

UPPER FARINON DINING HALL

September 30, 2024 TO October 6, 2024

OPEN Monday to Friday from 8:00 am - 9:00 pm | CLOSED Sunday

BREAKFAST							
	MONDAY Sep-30	TUESDAY Oct-1	WEDNESDAY Oct-2	THURSDAY Oct-3	FRIDAY Oct-4	SATURDAY Oct-5	SUNDAY Oct-6
SPOON & FORK	MTO Fresh Scrambled Eggs or Egg Whites	MTO Fresh Scrambled Eggs or Egg Whites	MTO Fresh Scrambled Eggs or Egg Whites	MTO Fresh Scrambled Eggs or Egg Whites	MTO Fresh Scrambled Eggs or Egg Whites	MTO Fresh Scrambled Eggs or Egg Whites	Join us at Marquis Dining Hall, Gilbert's Café or Lower Farinon Commons.
	Turkey Sausage Patty	Pork Sausage Link and Bacon	Turkey Bacon	Pork Sausage Patty and Bacon	Turkey Sausage Patty	Turkey Bacon, Bacon, and Hashbrown Patty	
	Home Fried Potatoes	Tater Tots	Hashbrown Patty	Home Fried Potatoes	Tater Tots	Omelet Bar	
	French Toast	Pancakes	Mini Spinach Frittatas	French Toast	Blueberry Pancakes	Broccoli Frittata	
Fresh Stack	Hot Oatmeal	Cream of Wheat	Hot Oatmeal	Cream of Wheat	Hot Oatmeal	Hot Grits	

LUNCH							
	MONDAY Sep-30	TUESDAY Oct-1	WEDNESDAY Oct-2	THURSDAY Oct-3	FRIDAY Oct-4	SATURDAY Oct-5	SUNDAY Oct-6
INSPIRED EATS	Braised Beef Brisket	Beef Pho Bowl	Apple Cinnamon French Toast - Allergen Friendly	Basmati Rice	Parslied Potatoes	Chef's Choice Vegetable	Join us at Marquis Dining Hall, Gilbert's Café or Lower Farinon Commons.
	Dilled Summer Squash		Bacon	Channa Masala	Cumin Curry Cilantro Roasted Squash	Chef's Choice	
	Boiled Yukon Gold Potatoes		Home Fried Potatoes	Fresh Spinach & Garlic	Wine Marinated Beef Pot Roast		
Oven	Broccoli and Garlic Pasta	BBQ Pulled Pork	White Rice	Balsamic Roasted Brussels Sprouts	Baby Carrots	Chef's Choice Vegetable	
	Hot Italian Sausage Sandwich	Montreal Roasted Vegetables	Beef Pepper Steak	Herb Chicken Parmesan	Beef Pot Roast & Gravy	Chef's Choice	
VZ	Sautéed Kale & Tomato w/ Garlic	Red Pepper Spice Roasted Broccoli HBEX	Sautéed Green Beans & Onion	Black Bean Cakes	Burger Tofu Spicy Thai	Chef's Choice Vegetable	
	Vegan Sausage Mushroom Etoufee	Broccoli Cauliflower & Carrot	Sweet Potato Broccoli Stir Fry	Brown Rice & Quinoa	Cauliflower Bok Choy Bowl	Chef's Choice	
	Dirty Rice - Allergen Friendly	Artichoke & Spinach Lasagna	General Tso's Tofu & Broccoli	Cornbread Casserole			
BRAVO	Pasta Bar	Taco Bar	Pasta Bar	Mediterranean Hummus Bowl	Pasta Bar	Mashed Potato Bar	
	Buffalo Fried Chicken Pizza		Cheesesteak Flatbread Pizza		Hawaiian Pizza		
	Cheese Pizza		Cheese Pizza		Cheese Pizza		
	Pepperoni Pizza		Pepperoni Pizza		Pepperoni Pizza		
DELI	Italian & Provolone Hoagie	Buffalo Chicken Ranch Wrap	BLT Chicken Sandwich	Tuna Salad & American on Wheat	Chicken Caesar Wrap	Ham & Swiss Cheese Sandwich	
Spoon & Fork	Black Beans & Rice	Roasted Broccoli	Maple Roasted Sweet Potatoes	Cheesy Potatoes	Fresh Broccoli	Chef's Choice Vegetable	
	Roasted Cabbage w/ Lime	Meat Lasagna	Cauliflower	Country Style Green Beans	Egg Fried Rice	Chef's Choice	
	Jerk Chicken		Slo Smok BBQ Pork Ribs	Glazed Ham	Teriyaki Grilled Chicken		
GRILL	Black & Blue Burger	Sauerkraut Pierogies with Onions Slo Smok Kielbasa	Rachel Sandwich	5 Cheese Grilled Cheese	Grilled Chicken Breast Sandwich	Chef's Choice	
FRESH STOCK	Chicken Corn Noodle Soup	Cream of Spinach Soup	Vegan Creamy Tomato Soup	Curried Sweet Potato Soup	Navy Bean Soup	Hawaiian Chicken Chili	
	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	

DINNER							
	MONDAY Sep-30	TUESDAY Oct-1	WEDNESDAY Oct-2	THURSDAY Oct-3	FRIDAY Oct-4	SATURDAY Oct-5	SUNDAY Oct-6
INSPIRED EATS	Bistro Burger - Allergen Friendly	Roasted Fennel and Vegetables	BBQ Spiced Chicken	Cuban Mojo Pork Taco - Allergen Friendly	Garlicky Greens and Beans	Cuban Chicken Stew	Join us at Marquis Dining Hall, Gilbert's Café or Lower Farinon Commons.
	Dilled Carrots	Oven Fried Chicken - Allergen Friendly	Herbed Celery Potato Salad	Quinoa Salad with Spicy Lime Vinaigrette	Jambalaya Pasta - Allergen Friendly	Fried Jerk Plantain	
	Roasted Yukon Potatoes	Brown Rice and Quinoa	Quinoa Vegetable Salad				
Oven	Chicken Bada Pasta	Cuban Pork Roast w/ Rice & Beans	Bento Bowl Station	Beef Pepper Steak	Roasted Asparagus	Spicy Roasted Red Potatoes	
		Roasted Plantain		Eggplant Caponata	Creamy Cajun Shrimp Pasta	Honey Glazed Carrots	
				Garlic Oil Penne		Barbeque Beef Brisket	
VZ	Grilled Lemon Asparagus	Green Peas	Charred Lemon Kale	Creamed Spinach & Mushrooms	Beans Roasted Green (Haricot Vert)	Corn on the Cob	
	Southwest Grilled Tofu	Coconut Chickpea Curry	Roasted Tomato & Vegetable Risotto - All	Black Bean Tofu Chili	Broccoli and Garlic Pasta	Baked Sweet Potato	
	Lemon Dill Brown Rice	Basmati Rice Pilaf		Brown Rice	Tofu Puttanesca	Vegan Vegetable Chili	
BRAVO	Pasta Bar	Taco Bar	Pasta Bar	Mediterranean Hummus Bowl	Pasta Bar	Mashed Potato Bar	
	Buffalo Chicken Pizza		Cheesesteak Flatbread Pizza		Hawaiian Pizza		
	Cheese Pizza		Cheese Pizza		Cheese Pizza		
	Pepperoni Pizza		Pepperoni Pizza		Pepperoni Pizza		
Grill	Andouille	Tuna Melt on Sourdough	Chicken Fajita Wrap	Grilled Muenster Cheese Sandwich	Texas Burger	Patty Melt	
Spoon & Fork	Italian Roasted Potatoes	White Rice	Montreal Roasted Vegetables	Broccoli & Cauliflower	Bok Choy	Garlic Mashed Potatoes	
	Green Beans & Peas	Roasted Corn	Chicken Pot Pie	Cheese Ravioli	Tang Yuan Rice Balls	Zucchini Pomadora	
	Beef Burgundy	Chipotle Turkey Chili	Creamy Mashed Potatoes	Blush Marinara Sauce	Brazilian Moqueca Fish Stew	Chicken Cacciatore Italiano	

Please note this menu is subject to change. If navigating an allergy or dietary restriction, please refer to the signage at the point of service for allergen information or talk to a team member.

QUESTIONS?

Connect with us by email at dining@lafayette.edu or on Instagram @ [Lafayette_Dining](https://www.instagram.com/Lafayette_Dining).