lunch:**

Noodle Salad w/Tofu  
Cucumber and Edamame Salad

**Build Your Own Bowl:**

**Base:**

Steamed Jasmine Rice  
Brown Rice

**Protein:**

Marinated and Roasted Tofu

**Toppings and Sauces:**

All Vegetables  
Kimchi  
Blanched Salted Peanuts  
Red Coconut Curry Sauce  
Yellow Coconut Curry Sauce

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**Off The Quad**

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**Breakfast:**

Three Berry Acai Bowl  
Avocado Toast w/Pico de Gallo  
Breakfast Burrito  
Biscuit w/Jam and Butter  
Berry Chocolate Chip Overnight Oats  
Banana Bread French Toast

**Fresh Made Beverages:**

Fresh Apple Juice and Orange Juice  
Boost Juice  
Rise Juice  
Hibiscus Tea

**Lunch:**

Rajas Veggie Burrito  
Tomato Soup  
Oven Roasted Potato Wedges

Falafel Torta w/Roasted Tomato  
Taco Salad  
Cherries and Crema Parfait

Cheese Panini  
Chips and Salsa

**Build Your Own Bowl:**

**Base:**

Steamed Jasmine Rice  
Brown Rice

**Protein:**

Marinated Salmon  
Marinated Yellowfin Tuna

**Dressings & Toppings:**

All Veggies  
Mango  
Sesame Cucumber salad  
Fried Garlic  
Spicy Miso Aioli  
Sweet Soy Sauce  
Sesame Seeds

**West Dining Hall**

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**Serrano's Grill**

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**Breakfast:**

Scrambled Eggs

Veggie Breakfast Burrito

Florentine Scramble

Tofu Scramble  
O'Brien Potatoes  
French Toast  
Vegan GF Pancakes  
Strawberry Topping  
Whipped Topping

**Lunch:**

Mushroom Tofu Street Taco

**BYO**

Base:

Cilantro Lime Rice  
Brown Rice  
Black Benas

**Dinner:**

Cheese and Green Chile Tamale  
Chile Relleno  
Rajas Veggie Burrito

**Other Offerings:**

**Elote**

Huevos Rancheros  
Lentil, Mushroom and  
Onion Frittata  
Blueberry Pancakes  
Chocolate Chip Pancakes  
French Toast  
Butter Chip

**Toppings:**

Shredded Lettuce  
Pickled Jalapeno  
Jack Cheese  
Sauces:  
Lime Crema  
Avocado Salsa  
Mango Salsa  
Corn and Black Bean  
Mango Morita  
Salsa Roja

**BYO:**

Flour Tortilla  
Wheat Tortilla  
GF Tortilla  
Base:  
Cilantro Lime Rice  
Brown Rice  
Black Benas

**Protein:**

Mushroom Tofu Blend

**Toppings:**

Shredded Lettuce  
Pickled Jalapeno  
Jack Cheese  
Sauces:  
Lime Crema  
Avocado Salsa  
Mango Salsa  
Corn and Black Bean  
Mango Morita  
Salsa Roja  
Guacamole  
Mango

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## Ring Of Fire

**Dinner:**

Yakisoba Noodles w/Veggies



Fried Rice  
Thai Style Kao Pod Yang Corn  
Vegetable Spring Roll,

**Beverages:**

Ring of Fire Thai Iced Tea

**Build Your Own Bowl:**

**Base:**

Udon Noodles

Jasmine Rice

Brown Rice

**Chow Mein Noodles**

**Sauces:**

Sweet Thai Chili

Mayo

Yellow Coconut Curry

Green Coconut Curry

Roasted Vegetable

Coconut Curry

**Toppings:**

Green Onions

Shredded Carrots

Mung Bean Sprouts

Corn

Cucumber

Kimchi

Cilantro

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## Cooper's Creek

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**Dinner/Lunch:**

**Main:**

Southwestern Grain Bowl

Veggie Protein Plate

**Build Your Own Bowl:**

**Base:**

Brown Rice

Quinoa

Baby Arugula

Steamed Kale

**Protein:**

Honey Tofu

Seasoned Cod

Marinated Lentils

Hummus

**Dressing:**

Creamy Chipotle

Cilantro Lime

Lemon Curry

Garlic Tahini

**Toppings:**

All Except Pickled

Red Onion

w/Jalapeno and

Naked Coleslaw

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## Clubhouse Deli

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**Breakfast:**

Variety of Cereals Except Lucky Charms

Variety of Bagels

Variety of Fruit

**Brunch:**

Oatmeal

Yogurt

**Sandwiches:**

Three Cheese Panino

Soutwest Black Bean Wrap  
Vegan Chili and Half Cheese Sandwich

**Soups and Salad:**

Vegan Chili  
Minestrone Soup  
Tomato Soup  
Broccoli Cheddar Soup  
Corn Chowder  
Vegan Tortilla Soup

All Salad Bar Options Except Bacon Bits, Diced Ham, Soy Marinated Tofu and Strips, Balsamic Vinaigrette, Honey Mustard Dressing, Red Wine Vinaigrette Dressing

**Build Your Own Sandwich:**

<b>Bread:</b>	<b>Protein:</b>	<b>Spreads:</b>	<b>Cheese and Vegetables HALAL</b>
Ciabatta	Egg Salad	Mayo	
Sourdough	Hummus	Yellow Mustard	
Honey Wheat		Garlic Aioli	
Country White		Basil Pesto	
Tortillas			
GF Bread			
Flatbread			

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## Bay Leaf

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**Lunch:**

**Build Your Own Pasta:**

<b>Sauces:</b>	<b>Protein:</b>	<b>Vegetables:</b>
Alfredo	Halal Beef and Chicken	Roasted Broccoli
Pomodoro	Meatballs	Roasted Cauliflower
Pesto Garlic		Sauteed Green Beans
		Roasted Zucchini & Yellow Squash
		Roasted Zucchini & Yellow Squash
		Mushrooms
		Olives

**Dinner:**

<b>Soups:</b>	<b>Main:</b>
Minestrone Soup	Hummus and Roasted Vegetable Wrap
Greek Salad	Roasted Tomato and Artichoke Orzo
<b>Pizza:</b>	Cooked Ravioli w/ Red Pepper Cream Sauce or Pomodoro Sauce
4 Cheese	
Margherita	
Pesto Veggie	

**Build Your Own Pasta Available**

**Late Nite:**

Veggie Pizza	Soft Baked Pretzel
Cheese Pizza	White Queso Dip
Mozzarella Cheese Sticks	Cookies

## McNary Dining Hall

### East Side Eats

**Breakfast and Brunch (Brunch only on Weekends)**

Scrambled Eggs	O'Brien Potatoes
Florentine Scramble	Chocolate Chip Pancake
Buttermilk Biscuit	GF Pancake
Chocolate Gravy	Oatmeal
Maple Brown Sugar Grits	Hot Marionberry Compote
Hot Apple Sauce	Sirniki
Tomato Gravy	Cream of Wheat
Buckwheat Kasha	
Potato and Wild Mushroom Hash	

**Lunch:****Proteins:**

Cajun Spiced Shrimp  
Black-Eyed Pea Falafel

**Vegetables:**

Grilled Zucchini and Squash  
Honey Chipotle Brussels Sprouts  
Turmeric Ginger Cauliflower  
Bulgogi Mushroom Tacos

**Carbs:**

Garlic Mashed Potatoes  
Cheddar Grits  
Sauteed Hominy  
Buttermilk Biscuit  
Lemon Rice  
White Corn Tortilla  
Honey Wheat Roll

**Dinner:****Proteins:**

Cajun Spice Shrimp  
Black-Eyed Pea Falafel  
Miso Kale Beans  
Miso Glazed Salmon Tacos  
Masa Encrusted Rockfish  
Apple Glazed Cod  
Hungarian Bean Goulash

**Vegetables and Fruits:**

Jackfruit Carnitas  
Grilled Zucchini and Squash  
Sauteed Hominy  
Steamed Buttered Corn  
Lemon Garlic Cauliflower  
Vegan Gumbo  
Butternut Squash Succotash

**Carbs:**

French Fries  
Garlic Mashed Potatoes  
Cheddar Grits  
Buttermilk Biscuit  
Mac & Cheese w/Broccoli  
Steamed Jasmine Rice  
Cornbread

Chicken Kyiv

Honey Chipotle Brussels  
Sprouts  
Sesame Soy Radish and Apple  
Garlic Parmesan Broccoli and  
Cauliflower  
Roasted Delicata Squash  
Zucchini Boats  
Garlic Parmesan Broccoli and  
Cauliflower  
Baked Ratatouille  
Orange Glazed Root  
Vegetables  
Paprika Cauliflower  
Sautéed Rainbow Chard

Sour Cream and Chive  
Mashed Potatoes  
Jojo Potatoes  
Rosemary Focaccia  
Paprika Red Potatoes  
Mashed Red Potatoes  
Pretzel Twist  
**Other:**  
Lime Crema  
White Queso Sauce  
Guacamole

**Build Your Own Bar:**

**Base:**

Baked Potato  
Baked Sweet Potato

**Toppings:**

Crema Mexicana  
Shredded Cheddar Cheese  
Green Onion  
Pico de Gallo  
Pickled Jalapeno

**Build Your Own Salad:**

**Base:**

All Vegetables  
Mushroom, Corn, and  
Cucumber Salad  
Watermelon Tomato Salad  
Fruit Salad

**Protein:**

Hard Cooked Eggs  
Garbanzo Beans

**Toppings:**

All Cheeses

**Dressings:**

Supreme Thousand Island  
Homestyle Ranch  
Blue Cheese  
Creamy Caesar  
Creamy Italian

**Build Your Own Yogurt Bowl:**

**Base:**

Plain Greek Yogurt  
Honey Greek Yogurt  
Cottage Cheese

**Toppings:**

All Fruits  
All Seeds  
Sugar  
Chocolate Chips  
Granola

**Stir Fry:**

All Vegetables  
Shrimp Stir Fry  
Yakisoba Noodles w/Veggies  
Fried Rice  
Steamed Jasmine Rice  
Brown Rice

Serrano Chili Stir Fry Sauce  
Sweet Teriyaki Sauce

**Rotating Soups:**

Tomato Soup  
Smokey Potato and Garbanzo Stew

Carrot Parsnip Soup  
Hungarian Mushroom Soup

**Make Cents Meals:**

Masa Cakes w/ Zucchini  
Carpaccio

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## Calabaloo's

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**Build Your Own Burger:**

**Base:**

All Buns

**Protein:**

Grilled Chicken  
Breast  
Beef Patty  
Chicken Strips

**Toppings:**

All Cheeses  
All Vegetables  
Fry Sauce

**Add Ons:**

French Fries  
Truffle Fries  
Cajun Fries  
Guacamole

**Make Cents:**

Chicken Wrap and Slaw

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## 541

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**Grain Bowls:**

Mary's Peak Grain Bowl

Southwest Bowl

Fitton Green Bowl

**BYO Bowls:**

**Base**

Quinoa  
Green Lentil Tabbouleh

**Toppings**

All Vegetables and Beans  
All Cheeses

**Dressings**

Tzatziki  
Buttermilk Dressing  
Creamy Verde Dressing  
Lemon Curry Dressing

Vegan Caesar Dressing

**Add Ons:**

Shrimp

Beef Meatloaf

Chicken Breast Strips

Vegan Italian Sausage

Crumbles

Baked Tofu

Lemon Baked Salmon

Avocado

Smoked Salmon

BBQ Tempeh

**Sandwiches:**

Tempeh Banh Mi

Meatball Sub

**BYO Pizza:**

**Crust:**

Pizza Dough

GF Pizza Dough

**Sauce:**

Garlic Cream Sauce

Pomodoro Sauce

**Toppings:**

Chicken Breast Strips

Shredded Mozzarella Cheese

All Vegetables

Basil

Parsley

Parmesan

Crushed Red Pepper

**Pizza:**

Cheese Pizza

Oregon Potato Pizza

Tropical BBQ Tempeh Pizza

Margherita Pizza

**Pasta:**

House Made Pasta

GF Penne Pasta

Make Cents Pasta and

Legumes

**Toppings**

Pomodoro Sauce

Garlic Cream Sauce

Roasted Vegetables

Vegan Italian Sausage Crumbles

Vegan Bolognese

**Entrees:**

Smoked Salmon

Fingerling Potatoes

Caramelized Onions

Smoked Tempeh

Arugula Salad

BBQ Tempeh

Garlic Cream Sauce

**Crepes:**

GF Crepe

**Fillings:**

Cheesecake

Pumpkin Cheesecake

**Toppings:**

Strawberries

Blueberries

Chocolate and Hazelnut  
Apple Pie

Whipped Cream

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## La Calle

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### Breakfast:

#### BYO Bar

#### Toppings

All Vegetables  
Pickled Jalapeno  
Avocado Salsa  
All Cheeses  
Guacamole  
Chipotle Salsa  
Lime Crema  
Habanero Green Salsa

#### Late Nite:

#### BYO Bar:

All Vegetables  
Lime Crema  
Pickled Jalapenos  
Jackfruit Carnitas  
All Tortillas  
Telera Roll

#### Tortillas

All Tortillas

#### Sides

Steamed Jasmine Rice  
Pinto Beans  
O'Brien Potatoes  
Scrambled Eggs  
Tofu Scramble

#### Add Ons:

Guacamole  
Chipotle Salsa  
Salsa Pasilla de Oaxaca  
White Queso Sauce  
Smokey Red Arbol Salsa

#### Proteins

Vegan Chorizo Sauté  
Scrambled Eggs  
Tofu Scramble

#### Sides:

Black Beans  
Pinto Beans  
Spanish Rice  
Cilantro Lime Rice  
Tortilla Chips