



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.

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## **Arnold Dining Hall**

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### **Southside Grill**

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

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

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

Wheat Hamburger Bun  
w/Oat Topping  
Gluten Free Bun

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

Black Bean

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

Vegan Cheddar Cheese

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

Lettuce  
Red Onion  
Roma Tomato  
Pickle Chip  
Pickled Jalapeno

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

Guacamole  
Pineapple Rings  
French Fries

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### **Southside Deli**

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

###### **Bread:**

Wheat  
Hoagie Roll  
Whole Wheat Hoagie

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

Vegan Cheddar Cheese  
Vegan American Cheese  
All Vegetable Toppings

###### **Spreads:**

Vegan Mayo  
Hummus  
Guacamole  
Yellow Mustard

**Other Offerings:**

Chickpea Salad Sandwich  
Fruit Cup

## Southside Pizzeria

**Pizzas:**

Roasted Vegetable Flatbread

**Other Offerings:**

Vegan Meatballs and Spaghetti  
Pomodoro Sauce

## Global Fare

**Brunch** Saturday and Sunday

**Main Dishes:**

Vegan Winter Squash and Kale Lasagna  
Vegan Penne Arrabiatta

**Sides:**

Roasted Sweet Potato and Root Vegetables

**Breakfast** All Weeks

**Main Dishes:**

Tofu Scramble w/ Vegetables  
Vegan Scramble

**Sides:**

O'Brien Potatoes  
Hash Brown Triangles

**Grab and Go:**

Vegan Loco Moco Bowl  
Vegan Tofu Breakfast Burrito

**Lunch/ Dinner:**

Dishes rotate through the week

**Week 1**

**Protein:**

Vegan Picadillo Stuffed Bell Peppers  
Costa Rican Gallo Pinto  
Vegan Chorizo Sauté

**Vegetables:**

Grilled Zucchini and Squash  
Roasted Corn and Peppers  
Pickled Red Onion w/ Jalapeno

**Carbs:**

Tortilla Strips  
Spanish Rice  
Cilantro Lime Rice  
White Corn Tortilla

Chipotle Baked Red Pepper and Black Beans

Black Beans

**Sauces/Toppings:**

Salsa Roja

Pico de Gallo

**Build Your Own Bar:**

**Base:**

Vegan Chorizo Sauté

White Corn Tortillas

Flour Tortilla

Cilantro Lime Rice

Black Beans

**Toppings:**

Shredded Lettuce

Pico de Gallo

Pickled Red Onion w/  
Jalapeno

**Sauces:**

Salsa Roja

**Week 2**

**Protein:**

Vegan Hoppin' John

Smoked Tempeh

**Vegetables:**

Sauteed Mushrooms

Green Onions

**Carbs:**

Roasted Red Potatoes  
w/Rosemary

Vegan Mash Potatoes

**Build Your Own Bar:**

**Base:**

Yemista

**Toppings:**

Smoked Tempeh

Sauteed Mushrooms

Caramelized Yellow Onions

Green Onions

**Sauces:**

**Week 3**

**Protein:**

Falafel

**Sauces:**

Khoresh Fesenjan

**Vegetables:**

Yemista

Zucchini, Red Peppers and  
Tomatoes

Roasted Delicata Squash

Sauteed Kale

**Carbs:**

Greek Roasted Potatoes  
Saffron Basmati Rice

Quinoa Pilaf

Wild Rice Blend

Garlic Toum

Cherry Tomato  
Kalamata Olives

Roasted Garbanzo Beans

**Build Your Own Bar:**

**Base:**

Falafel  
Greek Roasted Potatoes  
Wild Rice Blend

**Toppings:**

All Vegetables

**Sauces:**

Garlic Toum

**Week 4**

**Protein:**

White Bean Cassoulet

**Vegetables:**

Ratatouille  
Roasted Radishes  
Vegan Goulash  
  
Caramelized Red Onion  
Spiced Red Cabbage  
Roasted Carrots  
Carrot Kari  
Gujarati Style Green Beans

**Carbs:**

Wild Mushroom Risotto  
  
Garlic and Herb Roasted  
Fingerling Potatoes  
Vegan Mushroom Gravy

**Build Your Own Bar:**

Grilled Tofu Steak

**Week 5**

**Protein:**

No VGN Options

**Vegetables:**

Carrot Kari  
Gujarati Style Beans

**Carbs:**

Curry Potatoes  
Steamed Cumin Basmati  
Dried Fruit

**Sauces:**

Mango Chutney

**Build Your Own Bar:**

**Base:**

Crispy Fried Seasoned Tofu  
Steamed Cumin Basmati  
Curry Potatoes

**Toppings:**

Pickled Cucumber Salad  
Cilantro

**Week 6**

**Protein:**

Garlic Ginger Tofu

Baked Tofu

**Sauces:**

Korean BBQ Sauce

**Vegetables:**

Sesame Broccoli

Mushroom and Zucchini  
Stir Fry

Korean Spinach

Sauteed Mushrooms

Asian Pickled Vegetables

Fried Garlic

Green Onions

**Carbs:**

Yakisoba Noodles  
w/Veggies

Steamed Jasmine Rice

**Build Your Own Bar: None this Week**

**Week 7**

**Protein:**

Brazilian Vegetable Feijoada

**Vegetables:**

Citrus Marinated  
Mushrooms

Green Chile and Tomato  
Braised Cabbage

Grilled Portabella

Roasted Grape Tomatoes  
Poblano Kale

**Carbs:**

Roasted Peruvian Potatoes

Yucca Fries

Cilantro Lime Rice

Peruvian Quinoa

Roasted Sweet Potatoes

Pickled Red Onion  
w/Jalapeno  
Lime  
Cilantro

**Sauces:**

Salsa Criolla

**Build Your Own Bar:**

**Base:**

Grilled Portabella  
Tortillas  
Cilantro Lime Rice  
Yucca Fries

**Toppings:**

All Vegetables

**Sauces:**

Salsa Criolla

**Week 8**

**Protein:**

Jerk Spice Tofu

**Vegetables:**

Caribbean Curry  
w/Coconut  
Roasted Chayote Squash  
Jamaican Eggplant  
Charred Okra  
Citrus Slaw  
Cilantro

**Carbs:**

Coconut Caribbean Rice  
and Peas  
Plantains  
Red Beans and Rice  
Plantain Chips

**Sauces:**

Grilled Pineapple and Onion Salsa

**Build Your Own Bar:**

**Base:**

Jerk Spice Tofu

**Toppings:**

All Vegetables and Fruit

**Sauces:**

Tropical Salad Dressing

**Week 9**

**Protein:**

Grilled Tofu Steak

**Vegetables:**

Roasted Vegetable Mix

**Carbs:**

Pineapple Fried Rice

Garlic Ginger Tofu

Chili Garlic Roasted

Miso Glazed Yams

Broccoli

Veggie Mix for Curry Bowls

Rice Noodles

All Topping Vegetables

Steamed Jasmine Rice

**Sauces:**

Yellow Coconut Curry Sauce

Red Coconut Curry Sauce

**Build Your Own Bar:**

**Base:**

Grilled Tofu Steak

Fried Corn Tortilla

Pineapple Fried Rice

Miso Glazed Yams

**Toppings:**

All Vegetable Toppings

**Sauces:**

Pico de Gallo

**Week 10**

**Protein:**

Pumpkin Seeds

Chia Seeds

**Vegetables:**

Butternut Squash

Succotash

Vegan Braised Greens

Roasted Zucchini and

Yellow Squash

**Carbs:**

Ancient Grains Mix

Wild Rice, Apple and  
Cranberries

Cinnamon Roasted Sweet  
Potatoes

Amaranth Fritters

Wild Rice Blend

Butternut Squash w/Sage

Baby Lima Beans

Sauteed Hominy

**Sauce:**

Blackberry and Pepper Coulis

**Build Your Own Bar:**

**Base:**

Fry Bread

Wild Rice, Apple and Cranberries

Ancient Grains Mix

**Toppings:**

Tempeh Taco Meat

All Vegetables

**Week 11**

**Protein:**

**Vegetables:**

**Carbs:**

Seitan Tagine

Spicy Okra w/Coconut

North African Style

Harissa Chickpeas

Chermoula Roasted  
Cauliflower  
Sautéed Kale  
Caramelized Red Onion  
Lime  
Chopped Cilantro

Couscous  
Moroccan Roasted  
Potatoes  
Vegetable Fonio Pilaf

**Build Your Own Bar:**

**Base:**

Sourdough Round

**Toppings:**

Pickled Cucumber Salad

**Sauces:**

Roasted Cauliflower  
Coconut Curry

**Week 12**

**Protein:**

Vegan Chili

**Sauces/Toppings:**

Pico de Gallo  
Green Onion

**Carbs:**

Baked Potato

**Build Your Own Bar: None this Week**

## Nori Grill

**Lunch:**

**Bowls:**

Fried Tofu Teriyaki

**Build Your Own Bowl:**

**Noodles:**

Udon

Rice

**Toppings:**

Nori

Corn

Green Onions

Mushrooms

**Broth:**

Shoyu

Miso

**Protein:**

Tofu

**Other Offerings:**

Vegetable Spring Rolls

Sushi Cucumber Avocado Roll



Bamboo Shoots

Sushi Vegetable Roll

## Memorial Union

### North Porch Cafe

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**Lunch:**

Cucumber and Edamame  
Salad

Noodle Salad w/Tofu

**Build Your Own Bowl:**

**Base:**

Jasmine Rice  
Brown Rice

**Protein:**

Marinated and Roasted Tofu

**Sauces:**

Red Coconut Curry Sauce  
Yellow Coconut Curry Sauce

**Toppings:**

All Vegetables  
Peanuts  
Edamame  
Kimchi

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### Off The Quad

**Breakfast:**

Three Berry Acai Bowl

Avocado Toast w/Pico de Gallo

Berry Chocolate Chip Overnight Oats

**Beverages:**

Fresh Apple Juice and Orange Juice

Rise Juice

Boost Juice

Hibiscus Tea

**Lunch:**

**Soups and Salads:**

Power Salad

**Sides:**

Tortilla Chips and  
Salsa

**Build Your Own Bowl:**

**Base:**

Jasmine Rice  
Brown Rice

**Protein:**

Edamame

**Dressing:**

Avocado Vinaigrette  
Sweet Soy Sauce

**Toppings:**

All Vegetables  
Mango

Sesame Cucumber  
Salad

Fried Garlic

## West Dining Hall

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### Serrano's Grill

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#### Breakfast:

Vegan Egg Scramble

Tofu Scramble

O'Brien Potatoes

Vegan GF Pancakes

Strawberry Topping

Maple Syrup

#### Lunch:

##### Main:

##### Soups and Salads:

##### Sides:

Citrus Slaw

Cilantro Lime Rice

Brown Rice

Black Beans

Vegan Cheddar

Cheese

All Salsas

#### Build Your Own Bowl:

##### Base:

##### Protein:

##### Toppings:

##### Add-Ons:

All Tortillas

Mushroom Tofu  
Blend

Pico de Gallo

Guacamole

Cilantro Lime Rice

Brown Rice

Black Beans

All Salsas

Tater Tots

Mango

Watermelon

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### Ring Of Fire

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#### Lunch/Dinner:

##### Main:

##### Sauces:

##### Sides:

##### Add-Ons:

|                                 |                            |                |                       |
|---------------------------------|----------------------------|----------------|-----------------------|
| Udon Noodles                    | Yellow Coconut Curry Sauce | Hero Roll      | Vegetable Spring Roll |
| Jasmine Rice                    | Red Coconut Curry Sauce    | All Vegetables |                       |
| Brown Rice                      | Sweet Thai Chili Sauce     | Kimchi         |                       |
| Roasted Vegetable Coconut Curry | Orange Sauce               | Fukujinzuke    |                       |
| Yakisoba Noodles w/Veggies      | Kung Pao Sauce             |                |                       |
| Thai Style Kao Pod              |                            |                |                       |
| Yang Corn                       |                            |                |                       |
| Chow Mein Noodles               |                            |                |                       |

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## Cooper's Creek

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### Lunch/Dinner:

|                         |              |                      |
|-------------------------|--------------|----------------------|
| Southwestern Grain Bowl | Everest Bowl | Veggie Protein Plate |
|-------------------------|--------------|----------------------|

### Build Your Own Bowl:

| Base:           | Protein:          | Dressing:     | Toppings:                     |
|-----------------|-------------------|---------------|-------------------------------|
| Brown Rice      | Marinated Lentils | All Dressings | All Vegetables                |
| Turmeric Quinoa | Hummus            |               | Pickled Red Onion w/ Jalapeno |
| Rice Tortilla   | Black Beans       |               | Roasted Yams                  |
| Coconut Fonio   | BBQ Tofu          |               |                               |
|                 | Smoked Tofu       |               |                               |

### Beverage:

Lemonade

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## Clubhouse Deli

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### Breakfast:

Cinnamon Granola  
Cinnamon Raisin Bagel

Everything Bagel  
Multigrain Bagel

Plain Bagel  
Blueberry Bagel

**Brunch:**

Oatmeal

Fruit

Cinnamon Granola

**Grab and Go:**

All Fruit  
Peanut Butter Cups

All Apple Chips

Jelly Cups

**Soups:**

Sourdough Round

Minestrone Soup

Vegan White Bean  
and Basil Soup

Vegan Tortilla Soup

Vegan Chili

Coconut Curry Soup

Vegetable Barley Soup

**Build Your Own Sandwich:**

**Base:**

Ciabatta Bread  
Sourdough Bread

White Country Bread  
Sourdough Rye  
All Tortillas  
Plain Flatbread

**Protein:**

Hummus

**Dressing:**

Mustard  
Vegan Chipotle Mayo

**Toppings:**

All Vegetables  
Vegan American  
Cheese

**Build Your Own  
Salad:**

**Base:**

All Vegetables

**Protein:**

Edamame  
Soy Marinated Tofu  
Garbanzo Beans

**Dressing:**

Balsamic Vinaigrette

**Toppings:**

Chow Mein Noodles  
Dried Cranberries  
Sunflower Seeds

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## Bay Leaf

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### Lunch:

#### Build Your Own Pasta:

##### Pasta:

Rigatoni  
GF Penne

##### Sauces:

Pomodoro

##### Protein:

Vegan Meatballs

##### Vegetables and Toppings:

Roasted Broccoli  
Roasted Cauliflower  
Sautéed Green Beans  
Roasted Zucchini & Yellow Squash  
Roasted Zucchini & Yellow Squash  
Mushrooms  
Olives  
Sundried Tomatoes  
Nutritional Yeast

### Dinner:

#### Main:

Hummus and Roasted Vegetable Wrap  
Balsamic Veggie Kabob  
Roasted Tomato and Artichoke Orzo

**Build Your Own Pasta Available**

### Late Nite:

Soft Baked Pretzel

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## McNary Dining Hall

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### East Side Eats

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#### Breakfast and Brunch (Brunch only

##### on Weekends):

Potato and Wild Mushroom Hash  
Hot Marionberry Compote  
Buckwheat Kasha  
Tomato Gravy  
Cream of Wheat

O'Brien Potatoes  
Vegan Pancake  
Oatmeal  
Hot Apple Sauce

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

Black-Eyed Pea Falafel  
Hungarian Bean Goulash  
Vegan Gumbo  
Bulgogi Mushroom Tacos  
Butternut Squash Succotash  
Zucchini Boats  
Baked Ratatouille

**Vegetables:**

Spiced Red Cabbage  
Grilled Zucchini and Squash  
Sauteed Rainbow Chard  
Paprika Cauliflower  
Lemon Garlic Roasted Cauliflower  
Charred Okra  
Sauteed Hominy  
Garlic Sesame Green Beans  
Sesame Soy Radish and Apple  
Roasted Delicata Squash  
Turmeric Ginger Cauliflower  
Orange Glazed Root Vegetables

**Carbs:**

Paprika Red Potatoes  
Lemon Rice  
Texas Ranch Beans  
Steamed Jasmine Rice  
Jojo Potatoes  
Miso Kale Beans  
Rosemary Focaccia  
Pretzel Twist

**Stir Fry:**

All Vegetables  
All Sauces  
Fried Rice  
Chicken Flavored Soy Strips

Brown Rice  
Steamed Jasmine Rice  
Yakisoba Noodles w/Veggies

**Build Your Own Bar:****Base:**

Baked Potato

**Toppings:**

Green Onion

Baked Sweet Potato

Pico de Gallo  
Sliced Pickled Jalapeno

### Build Your Own Salad:

**Base:**

All Vegetables  
Apple Kale Salad  
Apple Fennel Slaw

**Protein:**

Garbanzo Beans

**Dressing:**

Balsamic Vinaigrette

**Toppings:**

Fruit Salad

### Build Your Own Yogurt Bowl:

All Fruits  
Cinnamon Granola

All Seeds

Sugar

Oats

### Rotating Soups:

Vegan Sweet Potato Soup  
Carrot Parsnip Soup

Smokey Potato Garbanzo Stew

### Make Cents Meals:

Stir Fry w/Soy Strips

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## Calabaloo's

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### Build Your Own Burger:

**Buns:**

VGN Hamburger Bun  
Wheat Hamburger  
Bun w/Oat Topping

**Patty:**

Black Bean  
French Fries

**Toppings:**

Lettuce  
Tomato  
Red Onion  
Jalapeno  
Caramelized Yellow Onions  
Sauteed Mushrooms  
Guacamole

**Sides:**

French Fries  
Truffle Fries  
Cajun Fries

**Cheese:**

VGN American Cheese

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# 541

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## Grain Bowls:

Mary's Peak Grain Bowl

Fitton Green Bowl

Southwest Bowl

## BYO Bowls:

### Base

Quinoa

### Toppings

All Vegetables

All Beans

Green Lentil Tabbouleh

### Dressings

Vegan Caesar Dressing

## Add Ons:

Vegan Italian Sausage

Crumbles

BBQ Tempeh

Avocado

Baked Tofu

## Sandwiches:

Vegan BLT Sandwich

Tempeh Banh mi

## BYO Pizza:

### Crust

Pizza Dough

GF Dough

### Sauce

Pomodoro Sauce

### Toppings

Crushed Red Pepper

Vegan Mozzarella Cheese

Parsley

Basil

All Vegetables

Vegan Italian Sausage

Crumbles

## Pasta:

House Made Pasta

GF Pasta

Make Cents Pasta and

Legumes

### Toppings

Roasted Vegetables

Vegan Italian Sausage

Crumbles

### Sauces

Pomodoro Sauce

Vegan Bolognese



**Entrees:**

Smoked Tempeh  
BBQ Tempeh  
Pasta

Tomato and Cucumber Salad  
Fingerling Potatoes

Cauliflower Mash  
Arugula Side Salad  
Caramelized Yellow Onions

**Crepes:**

GF Crepe

Berries

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**La Calle**

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**Breakfast:**

**Build Your Own Bowl/Taco/Burrito:**

**Protein:**

Vegan Chorizo Sauté  
Tofu Scramble

**Dressing:**

Avocado Salsa  
Chipotle Salsa

**Toppings:**

All Vegetables are  
VGN  
Guacamole

**Late Nite:**

**Build Your Own Bowl:**

**Tortillas:**

GF Tamaro  
White Corn  
Wheat  
Flour

**Protein:**

Jackfruit Carnitas

**Sides:**

Black Beans  
Pinto Beans  
Spanish Rice  
Cilantro Lime Rice

**Dressing:**

Avocado Salsa  
Chipotle Salsa

**Toppings:**

All Vegetables are  
VGN  
Guacamole