

Halal Menu Guide, Winter 2026

These meal options are not fully comprehensive of all foods for the dietary practices 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 the above listed allergens.

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 allergens.

Arnold Dining Hall

Southside Grill

Lunch

Build Your Own Burger:

Buns:

All options HAL

Patties:

Grilled Chicken Breast

Salmon Patty

Falafel

Other Offerings:

Chicken Strips

French Fries

Sweet Potato Fries

Poutine

Cheeses:

All non-vegan Cheeses

Toppings:

Caramelized Yellow Onions

Grilled Pineapple

Sauteed Mushrooms

Fry Sauce

Spicy Fry Sauce

Sweet Heat Garlic Honey

Sauce

Guacamole

All Veggies

Specials:

Salmon Burger

Falafel Burger

Make Cents:

Grilled Cheese, Fries &

Coleslaw

Cal’s Chicken Wrap and Slaw

Dinner:

Main:

Truffle Mashed Potatoes

Mashed Yellow Potatoes

Baked Potato

Sides/Toppings:

Vegan Mushroom Gravy

Glazed Baby Carrots

Grilled Asparagus

Sour Cream

Butter Ball

Cheddar Cheese

Green Onions

Southside Deli

Build Your Own Sandwich:

Bread:

All Breads and Buns
Naan

Protein:

Grilled Chicken Breast
Tuna Salad
Eggless Tofu Salad
Egg Salad
Hummus

Toppings:

All non-vegan Cheeses
Citrus Marinated Mushrooms
All Fresh Veggies

Spreads:

All Mayo and Vegan Mayo
Basil Pesto Sauce
Yellow Mustard
Guacamole
Olive Tapenade
Pico de Gallo

Other Offerings:

Mushroom Cheesesteak Sandwich
Meatball Mozzarella Hoagie

Grab and Go:

Blueberry Parfait
Strawberry Yogurt Parfait
Fruit Cup
Northwest Potato Salad
Island Mac Salad

Southside Pizzeria

Lunch and Dinner:**Pizza:**

Detroit Cheese Pizza

Cheese Pizza

Pesto Veggie Pizza

Build Your Own Pasta:**Pasta:**

Penne
GF Penne
Creamy Pesto Penne Pasta
Chicken Alfredo Calzone
Penne Puttanesca

Sauce:

Pomodoro
Alfredo
Creamy Pesto

Toppings:

Baked Vegan Meatball
White Bean "Meat" Ball
Halal Beef and Chicken
Meatball
Vegan Italian Sausage
Crumbles
Roasted Chicken Breast
Roasted Broccoli, Carrot
and Red Bell Pepper
Zucchini Medley
Italian Soy Strips
Smoked Tempeh

Make Cents:

Pasta Pomodoro
Pasta Penne Alfredo
Pasta Penne Creamy Pesto
Alfredo
Pasta Penne Puttanesca

Sides:

Breadsticks

Global Fare

Lunch: Weekends Only, Rotating

Summer Pesto Pasta	Baked Ziti	Garlic Bread Garlic
Stuffed Rigatoni Bake	Roasted Vegetable Mix	Mashed Potatoes
Cheese Ravioli w/Red Pepper Sauce	w/Pesto	Delmonico Cheesy Potatoes
Chicken, Artichoke & Roasted Tomato Pasta	Capri Blend Vegetables	Roasted Red Potatoes
	Tuscan Herb Roasted Chicken	w/Rosemary

Lunch/ Dinner: Weeks 1, 7

Main Dishes:

Taco Meat, Soyrito

Carb Sides:

Corn or Flour Tortilla
Spanish Rice
Pinto Beans
Long Grain White Rice

Dishes rotate through the week

Vegetable Sides:

Olive & Cilantro Mix
Cuban Black Beans
Plantains

Beverage and Dessert:

Agua de Jamaica
Pina Agua Fresca

Sides:

Lime Wedge
Pico de Gallo
Cotija Cheese
Salsa Verde/Roja
Lime Crema
Guacamole

Lunch/ Dinner: Weeks 2, 8

Main Dishes:

Chorizo Tempeh
Vegetarian Bean and Cheese
Enchiladas
Vegan Picadillo Stuffed Bell Peppers

Dishes rotate through the week

Vegetable Sides:

Black Beans
Refried Black Beans
Lettuce
Zucchini w/Chile and Cotija
Corn and Peppers

Carb Sides:

Corn Tortilla Chips
Chimichurri Rice
Cilantro Lime Rice
Jojo Potatoes
Rice Noodles

Sides:

Queso Bravo
Pico de Gallo
Guacamole
Lime Crema

Beverage:

Agua de Fresca
Pina Agua Fresca

Lunch/ Dinner: Weeks 3, 9

Main Dishes:

Tofu Yellow Curry
Tofu Vindaloo (contains coconut)
Roasted Vegetable Coconut Curry

Dishes rotate through the week

Vegetables Sides:

Veggie Mix for Curry Bowls
Gujarati Style Green Beans
All Fresh Veggies

Sides:

Herbed Yogurt Sauce

Carb Sides:

Beverage and Dessert:

Grab & Go Mango Lassi

Warmed Naan

Paprika Red Potatoes

Steamed Basmati

Saffron Basmati Rice

Lunch/ Dinner: Weeks 4, 10**Main Dishes:**

Spiced Chickpea Stew w/ Coconut & Turmeric

Northern Indian Style Vegetarian Kebab

Vegan Indian Dahl w/ Spinach (contains coconut)

Dishes rotate through the week**Vegetable Sides:**

Biryani Vegetable Mix

Bhindi Masala

Gujarati Cabbage

All Fresh Veggies

Sides:

Cilantro Curry Raita

Dressing

Beverage and Dessert:

Grab & Go Mango Lassi

Carb Sides:

Plain Paratha Bread

Biryani Rice

Steamed Cumin Basmati

Lunch/ Dinner: Weeks 5, 11**Main Dishes:**

Cauliflower Wings

Delmonico Cheesy Potatoes

Vegan Tempeh Chili Mac

Dishes rotate through the week**Vegetable Sides:**

Carrot Sticks

Celery Sticks

Vegan Chipotle Coleslaw

Sides:

Mac & Cheese

Garlic Parmesan Wing Sauce

Chipotle Honey Sauce

Chipotle Ranch

Carb Sides:

JoJo Potatoes

Lunch/ Dinner: Week 6**Main Dishes:**

Cavatappi Pasta

Baked Potato

Vegan Chorizo Sauté

Three Bean Chili

Dishes rotate through the week**Vegetable Sides:**

Crispy French Fried Onion

Steamed Broccoli

Green Onions

Baked Beans

Sides:

Queso Bravo

Three Cheese Sauce

Sour Cream

Shredded Jalapeno Jack Cheese

Sweet BBQ Sauce

Cornbread Muffin

Carb Sides:

Garlic & Herb Roasted Red Potatoes

Nori Grill

Grill:**Main:**

Brown Rice

Make Cents:

Japanese Vegetable Curry
Bowl

Build Your Own Sushi:**Base:**

Seasoned Brown Sushi Rice
Seasoned Sushi Rice
Mango
All Veggies

Build Your Own Bowl:**Noodles:**

Udon
Ramen
Rice

Toppings:

Fried Garlic
All Fresh Veggies

Broth:

Miso

Other:

Togarashi Tots
Miso Soup

Filling:

Crab Sushi Filling
Spicy Tuna Raw Mix
Wasabi
Nori
Kimchi

Sesame Seeds
Pickled Ginger
Ginger Marinated Carrots

Sauce:

Spicy Miso Aioli

Memorial Union

North Porch Cafe

Lunch:**Main:**

Kimchi

Sides:

Nuac Cham Sauce

Beverages:

Thai Iced Tea
Thai Iced Tea w/Oatmilk
Vietnamese Coffee

Build Your Own Bowl:**Base:**

All Rice

Toppings:

All Veggies
Wonton Chips
Salted Peanuts
Kimchi

Sauces:

Yellow Coconut Curry Sauce

Off The Quad

Breakfast:

Main:

Breakfast Burrito
Biscuit w/Jam and Butter
Avocado Toast w/Roasted Poblano Salsa
Berry Chocolate Chip Overnight Oats
Acai Bowls

Beverages:

All Kombucha
Apple Juice
Orange Juice

Make Cents:

Taco Salad

Lunch:

Main:

Rajas Veggie Burrito
Cheese Panini
Tomato Soup
Acai Bowls
Mac & Cheese Bowl

Sides:

Oven Roasted Wedges w/ Ranch
Tortilla Chips and Salsa
Tortilla Chips and Guacamole

West Dining Hall

Serrano's Grill

Breakfast:

Main:

Scrambled Eggs	French Toast	Buttermilk Biscuit
Vegetable Scramble	Buttermilk Pancake	Chicken N Biscuit
Tofu Scramble with Vegetables	Vegan GF Pancakes (contains coconut)	w/Honey
Veggie Breakfast Burrito		Cinnamon Rolls

Sides:

O'Brien Potatoes	All Fruits	Chocolate Chips
Tater Tots	Strawberry Compote	Maple Syrup
	Hot Marionberry Compote	Streusel Topping

Build Your Own Bowl:

Main:

Tempeh Taco Meat

Sides:

Corn Tortilla Chips

Sauces:

Salsa Mexicana

Lentil Chorizo

Carbs:

Tortillas (Yellow Corn, Flour, Tumaro, Wheat)
Rice (Spanish, Verde, Brown)
Ancho Grilled Potatoes

Cheese:

Queso Bravo
Queso Fresco
Shredded Cheddar Jack

Grab & Go

Chicken N Biscuit w/Honey
Veggie Breakfast Burrito

Sliced Pickled Jalapeno
Cuban Roasted Vegetables
Pinto Beans
Black Beans
Fajita Vegetable Mix
Limed Cabbage
All Veggies
Lime

Cinnamon Rolls
Churro

Avocado Salsa
Pepita Salsa
Chipotle Salsa
Smoky Arbol Salsa
Pico de Gallo
Lime Crema
Guacamole

Other:

Churro

Ring Of Fire

Lunch:

Main:

Thai Fried Rice
Sweet Thai Chili Tofu
Thai Curry Vegetable Stir Fry

Indonesian Peanut Sauce (contains coconut)
Indonesian Gudeg (contains coconut & macadamia)

Build Your Own Bowl:

Base:

Ramen Noodles
Miso Broth
Steamed Jasmine Rice
Brown Rice

Toppings:

All Veggies
Lime
White Sesame Seeds
Chili Garlic Roasted Broccoli

Cooper's Creek

Lunch/Dinner:

Main:

Green Machine Salad

Coop's Tossed Salad
Marysville Bowl

Build Your Own Bowl:

Base:

Quinoa Trio Blend
w/Turmeric
Brown Rice

Protein:

Hummus
Harissa Chickpeas
Blackened Salmon
Lemon Baked Salmon

Citrus Brined Smoked
Tofu
Hardcooked Eggs
White Beans
Edamame

Dressing:

Vegan Caesar
Carolina Gold Sauce
Cilantro Lime Vinaigrette
Creamy Chipotle
Grilled Pineapple & Onion
Salsa
Garlic Tahini

Toppings:

Avocado
Mango Chunks
Grilled Zucchini &
Squash
Butternut Squash
w/Sage
Roasted Yams

All Cheese
All Seeds
All Veggies

Clubhouse Deli

Breakfast:

Main:

All Bagels
Egg and Cheese
Breakfast Biscuit
Sandwich

Cereals:

Cheerios
Honey Nut Cheerios
Raisin Bran Cereal,
Malt-O-Meal

Coco Puff Cereal
Cinnamon Toast
Crunch

Brunch: Weekends Only, Rotating

Vanilla Yogurt
Strawberry Yogurt
Cottage Cheese
Butter Chip

Oatmeal
Light Brown Beet Sugar
Seedless Raisins
Dried Cranberries

All Fruits
Pear Halves in Juice
Pineapple Tidbits In
Juice

Sandwich's:

Veggie Panino

Soups:

Sourdough Round
 Broccoli Cheddar Soup
 Three Bean Chili
 Potato Leek Soup
 Vegan Chili
 Roasted Cauliflower
 Coconut Curry
 Corn Chowder
 House Country Harvest
 Tomato & Vegetable
 Soup

Salad:

All Veggies
 All Fruits
 All Cheese
 All Seeds
 Cottage Cheese
 Hardcooked Eggs
 Garbanzo Beans
 Marinated Lentils
 Black Beans
 Tri-Color Bell Pepper
 Mix

Chow Mein Noodles
 Seasoned Croutons
 Tortilla Strips
 Pineapple Tidbits in
 Juice
 Dried Cranberries
 Green Goddess
 Dressing
 Creamy Casesar
 Dressing
 Homestyle Ranch
 Dressing
 Supreme Thousand
 Island Dressing

Build Your Own**Sandwich:****Base:**

All Bread

Protein:

Egg Salad
 Hummus

Dressing:

Mayonnaise
 Vegan Mayonnaise
 Vegan Chipotle Mayo
 Yellow Mustard
 Garlic Herb
 Mayonnaise
 Basil Pesto Sauce

Toppings:

All Veggies
 All Fruits
 All Cheese, ****Except**
 Vegan Cheese**

Add-Ons:

Falafel
 Tzatziki Sauce
 Feta Cheese
 Grilled Portabella
 Caramelized Yellow
 Onions

Horseradish
 Mayonnaise
 Golden Italian Dressing
 Roasted Vegetable
 Medley
 Pomodoro Sauce

Grab & Go:

Cream Cheese
 Strawberry Cream
 Cheese
 Peanut Butter Cup
 Jelly Cup

Bay Leaf

Lunch:

Main:

Lentil and Spinach Vadai
Spinach Saag (contains
coconut)
Tofu Vindaloo (contains
coconut)
Chana Masala

Sides:

All Fruits
All Veggies
Flatbread
Onion Garlic &
Cilantro Flatbread
Steamed Basmati
Veggie Samosa Pocket
Carrot Kari

Bombay Potatoes
Paprika Red Potatoes
Cinnamon Roasted
Sweet Potatoes
Cumin Spiced
Cauliflower Cilantro
Chutney
Cucumber and Mint
Raita

Dinner:

Main:

Cheese Pizza
Vegetarian Pizza
Margherita Pizza
Roasted Broccoli
Roasted Cauliflower &
Carrots
Garlic Bread
Crushed Red Pepper
Grated Parmesan
Dried Italian Seasoning
Nutritional Yeast

Late Nite:

Main:

Cheese Pizza
Soft Baked Pretzel
Mozzarella Cheese
Sticks
Pizza Sauce
Chocolate Chunk
Cookie
Snickerdoodle Cookie
Sugar Cookie
w/Sprinkles

Build Your Own Pasta:

Base:

Cavatappi Pasta
GF Penne

Sauce:

Pesto Garlic Cream
Garlic Cream
Pomodoro

Toppings:

Sundried Tomato
Roasted Mushrooms
Black Olives
Shaved Parmesan
Fresh Basil & Parsley

McNary Dining Hall

East Side Eats

Breakfast

Carbs:

Long Grain White Rice
O'Brien Potatoes
Roasted Sweet Potatoes

Protein:

Scrambled Eggs
Tofu Scramble

Vegetables:

Roasted Sweet Potato &
Root Vegetables

Toppings:

Latin Smoked Soy Strips

Other:

French Toast
Southern Buttermilk Biscuit

Buttermilk Pancake
Apple Crisp

Weeks 1, 4, 7, 10

Diner Style Hashbrowns

Weeks 2, 5, 8, 11

Wild Rice, Apple & Cranberries

Weeks 3, 6, 9, 12

Brunch: Brunch only on Weekends

Protein:

Egg Whites
Liquid Egg (CF)
Just Egg
Smoked Salmon
Soyrizo w/ Peppers & Onions

Toppings:

All Veggies
Spinach
Roma Tomato
Bell Pepper Mix
Green Onions
Shredded Cheddar Jack
Cheese
Avocado

Sauces:

Salsa Roja
Salsa Verde
Sour Cream

Lunch

Weeks 1, 4, 7, 10 (dishes rotate throughout the week)

Three Cheese Mac & Cheese	Baked Beans	Adobado Soy Strips
Pesto Mac & Cheese	Roasted Broccoli & Cauliflower	Plain Quesadilla

Weeks 2, 5, 8, 11 (dishes rotate throughout the week)

Three Cheese Mac & Cheese	Baked Beans	BBQ Tempeh
Pesto Mac & Cheese	Roasted Brussel Sprouts	Plain Quesadilla

Weeks 3, 6, 9, 12 (dishes rotate throughout the week)

Three Cheese Mac & Cheese	Baked Beans	Blackened Salmon
Pesto Mac & Cheese	Roasted Winter Vegetables	Jerk Spice Tofu Plain Quesadilla

Dinner

Weeks 1, 4, 7, 10 (dishes rotate throughout the week)

Mac & Cheese w/Broccoli Cheddar Grits	Steamed Buttered Corn Paprika Cauliflower	Cajun Spiced Shrimp Cornbread
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Weeks 2, 5, 8, 11 (dishes rotate throughout the week)

Saffron Basmati Rice Saag Paneer (contains coconut)	Roasted Cauliflower & Carrots Goat Cheese Malai Kofta	Garlic Naan
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Weeks 3, 6, 9, 12 (dishes rotate throughout the week)

Buttered Egg Noodles Diner Style Hashbrowns	Paprika Cauliflower Chickpea Paprikash	Pretzel Twist
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Stir Fry

Build Your Own Bowl:

Protein:

Shrimp Stir Fry

Toppings:

All Vegetables
Pineapple

Sauces:

Sambal Oelek Chili Paste

Sides:

Steamed Jasmine Rice

Build Your Own Salad:

Base:

All Weeks

Romaine Lettuce
Spring Mix Lettuce

Weeks 1, 4, 7, 10

Classic Macaroni
Salad

Weeks 2, 5, 8, 11

Kachumber Salad

Weeks 3, 6, 9, 12

Apple Kale Salad

Protein:

Hardcooked Eggs
Grilled Chicken
Breast
Chicken Flavored
Soy Strips

Dressing:

Thousand Island
Buttermilk
Homestyle Ranch
Golden Italian

Creamy Caesar
Dressing

Toppings:

All Vegetables
All Cheeses
All Fruit

Build Your Own Yogurt Bowl:

Base:

Oatmeal
GF Old Fashioned Oats
Honey Greek Yogurt

Toppings:

All Fruits
Light Brown Beet Sugar
Cinnamon Granola

Vanilla Yogurt
Lemon Greek Yogurt
Strawberry Greek Yogurt
Plain Greek Yogurt
Cottage Cheese

Chia Seeds
Chocolate Chips
Reddi Whip

Soups:

Three Bean Chili

Weeks 1, 4, 7, 10

Tomato Soup

Weeks 3, 6, 9, 12

Hungarian Mushroom Soup

Build Your Own Baked Potato:

Base:

Baked Potato

Make Cents Meals:

Stir Fry w/Soy Strips

Bagel Sandwiches:

Bagel Sandwich w/ Guacamole

Toppings:

Shredded Cheddar Cheese

Roma Tomato

Sliced Pickled Jalapeno

Green Onions

Crema Mexicana

Grab & Go

Peanut Butter & Jelly Sandwich

Tuna Salad Sandwich

Hummus & Roasted Vegetable Wrap

Veggie Snack Pack

Protein Snack Pack w/ Cashews

Peanut Butter Snack Pack

Pesto Rotini Salad

Potato Salad

Corn & Black Bean Salad

Blueberry Parfait

Yogurt Parfait w/ Strawberries

All Fruits

Calabaloo's

Lunch:

Build Your Own Burger:

Bun:

Wheat Hamburger Bun

w/Oat Topping

Hamburger Bun, VGN, GF

Potato Hamburger Bun

Protein:

Chicken Breast

Lamb Patty

Toppings:

All Vegetables

Sliced Swiss Cheese

Sliced Pepper Jack

Caramelized Yellow Onions

Cal's Sauteed Mushrooms

Guacamole

Dressing:

Fry Sauce
Buttermilk Ranch Dressing

Sides:

Cal's Chicken Strips
Cal's French Fries
Cal's Sumac Fries
Cal's House Fries
Cajun Fries
Truffle Fries
Vegan Coleslaw

Make Cents:

Cal's Chicken Wrap & Slaw
Grilled Cheese, Fries & Coleslaw

Five Four One

Lunch:**Main:****All Weeks**

Garden Bowl

Weeks 1, 4, 7, 10

Cascade Bowl
Mary's Peak Grain
Bowl

Weeks 2, 5, 8, 11

Northwest Bowl
Sweet and Smoky
Grain Bowl
Harvest Grain Bowl

Weeks 3, 6, 9, 12

Sierra Bowl
Mary's Peak Grain
Bowl
Harvest Grain Bowl

Beet Reuben
Sandwich
Hummus & Roasted
Vegetable Sandwich

Beet Reuben
Sandwich

Chicken Pomodoro
Sandwich

Cheese Pizza

Truffle Shuffle Pizza

Margherita Pizza

Pesto Manifesto Pizza

Build Your Own Pasta:**Base:**

House Made Pasta
GF Penne Pasta

Sauces:

Pomodoro Sauce
Garlic Cream Sauce
Super Green Pesto

Toppings:

Roasted Vegetables

Make Cents:

Pasta and Legumes

Crepe:**All Weeks**

Chocolate Hazelnut
Crepe

Weeks 1, 4, 7, 10

Apple Cinnamon
Crepe
Pumpkin
Cheesecake Crepe

Weeks 2, 5, 8, 11

Marionberry
Cheesecake Crepe

Weeks 3, 6, 9, 12

Gingerbread Crepe
Orange Creamsicle
Crepe

Build Your Own Bowl:

Base:

Tri Color Quinoa
Steamed Jasmine
Rice

Add-Ons:

Baked Tofu
Smoked Salmon
Avocado

Toppings:

All Beans
All Vegetables
All Dried Fruits
Shaved Parmesan
Tomato & Corn Salsa
Herb Medley
Roasted Organic Root Vegetables
Roasted Pumpkin Seeds

Dressing:

Pomegranate Vinaigrette
Vegan Caesar Dressing
Creamy Verde Dressing
Maple Vinaigrette
Buttermilk Ranch Dressing

Build Your Own Pizza:

Base:

Pizza Dough
Cauliflower Pizza
Crust

Toppings:

All Vegetables
Shredded Mozzarella Cheese
Shaved Parmesan
Vegan Italian Crumble Sausage
Fresh Basil
Crushed Red Pepper
Sliced Roasted Chicken Breast

Sauces:

Pomodoro Sauce
Garlic Cream Sauce

La Calle

Lunch:**Build Your Own Bar:****Tortilla:**

White Corn
Wheat
Flour
Yellow Corn
Gluten-Free

Protein:

Latin Smoked Soy
Strips

Toppings:

All Cheeses
All Vegetables
Chipotle Crema
Lime Crema

Add-Ons:

Guacamole
Avocado Salsa
Mango Salsa
White Queso Sauce

Sides:

Cilantro Lime Rice
Cilantro Lime Brown
Rice
Pinto Beans
Black Beans
Red Beans