

# UPPER FARINON DINING HALL

October 7, 2024

TO

October 13, 2024

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

BREAKFAST							
	MONDAY Oct-7	TUESDAY Oct-8	WEDNESDAY Oct-9	THURSDAY Oct-10	FRIDAY Oct-11	SATURDAY Oct-12	SUNDAY Oct-13
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 Oct-7	TUESDAY Oct-8	WEDNESDAY Oct-9	THURSDAY Oct-10	FRIDAY Oct-11	SATURDAY Oct-12	SUNDAY Oct-13
INSPIRED EATS	Asparagus Lemon Risotto w/ Arugula	Roasted Corn	Garden Wild Rice	Italian Milk Link Sausage	Roasted Zucchini & Squash	Chef's Choice Vegetable	Join us at Marquis Dining Hall, Gilbert's Café or Lower Farinon Commons.
	Beef Burgundy	Grilled BBQ Chicken Quarters	Apricot Honey Glazed Pork Chops	Green Beans & Peppers	Apple Cider Braised Chicken	Chef's Choice	
		Lemon Pepper Pasta - Allergen Friendly	Roasted Cauliflower	Garlic Roasted Red Potatoes	Herb & Vegetable Hash w/ Rice		
Oven	Roasted Cauliflower	Bread Stuffing	Mashed Potatoes	Balsamic Roasted Brussels Sprouts	Roasted Butternut Squash	Chef's Choice Vegetable	
	Macaroni and Cheese	Roasted Turkey Breast	Braised Beef Brisket	Herb Baked Chicken	Lemon Pepper Cod	Chef's Choice	
	Grilled Chicken Breast	Green Beans w/ Bacon	Roasted Corn	Garlic Roasted Red Potatoes	Lemon Dill Brown Rice		
VZ	Jasmine Rice	Sautéed Zucchini & Summer Squash	Couscous with Chickpeas and Peppers	Pinto Beans	Eggplant & Zucchini Casserole	Chef's Choice Vegetable	
	Roasted Broccoli	Mushroom White Bean Meatballs - Allergen Friendly	Harissa Roasted Cauliflower	Pulled Jackfruit	Vegan Bolognese Sauce	Chef's Choice	
	Mongolian Tofu			Arroz Brasileiro	Garlic & Lemon Potatoes		
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	Ham & American on Ciabatta	Chicken Bacon Caesar Wrap	Spicy Italian Panini	Turkey & Artichoke Panini	Bronzed Tomato Mozzarella Panini	Avocado Chicken Salad Wrap	
Spoon & Fork	Yellow Summer Squash	Baked Potato	Garlic Herb Orzo	Sautéed Zucchini & Summer Squash	Black Bean & Rice	Chef's Choice Vegetable	
	Baked Garlic Bread	Moroccan Roasted Vegetables	Lemon Green Beans	Eggplant Parmesan	Vegetable Saute	Chef's Choice	
	Chicken Broccoli Fettuccine Alfredo	Autumn Spice Pulled Pork	Cod Scampi	Fresh Penne - Prepared	Citrus Grilled Pork Loin		
GRILL	Better Cheddar Burger	Hot Dog Chili	Rachel Sandwich	Cajun Grilled Chicken Sandwich	Beef Cheesesteak Sandwich - Board Hall	Chef's Choice	
	Chicken & Rice Soup	Cuban Lentil Soup	Minestrone Soup - Gluten Friendly	Broccoli Cheddar	Cheddar Potato Soup	Chicken Corn Noodle Soup	
FRESH STOCK	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	

DINNER							
	MONDAY Oct-7	TUESDAY Oct-8	WEDNESDAY Oct-9	THURSDAY Oct-10	FRIDAY Oct-11	SATURDAY Oct-12	SUNDAY Oct-13
INSPIRED EATS	Stewed Tomatoes	Rosemary Roasted Potatoes	Roasted Apples & Sweet Potatoes	Roasted Corn Salsa	Mashed Potatoes	Balsamic Broccoli Rabe	Join us at Marquis Dining Hall, Gilbert's Café or Lower Farinon Commons.
	Grilled Pork Tenderloin	Roasted Beets	Roasted Zucchini & Squash	Blackened Chicken Breast	Carrot 'Osso Buco'	Chicken Marsala	
	Garlic Roasted Red Potatoes	Apple Cider Braised Chicken	BBQ Pulled Pork	Dirty Rice - Allergen Friendly	Roasted Green Beans	Aglio E Olio Pasta - Allergy Friendly	
Oven	Bruschetta Chicken Salad	Buttered Egg Noodles	Chili Bar	Ham Brown Sugar Carver	Buffalo Chicken Dip	Blackened Beef Salad	
		Dilled Carrots		Garlic Roasted Red Potatoes	Spinach Artichoke Dip		
		Wine Marinated Beef Pot Roast			Baked Seasoned Pita Chips		
VZ	Beyond Meat Breakfast Sausage	Seitan & Walnut Meatballs	Italian Roasted Potatoes	Roasted Garlic Naan	Vegan Meatball - Lentils	Curry Couscous and Chickpea Salad	
	Broccoli and Garlic Pasta	Roasted Zucchini & Squash	Sautéed Spinach	Quinoa Pilaf with Cranberry & Squash	Spinach Kale Blend	Roasted Broccoli	
	Ciabatta Garlic Bread	Garlicky Greens and Beans	Mediterranean Stuffed Portobello	Carrot Curry with Chickpeas	Vegan Mashed Potato	White Bean and Lentil Burger	
BRAVO	Pasta Bar	Taco Bar	Pasta Bar	Mediterranean Hummus Bowl	Pasta Bar		
	Buffalo Chicken Pizza		Cheesesteak Flatbread Pizza		Cheese Pizza		
	Cheese Pizza		Hawaiian Pizza		Pepperoni Pizza		
	Pepperoni Pizza		Pepperoni Pizza				
Grill	Chicken Parmesan Sandwich	Chicken Cheese Steak	Cubano Grilled Cheese	Chipotle Ranch Chicken Sandwich	Rachel Sandwich	American Grill Burger	
Spoon & Fork	Buttered Egg Noodles	Bok Choy	Greek Goddess Bowl	Roasted Corn	Honey Cumin Roasted Carrot	Lo Mein Noodles	
	Chicken Francaise	Egg Fried Rice	Grilled Chicken Breast	Oven Fried Chicken - Allergen Friendly	Meatloaf	Baked Salmon w/ Lentils & Herb Sauce	
	Kale Caesar Salad	Sesame Beef Stir Fry		Creamy Mashed Potatoes	Barley Apple Kale Salad	Roasted Green Beans	

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](mailto:dining@lafayette.edu) or on Instagram @ [Lafayette\\_Dining](https://www.instagram.com/Lafayette_Dining).