

Vegetarian 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 and Dinner:

Main:

BBQ Jackfruit Stuffed Baked Potatoes
 BBQ Jackfruit Sandwich
 Truffle Mashed Potatoes
 Baked Potato

Sides:

All Veggies
 Glazed Baby Carrots
 Grilled Asparagus
 Corn on the Cob
 Mashed Yellow Potatoes

Toppings:

Cranberry BBQ Sauce
 Vegan Mushroom Gravy
 Garlic Dijon Sauce
 Sour Cream
 Butter Ball
 Cheddar Cheese

Build Your Own Burger:

Buns:

Wheat Bun w/ Oat Topping
 Potato Bun
 VGN, GF Bun

Patties:

Falafel

Cheeses:

Cheddar
 Swiss
 Blue Cheese Crumbles
 Pepper Jack Cheese
 Vegan Cheddar

Toppings:

All Fresh Veggies
 Dill Pickle Chip
 Sliced Pickled Jalapeno
 Caramelized Onions
 Sauteed Mushrooms

Other Offerings:

French Fries
 Sweet Potato Fries
 Poutine
 Shoestring Frie
 Fry Sauces
 Garlic Honey Sauce
 Guacamole

Specials/Promos: Rotating

Falafel Burger

Make Cents: Rotating

Grilled Cheese, Fries, and
 Coleslaw
 Chili Cheese Fries

Southside Deli

Build Your Own Sandwich:

Bread:

Whole Wheat Hoagie
Wheat Bread
Sourdough Hoagie
Regular Hoagie
Croissant
Chipotle Chile Tortilla
Naan
GF Multigrain

Toppings:

All Fresh Veggies
Dill Pickle Chip
Citrus Marinated Mushroom
All Cheeses

Spreads:

Vegan Mayo
Vegan Chipotle Mayo
Mustard
Basil Pesto Sauce
Guacamole
Olive Tapenade
Balsamic Glaze

Protein/Fillings:

Eggless Tofu Salad
Egg Salad
Hummus

Other Offerings:

Mushroom Cheesesteak
Sandwich
UnMeatball Mozzarella
Hoagie
Sloppy Joe's Lentil Sandwich

Grab and Go:

Southwest Black Bean Vegan
Wrap
Blueberry Parfait
Strawberry Yogurt Parfait
Northwest Potato Salad
Island Mac Salad
Fruit Cup

Make Cents:

Cheese Pizza Bagel w/Side
Salad
Tofu Banh Mi

Southside Pizza & Pasta

Pizzas:

Detroit Cheese Pizza Pesto Veggie Pizza
Cheese Pizza

Pasta:

Penne
GF Penne
Alfredo Penne Pasta
Penne Pomodoro with
Cheese
Penne Puttanesca
Creamy Pesto Penne

Toppings:

Mushroom White Bean
"Meat" Ball
Roasted Broccoli, Carrot, &
Red Pepper
Roasted Vegetable Medley

Other:

Breadsticks
Smoked Tempeh

Sauce:

Pomodoro
Alfredo
Creamy Pesto
Puttanesca

Make Cents:

Pasta Penne Pomodoro
Pasta Penne Alfredo

Pasta Penne Puttanesca
Pasta Penne Creamy Pesto Alfredo

Global Fare

Lunch/ Dinner: Weeks 1, 7

Dishes rotate through the week

Main Dishes:

Summer Pesto Pasta
Stuffed Rigatoni Bake
Italian Marinated Grilled Tofu
Vegan Bean and Corn
Quesadilla
Taco Meat, Soyrizo
Argentinian Vegetable
Empanadas
Vegan Ceviche

Beverage:

Aqua de Jamaica
Pina Aqua Fresca

Vegetable Sides:

Capri Blend Vegetables
Onion and Cilantro Mix
Lime Wedge
Pico de Gallo

Carb Sides:

Garlic Bread
Roasted Red Potatoes
w/Rosemary
White Rice
Plantains
Spanish Rice
All Tortillas
Yucca Fries

Other Sides:

Cuban Black Beans
Lime Crema
Salsa Roja
Salsa Verde
Guacamole
Pinto Beans
Cotija Cheese
Mexican Street Corn
Tostilocos
Chimichurri Verde
Sauce
Aji Amarillo Aioli
Vegan Chimichurri
Mayo

Lunch/ Dinner: Weeks 2, 8

Dishes rotate through the week

Main Dishes:

Summer Pesto Pasta
Cheese Ravioli w/Red Pepper
Sauce
Baked Ziti
Italian Marinated Grilled Tofu
Stuffed Rigatoni Bake
Italian Marinated Grilled Tofu

Vegetable Sides:

Roasted Vegetable Mix w/Pesto
Capri Blend Vegetables
Onion and Cilantro Mix
Lime Wedge
Pico de Gallo

Carb Sides:

Other Sides:

Cuban Black Beans
Lime Crema
Salsa Roja
Salsa Verde
Guacamole
Pinto Beans
Cotija Cheese

Vegan Bean and Corn
Quesadilla
Taco Meat, Soyrito
Argentinian Vegetable
Empanadas
Vegan Ceviche

Garlic Bread
Garlic Mashed Potatoes
White Rice
Plantains
Spanish Rice
All Tortillas
Yucca Fries

Mexican Street Corn
Tostilocos
Chimichurri Verde
Sauce
Aji Amarillo Aioli
Vegan Chimichurri
Mayo

Beverage:

Aqua de Jamaica
Pina Aqua Fresca

Lunch/ Dinner: Weeks 3, 9

Dishes rotate through the week

Main Dishes:

Summer Pesto Pasta
Cheese Ravioli w/Red Pepper
Sauce
Baked Ziti
Vegetarian Bean and Cheese
Enchiladas
Vegan Picadillo Stuffed Bell
Peppers
Chorizo Tempeh
Argentinian Vegetable
Empanadas
Vegan Ceviche
Stuffed Rigatoni Bake
Italian Marinated Grilled Tofu

Vegetable Sides:

Roasted Vegetable Mix w/Pesto
Capri Blend Vegetables
Zucchini w/Chile and Cotija
Corn and Peppers
Pico de Gallo
All Fresh Veggies

Carb Sides:

Garlic Bread
Garlic Mashed Potatoes
Chimichurri Rice
Corn Tortilla Chips
Cilantro Lime Rice
Fried Corn Tortillas
Roasted Red Potatoes
w/Rosemary
Yucca Fries

Other Sides:

Refried Black Beans
Guacamole
Lime Crema
Queso Bravo
Vegan Cheddar Cheese
Sauce
Black Beans
Mexican Street Corn
Chimichurri Verde
Sauce
Tostilocos
Aji Amarillo Aioli
Vegan Chimichurri
Mayo

Beverage:

Aqua de Jamaica
Pina Aqua Fresca

Lunch/ Dinner: Weeks 4, 10

Dishes rotate through the week

Main Dishes:

Summer Pesto Pasta
Stuffed Rigatoni Bake

Vegetable Sides:

Capri Blend Vegetables
Roasted Vegetable Coconut Curry

Other Sides:

Herbed Yogurt Sauce
Crispy Garbanzo Beans

Italian Marinated Grilled Tofu
Tofu Vindaloo
Tofu Yellow Curry
Pakora
Kathi Roll
Cheese Ravioli w/Red Pepper
Sauce
Baked Ziti

Carb Sides:

Garlic Bread
Garlic Naan
Garlic Mashed Potatoes
Roasted Red Potatoes
w/Rosemary
Paprika Red Potatoes
Saffron Basmati Rice
Warmed Naan
Steamed Basmati
Basmati Masedar

Roasted Vegetable Mix w/Pesto
Gujarati Style Green Beans
Veggie Mix for Curry Bowls
Pickled Red Onion w/Jalapeno
Green Masala Cauliflower
All Fresh Veggies

Vindaloo Sauce
Spicy Tamarind Red
Pepper Chutney
Cilantro Curry Raita
Dressing
Gulab Jamun

Beverage:

Mango Lassi Drink

Lunch/ Dinner: Week 5, 11

Main Dishes:

Summer Pesto Pasta
Cheese Ravioli w/Red Pepper
Sauce
Baked Ziti
Stuffed Rigatoni Bake
Italian Marinated Grilled Tofu
Northern Indian Style Vegetarian
Kabab
Bhindi Masala
Vegan Indian Dahl with Spinach
Spiced Chickpea Stew with
Coconut and Turmeric

Dishes rotate through the week

Vegetable Sides:

Roasted Vegetable Mix
w/Pesto
Gujarati Cabbage
Biryani Vegetable Mix
Marinated Red Onion
Capri Blend Vegetables
Green Cabbage
Tomatoes

Carb Sides:

Garlic Bread
Garlic Mashed Potatoes
Steamed Cumin Basmati
Roasted Red Potatoes
w/Rosemary
Warmed Naan

Other Sides:

Cilantro Curry Raita
Dressing
Vindaloo Sauce
Cilantro Curry Raita
Dressing

Beverage:

Mango Lassi Drink

Plain Paratha Bread
Biryani Rice

Lunch/ Dinner: Week 6, 12

Main Dishes:

Summer Pesto Pasta
Stuffed Rigatoni Bake
Italian Marinated Grilled Tofu
Vegan Tempeh Chili Mac
Cauliflower Wings
Tempeh Frito Pie
Cheese Ravioli w/Red Pepper Sauce
Baked Ziti

Beverage:

Strawberry Freckled Lemonade

Dishes rotate through the week

Vegetable Sides:

Capri Blend Vegetables
Roasted Root Vegetables
Vegan Chipotle Coleslaw
Roasted Vegetable Mix w/Pesto
Vegan Coleslaw
Carrot Sticks
Celery Sticks¹

Carb Sides:

Garlic Bread
Roasted Red Potatoes w/Rosemary
Garlic Mashed Potatoes
Delmonico Cheesy Potatoes
JoJo Potatoes

Other Sides:

Garlic Parmesan Wing Sauce
Chipotle Honey Sauce
Teriyaki Sauce
Barbecue Sauce
Blue Cheese Dressing
Chipotle Ranch
Deep Fried Cheesecake
Pomodoro Sauce

Mac & Cheese Side
Deep Fried Mac and Cheese

Lunch/ Dinner: Week 7

Main Dishes:

Summer Pesto Pasta
Cheese Ravioli w/Red Pepper Sauce
BBQ Tofu
Italian Marinated Grilled Tofu
Baked Ziti
Cooked Cavatappi Pasta
Vegan Chorizo Saute
Three Bean Chili
Tempeh Frito Pie
Stuffed Rigatoni Bake

Beverage:

Strawberry Freckled Lemonade

Dishes rotate through the week

Vegetable Sides:

Roasted Vegetable Mix w/Pesto
Crispy Fried Brussels
Sprouts
Steamed Broccoli
Green Onions
Capri Blend Vegetables

Carb Sides:

Garlic Bread
Garlic Mashed Potatoes
Garlic & Herb Roasted Red Potatoes
Baked Potato
Deep Fried Mac and Cheese

Other Sides:

Sweet BBQ Sauce
Baked Beans
Cornbread Muffin GFF
Queso Bravo
Three Cheese Sauce¹
Vegan Cheddar Cheese Sauce
Crispy French-Fried Onion
Sour Cream
Jalapeno Jack Cheese
Deep Fried Cheesecake
Pomodoro Sauce

Roasted Red Potatoes w/Rosemary

Nori Grill

Grill:

Fried Tofu Teriyaki Bowl
Japanese Vegetable Curry
Bowl
Brown Rice

Build Your Own Bowl:

Noodles:

Udon
Ramen
Rice

Broth:

Shoyu
Spicy Shoyu
Miso

Make Cents:

Kimchi Fried Rice and Tofu

Protein:

Shoyu Egg
Soy Marinated Tofu

Toppings:

Fried Garlic
All Fresh Veggies

Other:

Togarashi Tots
Miso Soup

Build Your Own Sushi:

Base:

Seasoned Brown Sushi Rice
Seasoned Sushi Rice
Pickled Ginger
All Veggies
Mango
Ginger Marinated Carrots
Avocado
Wasabi
Kimchi
All Seeds

Filling:

Soy Marinated Tofu

Sauce:

Unagi Sauce
Spicy Miso Aioli

Memorial Union

North Porch Cafe

Lunch:

Asian Tofu Banh Mi
Noodle Salad w/ Tofu

Sides:

Kimchi
Soy Marinated Eggs

Sauce:

Peanut Dressing

Build Your Own Bowl:

Base:

All Rices

Protein:

Marinated and Roasted Tofu

Sauces:

Yellow Coconut Curry Sauce

Toppings:

All Veggies

Kimchi

Peanuts

Wonton Chips

Drinks:

Thai Iced Tea

Vietnamese Coffee

Thai Iced Tea W/Oatmilk

Off The Quad

Breakfast:

Breakfast Burrito

Avocado Toast W/Roasted Poblano Salsa

Biscuit w/ Jam and Butter

Caprese Avocado Toas

Berry Chocolate Chip Overnight Oats

Acai Bowls

Lunch:**Main:**

Rajas Veggie Burrito

Cheese Panini

Tomato Soup

Roasted Garlic Hazelnut Hummus Bowl

Falafel W/Pickled Veg Slaw

Sides:

Oven Roasted Wedges w/ Ranch

Tortilla Chips and Salsa

Tortilla Chips w/ Guacamole

Mac & Cheese Bowl

Beverages:

All Kombuchas

Apple Juice

Orange Juice

Green Apple Juice

Pelican Rootbeer

Make Cents:

Taco Salad

West Dining Hall

Serrano's Grill

Breakfast/Brunch:**Main:**

Scrambled Eggs
Vegetable Scramble
Tofu Scramble with
Vegetables
O'Brien Potatoes

Tater Tots
Impossible Sausage Patty
Buttermilk Biscuit
Butter Chip
Maple Syrup
French Toast

House Made Buttermilk
Pancake
Vegan GF Pancakes
Hot Marionberry Compote
All Fruits
Mini Semi-Sweet
Chocolate Chips

Lunch/Dinner:

Main:

Serrano Cheese Quesadilla
Fried Avocado Taco

BYO/MTO Bowl:

All Tortillas
All Rice
All Beans
Tempeh Taco Meat
Fajita Vegetable Mix
All Cheeses
All Veggies
Pico de Gallo
All Salsas
Lime Crema
Guacamole

Grab and Go:

Veggie Breakfast Burrito
Cinnamon Rolls
Churro

Ring Of Fire

Lunch:

Ramen Noodles
Soy Sauce Eggs
Miso Broth
Spicy Miso Broth

Sides:

All Veggies
Jalapeno Pepper
Lime
Sesame Seeds

Build Your Own Bowl:

Base:

Steamed Jasmine
Rice
Brown Rice
Cooked Yakisoba
Noodles
Indonesian Gudeg
Indonesian Gado-
Gado

Protein:

Kung Pao Tempeh

Toppings:

Chili Garlic Roasted
Broccoli1
Ginger Garlic Green
Beans

Cooper's Creek

Lunch/Dinner:

Green Machine Salad
Coop's Tossed Salad
Chickpea Shawarma Bowl

Crater Lake Comfort Bowl
Mediterranean Hummus Bowl
Mt. Hood Bowl
Marysville Bowl

Build Your Own Bowl:

Base:

Quinoa Trio Blend
w/Turmeric
Brown Rice

Protein:

Hummus
Citrus Brined Smoked
Tofu
Roasted Chickpea
Shawarma
Hard Cooked Eggs
Stuffed Bell Peppers
White Beans
Edamame

Dressing:

Vegan Caesar
Dressing
Balsamic Dressing
Lemon Curry
Dressing
Miso Ginger Dressing
Garlic Tahini Dressing
Cilantro Lime
Vinaigrette
Creamy Chipotle
Dressing

Toppings:

All Fresh Veggies
Avocado
Pickled Red Onion
w/Jalapeno
Mango Chunks
Steamed Kale
Grilled Pineapple &
Onion Salsa
Grilled Zucchini &
Squash
Butternut Squash
w/Sage
Roasted Yams
Greek Olive Mix
All Cheeses
All Seeds

Clubhouse Deli

Breakfast:

Florentine Bagel Breakfast Sandwich
Egg and Cheese Breakfast Biscuit Sandwich
All Bagels

Cereals:

Cheerios
Honey Nut Cheerios
Raisin Bran Cereal, Malt-O-Meal
Coco Puff Cereal
Cinnamon Toast Crunch
Cinnamon Granola GF/VGN

Brunch:

Vanilla Parfait Yogurt
Strawberry Parfait Yogurt

Oatmeal1
Cottage Cheese

All Fresh Fruit
Seedless Raisins
Dried Cranberries

Sandwiches:

Capri Panino
Southwest Deluxe Grilled Cheese

Soups and Salad:

All Fresh Veggies
Soy Marinated Tofu
Grape Tomato
Cottage Cheese
Hardcooked Eggs
Green Peas
Garbanzo Beans
Roasted Beets
Tri Color Bell Pepper Mix
Roasted Corn
Jicama
Seasoned Croutons
Tortilla Strips
Dried Cranberries
Sunflower Seed
Pineapple Tidbits In Juice
Seedless Raisins
Sourdough Round
Broccoli Cheddar Soup - House Made
House Potato Leek Soup
Three Bean Chili
Roasted Cauliflower Coconut Curry
Corn Chowder
Vegan Tomato Basil Soup
Country Harvest Tomato & Vegetable Soup

Butter Chip
Light Brown Beet Sugar
Pear Halves in Juice
Pineapple Tidbits In Juice
Peaches

Three Cheese Deluxe Grilled Cheese
Veggie Deluxe Grilled Cheese

Pepper Jack Cheese
Artichoke Hearts
Marinated Lentils
Sliced Black Olives
Shredded Cheddar Cheese
Black Beans
Chow Mein Noodles
Green Goddess Dressing
Homestyle Ranch Dressing
Honey Mustard Dressing
Balsamic Dressing
Supreme Thousand Island Dressing

Build Your Own Sandwich:

Base:

All Breads

Protein:

Egg Salad

Dressing:

Mayonnaise

Toppings:

Sliced Black Olives

Hummus

Vegan Mayonnaise
Vegan Chipotle Mayo
Grey Poupon Dijon
Mustard
Yellow Mustard
Garlic Aioli
Basil Pesto Sauce

Dill Pickle Chip
Avocado
Pepperoncini
Sliced Tomato
Kosher Dill Pickle
Spear
All Fresh Veggies
All Cheese

Add-ons:

Falafel
Tzatziki Sauce
Feta Cheese in Brine
Grilled Portabella
Caramelized Yellow
Onions
Horseradish Mayo
Pomodoro Sauce
Roasted Vegetable
Medley
Golden Italian
Dressing

Grab & Go:

Cream Cheese Pouch
Strawberry Cream
Cheese
Peanut Butter Cups
Assorted Jelly Cups

Bay Leaf

Lunch:

Main:

Tofu Vindaloo
Lentil and Spinach Vadai
Veggie Samosa Pocket
Spicy Tamarind Red
Pepper Chutney
Spinach Saag (contains
coconut)
MPW 4 Cheese Pizza
Vegetarian Pizza
Margherita Pizza
Chana Masala

Sides:

Flatbread
Onion Garlic &
Cilantro Flatbread
Grated Parmesan
Dried Italian
Seasoning
Cumin Spiced
Cauliflower
Roasted Broccoli
Nutritional Yeast
Steamed Basmati
Phaal Curry Sauce
Cilantro Chutney

Mango Chutney
All Fresh Veggies
Lemon Wedge
Mango
Garlic Bread
Pickled Red Onion
w/Jalapeno
Bombay Potatoes
Spicy Tamarind Red
Pepper Chutney
Chopped Cilantro
Tomato
Nutritional Yeast
Roasted Zucchini &
Yellow Squash

Cucumber and Mint
Raita
Carrot Kari
Garlic Bread
Paprika Red Potatoes
Cinnamon Roasted
Sweet Potatoes

Late Nite:

Nite Bite Cheese Pizza
Christie’s Chocolate Chunk
Cookie
Christie’s Sugar Cookie
w/Sprinkles
Mozzarella Cheese Sticks
Soft Baked Pretzel
Cheddar Cheese
Sauce
Pizza Sauce
Christie’s
Snickerdoodle
Cookie
Stone Ground
Mustard

Dinner:

MPW 4 Cheese Pizza
Margherita Pizza
Vegetarian Pizza
Crushed Red Pepper
Roasted Cauliflower
& Carrots
Garlic Bread
Grated Parmesan
Nutritional Yeast
Roasted Zucchini &
Yellow Squash
Dried Italian
Seasoning
Roasted Broccoli

BYO/MTO Pasta:

Pasta:

Cavatappi Pasta
GF Penne

Sides:

Vegan Meatballs
Sundried Tomato
Roasted Mushrooms
Pepperoncini
Sliced Black Olives
Shaved Parmesan
Fresh Basil & Parsley
Herb Blend

Sauces:

Pesto Garlic Cream
Sauce
Garlic Cream Sauce
Pomodoro Sauce
Red Pepper Cream
Sauce
Creamy Pesto Sauce

McNary Dining Hall

East Side Eats

Breakfast

Carbs:

Steamed Jasmine Rice
Long Grain White Rice
O’Brien Potatoes

Vegetables:

Roasted Sweet Potatoes
Roasted Sweet Potato & Root
Vegetables

Other:

Latin Smoked Soy Strips
Apple Crisp
French Toast
Buttermilk Biscuit

Protein:

Scrambled Eggs

Tofu Scramble

Weeks 1, 4, 7, 10

Blueberry Pancake
Diner Style Hashbrowns

Weeks 2, 5, 8, 11

Chocolate Chip Pancake
Wild Rice, Apple & Cranberries
Bourbon Glazed Sweet
Potatoes

Weeks 3, 6, 9, 12

Buttermilk Pancake
Florentine Scramble
Quinoa
Roasted Red Potatoes
Simiki

Brunch: Brunch only on Weekends

Protein:

Egg Whites
Liquid Egg (CF)
Just Egg
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: Dishes rotate throughout the week

Main:

Three Cheese Mac & Cheese
Pesto Mac & Cheese
Plain Quesadilla
Baked Beans

Weeks 1, 4, 7, 10

Adobado Soy Strips
Roasted Broccoli &
Cauliflower

Weeks 2, 5, 8, 11

BBQ Tempeh
Roasted Brussel Sprouts

Weeks 3, 6, 9, 12

Jerk Spice Tofu
Roasted Winter Vegetables

Dinner: Dishes rotate throughout the week

Weeks 1, 4, 7, 10

Mac & Cheese w/Broccoli
Cheddar Grits
Steamed Buttered Corn
Paprika Cauliflower
Brown Rice and Black Bean
Stuffed Peppers
Cornbread

Weeks 2, 5, 8, 11

Saffron Basmati Rice
Kuska Rice
Saag Paneer (contains
coconut)
Roasted Cauliflower & Carrots
Goat Cheese Malai Kofta
Garlic Naan

Weeks 3, 6, 9, 12

Buttered Egg Noodles
Diner Style Hashbrowns
Paprika Cauliflower
Mushroom Julienne
Chickpea Paprikash
Pretzel Twist

Stir Fry

Build Your Own Bowl:

Protein:

Toppings:

Sauces:

Soy Marinated Love Strips

Sides:

Steamed Jasmine Rice
Fried Rice
Sesame Rice
Thai Vegetable Spring Roll
Yakisoba Noodles w/ Veggies

Build Your Own Salad:

Base:

Romaine Lettuce
Spring Mix Lettuce

Protein:

Hardcooked Eggs
Chicken Flavored Soy Strips

All Vegetables
Pineapple
Miso Glazed Yams

Toppings:

All Vegetables
All Cheeses
All Fruit
All Seeds
Seasoned Croutons

Sambal Oelek Chili Paste
Serrano Chile Stir Fry Sauce
Orange Sauce
Sweet Teriyaki Sauce
Miso Stir Fry Sauce
Gochujang Stir Fry Sauce
Soy Sauce GF

Dressings:

Thousand Island
Buttermilk
Jalapeno Ranch
Homestyle Ranch
Golden Italian
Creamy Caesar
Balsamic Vinaigrette

Weeks 1, 4, 7, 1

Classic Macaroni Salad

Weeks 2, 5, 8, 11

Kachumber Salad

Weeks 3, 6, 9, 12

Apple Kale Salad (contains
peanuts)

Build Your Own Yogurt Bowl:

Base:

Oatmeal
GF Old Fashioned Oats
Honey Greek Yogurt
Vanilla Yogurt
Lemon Greek Yogurt
Strawberry Greek Yogurt
Plain Greek Yogurt
Cottage Cheese

Toppings:

All Fruits
Light Brown Beet Sugar
Cinnamon Granola
Chia Seeds
Chocolate Chips
Reddi Whip

Soups

Main:

Three Bean Chili

Weeks 1, 4, 7, 10

Tomato Soup

Weeks 2, 5, 8, 11

Weeks 3, 6, 9, 12

Hungarian Mushroom Soup

Build Your Own Baked Potato:

Base:

Toppings:

Baked Potato

Shredded Cheddar Cheese
Roma Tomato

Sliced Pickled Jalapeno
Green Onions
Crema Mexicana

Grab & Go

PB&J Sandwich
Hummus & Roasted
Vegetable Wrap
Veggie Snack Pack
Potato Salad

Snack Pack w/Cashews
Peanut Butter Snack Pack
Pesto Rotini Sald
All Fruits
Blueberry Parfait
Yogurt Parfait w/Strawberries

Make Cents:

Stir Fry w/ Soy Strips
Vegan Chili and Half Cheese
Sandwich
Masa Cakes w/Zucchini
Carpaccio
Beet Jam Toast w/Eggs

Calabaloo's

Lunch:

Build Your Own Burger:

Bun:

Wheat Hamburger Bun
w/Oat Topping
Hamburger Bun, VGN, GF
Potato Hamburger Bun

Toppings:

All Cheeses
All Vegetables
Caramelized Yellow Onions
Cal's Sauteed Mushrooms
Guacamole

Protein:

Black Bean Burger Patty

Dressing:

Fry Sauce
Buttermilk Ranch Dressing

Sides:

Cal's French Fries
Cajun Fries
Truffle Fries

Vegan Coleslaw
Cal's Sumac Fries
Cal's House Fries

Make Cents:

Grilled Cheese, Fries & Coleslaw
Chili Cheese Fries

Five Four One

Lunch:

Main:

All Weeks

Cheese Pizza

Weeks 1, 4, 7, 10

Garden Bowl
Mary's Peak Grain Bowl
Cascade Bowl

Weeks 2, 5, 8, 11

Garden Bowl
Northwest Bowl
Harvest Grain Bowl

Weeks 3, 6, 9, 12

Smoke Show Grain Bowl
Mary's Peak Grain Bowl
Harvest Grain Bowl

Campground Grain Bowl

Sweet and Smoky Grain Bowl

Campground Grain Bowl

Beet Reuben
Hummus & Roasted
Vegetable Sandwich

Beet Reuben
Caprese Sandwich

Caprese Sandwich

Truffle Shuffle Pizza

Pesto Manifesto Pizza
Margherita Pizza

Pesto Manifesto Pizza

Pasta:

House Made Pasta
GF Penne Pasta
Pomodoro Sauce
Garlic Cream Sauce
Super Green Pesto
Roasted Vegetables

Salads:

Large or Small House Salad

Make Cents:

Calzone
Pasta and Legumes

Crepe:

Weeks 1, 4, 7, 10

Chocolate Hazelnut Crepe
Apple Cinnamon Crepe
Pumpkin Cheesecake Crepe

Weeks 2, 5, 8, 11

Chocolate Hazelnut Crepe
Marionberry Cheesecake Crepe
Pear White Chocolate Crepe

Weeks 3, 6, 9, 12

Chocolate Hazelnut Crepe
Gingerbread Crepe
Orange Creamsicle Crepe

Build Your Own Pizza:

Base:

Pizza Dough
GF Pizza Crust

Toppings:

All Cheeses
All Vegetables
Vegan Italian Crumble Sausage
Fresh Basil
Crushed Red Pepper

Sauces:

Pomodoro Sauce
Garlic Cream Sauce

La Calle

Lunch:

Build Your Own Bar:

Tortilla:

White Corn
Wheat
Flour
Yellow Corn

Protein:

Latin Smoked Soy Strips

Toppings:

All Cheeses

Add-Ons:

Guacamole
Avocado Salsa
Salsa Criolla
Salsa Brava

Sides:

Cilantro Lime Rice
La Calle Pinto Beans
Cilantro Lime Brown
Rice

Gluten-Free

All Vegetables
Chipotle Crema

Mango Morita Salsa
Roasted Corn & Peppers
Pickled Red Onion
w/Jalapeno
Sliced Pickled Jalapeno
Lime Juice
White Queso Sauce

La Calle Black Beans
Red Beans