

UPPER FARINON DINING HALL

Please note: some menu options may be substituted  
September 22, 2025      TO      September 28, 2025

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

| BREAKFAST         |                      |                      |                        |                            |                      |                      |  |                   |  |                     |  |                   |  |
|-------------------|----------------------|----------------------|------------------------|----------------------------|----------------------|----------------------|--|-------------------|--|---------------------|--|-------------------|--|
| MONDAY<br>Sept-22 |                      | TUESDAY<br>Sept-23   |                        | WEDNESDAY<br>Sept-24       |                      | THURSDAY<br>Sept-25  |  | FRIDAY<br>Sept-26 |  | SATURDAY<br>Sept-27 |  | SUNDAY<br>Sept-28 |  |
| SPOON & FORK      | French Toast         | Blueberry Pancakes   | Mini Spinach Frittatas | French Toast               | Blueberry Pancakes   | Broccoli Frittata    | Join us at Marquis Dining Hall, Gilbert's Café or Lower Farinon Commons. |                   |  |                     |  |                   |  |
|                   | Turkey Sausage Patty | Bacon                | Turkey Bacon           | Bacon / Pork Sausage Patty | Turkey Sausage Patty | Bacon / Turkey Bacon |  |                   |  |                     |  |                   |  |
|                   | Home Fried Potatoes  | Tater Tots           | Hashbrown Patty        | Home Fried Potatoes        | Tater Tots           | Omelet Bar           |  |                   |  |                     |  |                   |  |
|                   | Fresh Scrambled Eggs | Fresh Scrambled Eggs | Fresh Scrambled Eggs   | Fresh Scrambled Eggs       | Fresh Scrambled Eggs | Fresh Scrambled Eggs |  |                   |  |                     |  |                   |  |
|                   | Scrambled Egg Whites | Scrambled Egg Whites | Scrambled Egg Whites   | Scrambled Egg Whites       | Scrambled Egg Whites | Scrambled Egg Whites |  |                   |  |                     |  |                   |  |

| LUNCH             |                                   |  |                                     |                                   |                                     |  |  |
|-------------------|-----------------------------------|--|-------------------------------------|-----------------------------------|-------------------------------------|--|--|
| MONDAY<br>Sept-22 |                                   | TUESDAY<br>Sept-23                     | WEDNESDAY<br>Sept-24                | THURSDAY<br>Sept-25               | FRIDAY<br>Sept-26                   | SATURDAY<br>Sept-27                                | SUNDAY<br>Sept-28  |
| INSPIRED EATS     | Asparagus Lemon Risotto w Arugula | Grilled BBQ Chicken Quarters           | Garden Wild Rice                    | Italian Mild Link Sausage         | Apple Cider Braised Chicken         | Chef's Choice Vegetable                            | Join us at Marquis Dining Hall, Gilbert's Café or Lower Farinon Commons. |
|                   | Beef Burgundy                     | Lemon Pepper Pasta - Allergen Friendly | Apricot Honey Glazed Pork Chops     | Green Beans & Peppers             | Herb & Vegetable Hash w Rice        | Chef's Choice                                      |  |
|                   |                                   | Roasted Corn                           | Roasted Cauliflower                 | Garlic Roasted Red Potatoes       | Roasted Zucchini & Squash           |  |  |
| Oven              | Low Country Rice Pilaf            | Bread Stuffing                         | Mashed Potatoes                     | Herbed Baked Chicken              | Roasted Butternut Squash            | Chef's Choice Vegetable                            |  |
|                   | Roasted Cauliflower               | Roasted Turkey Breast                  | Braised Beef Brisket                | Balsamic Roasted Brussels Sprouts | Lemon Pepper Cod                    | Chef's Choice                                      |  |
|                   | Grilled Chicken Breast            | Green Beans with Bacon                 | Roasted Corn                        | Garlic Roasted Red Potatoes       | Lemon Dill Brown Rice               |  |  |
| V2                | Beyond Meat Breakfast Sausage     | Roasted Red Potatoes                   | Soy Marinated Breaded Tofu          | Eggplant Parmesan                 | General Tso' Tofu & Broccoli        | Chef's Choice Vegetable                            |  |
|                   | Spinach & Kale Blend              | Maple and Soy Glazed Tofu Bowl         | Couscous with Chickpeas and Peppers | Pinto Beans                       | Mexican Red Rice                    | Chef's Choice                                      |  |
|                   | Vegan Mashed Potato               | Sautéed Zucchini & Summer Squash       | Harissa Roasted Cauliflower         | Arroz Brasileiro                  | Garlic & Lemon Potatoes             |  |  |
| BRAVO             | Pasta Bar                         | Taco Bar                               | Pasta Bar                           | Mac & Cheese Bowl                 | Pasta Bar                           | Pasta Bar  |  |
|                   | Cheese Pizza                      |  | Cheese Pizza                        |                                   | BBQ Chicken Flatbread               | Cheese Pizza                                       |  |
|                   | Pepperoni Pizza                   |  | Pepperoni Pizza                     |                                   | Blue Cheese Onion & Apple Flatbread | Pepperoni Pizza                                    |  |
|                   | Buffalo Chicken Pizza             |  |                                     |                                   | Cheesesteak Flatbread               |  |  |
| 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              | Garlic Herb Crusted Pork Roast         | Cod Scampi                          | Beef Stroganoff                   | Citrus Grilled Pork Loin            | Chef's Choice Vegetable                            |  |
|                   | Rigatoni Bolognese                | Baked Potato                           | Garlic Herb Orzo                    | Buttered Egg Noodles              | Black Beans & Rice                  | Chef's Choice                                      |  |
|                   | Baked Garlic Bread                | Moroccan Roasted Vegetables            | Lemon Green Beans                   | Sautéed Zucchini & Summer Squash  | Vegetable Saute                     |  |  |
| GRILL             | American Grill Burger             | Hot Dog Chili                          | Rachel Sandwich                     | Cajun Grilled Chicken Sandwich    | Beef Cheesesteak Sandwich           | Cheesy Scrambled Egg Hashbrowns Pork Sausage Patty |  |
| FRESH STOCK       | Chicken & Rice Soup               | Cuban Lentil Soup                      | Minestrone Soup - Gluten Friendly   | Broccoli Cheddar Soup             | Cheddar Potato Soup                 | Chicken Corn Noodle Soup                           |  |
|                   | Chef's Choice                     | Chef's Choice                          | Chef's Choice                       | Chef's Choice                     | Chef's Choice                       | Chef's Choice                                      |  |

| DINNER            |                                  |                               |                                 |  |                                 |                                       |   |
|-------------------|----------------------------------|-------------------------------|---------------------------------|--|---------------------------------|---------------------------------------|---|
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| INSPIRED EATS     | Grilled Pork Tenderloin          | Apple Cider Braised Chicken   | BBQ Pulled Pork                 | Broccoli Crown                         | Chicken Mediterranean Plate     | Chicken Marsala                       | Join us at Marquis Dining Hall,<br>Gilbert's Café or Lower Farinon Commons. |
|                   | Stewed Tomatoes                  | Rosemary Roasted Potatoes     | Roasted Apples & Sweet Potatoes | Blackened Chicken Breast               | Roasted Red Potatoes            | Balsamic Broccoli Rabe                |   |
|                   | Garlic Roasted Red Potatoes      | Roasted Beets                 | Roasted Zucchini & Squash       | Dirty Rice - Allergen Friendly         | Roasted Green Beans             | Aglio E Olio Pasta - Allergy Friendly |   |
| Oven              | Cilantro Grilled Chicken Breast  | Wine Marinated Beef Pot Roast | Chili Bar                       | Ham Brown Sugar Carver                 | Baked Seasoned Pita Chips       | Classic Beef Stew                     |   |
|                   | Dirty Rice - Allergen Friendly   | Creamy Mashed Potatoes        | Corn & Green Chiles             | Roasted Green Beans                    | Buffalo Chicken Dip             | Succotash                             |   |
|                   | Sautéed Zucchini & Summer Squash | Dilled Carrots                | Rice                            | Garlic Roasted Red Potatoes            | Spinach Artichoke Dip           | Egg Noodles                           |   |
| V2                | Beyond Meat Breakfast Sausage    | Garlicky Greens and Beans     | Churrasco Tofu Steak            | Roasted Garlic Naan                    | Sage Roasted Tofu               | Black Bean Quinoa Burger              |   |
|                   | Broccoli and Garlic Pasta        | Vegetarian Meatballs          | Italian Roasted Potatoes        | Carrot Curry with Chickpeas            | Spinach Kale Blend              | Curried Lentil Stew                   |   |
|                   | Ciabatta Garlic Bread            | Roasted Zucchini & Squash     | Sautéed Spinach                 | Quinoa Pilaf with Cranberry & Squash   | Vegan Mashed Potato             | Roasted Broccoli                      |   |
| BRAVO             | Pasta Bar                        | Taco Bar                      | Pasta Bar                       | Mac & Cheese Bowl                      | Pasta Bar                       | Buddha Bowl Bar                       |   |
|                   | Buffalo Chicken Pizza            |                               | Hawaiian Pizza                  |  | BBQ Chicken Flatbread           |                                       |   |
|                   | Cheese Pizza                     |                               | Cheese Pizza                    |  | Three Cheese Flatbread          |                                       |   |
|                   | Pepperoni Pizza                  |                               | Pepperoni Pizza                 |  | Pepperoni Flatbread             |                                       |   |
| Grill             | Chicken Parmesan Sandwich        | Chicken Cheesesteak           | Cubanno Grilled Cheese          | American Grill Burger                  | Chipotle Ranch Chicken Sandwich | Rachel Sandwich                       |   |
| Spoon & Fork      | Bok Choy                         | Chicken Francaise             | Country Style Green Beans       | Oven Fried Chicken - Allergen Friendly | Lo Mein Noodles                 | Meatloaf                              |   |
|                   | Beef & Broccoli                  | Kale Caesar Salad             | Farro                           | Roasted Corn                           | Grilled Salmon                  | Brown Rice Pilaf                      |   |
|                   | Egg Fried Rice                   | Buttered Egg Noodles          | Grilled Chicken Breast          | Creamy Mashed Potatoes                 | Roasted Green Beans             | Honey Cumin Roasted Carrot            |   |

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](#).