



BREAKFAST

SEWALL

DAILY

Omelet Bar, Scrambled Eggs, Veggie Scramblette, *Tofu Scramble, *Hot Cereal, Build-Your-Own Waffles, Assorted Pastries, Moe's Bagels

MONDAY

Home Fries, Gluten Free Chicken Sausage, Peach Whole Wheat Pancakes

TUESDAY

*Potato Triangles, Sausage Patties, Fresh Baked Biscuits, Sausage Gravy

WEDNESDAY

*Southern Hashbrowns, Chef Carved Ham, French Toast

THURSDAY

*Cottage Fries, Crispy Bacon, Sunny Oat Pancakes

FRIDAY

Home Fries, Honey Bourbon Sausage, Apricot Swirl French Toast

Menu is subject to change

For Sewall weekend menu, see page 4



Campus Dining Services
UNIVERSITY OF COLORADO BOULDER

*** denotes vegan**



LUNCH

SEWALL

MONDAY

Greek Salmon Lettuce Wrap, Lemon Rosemary Chicken Thighs, *Oven Roasted Potato Medley, *Tempeh Bulgogi, *Italian Blend Vegetables, *Creole Sauce, Penne Del Formaggio Quatro, Pizza du Jour, Mushroom/Beef Sliders, *French Fries, *Mediterranean Soup, *Cucumber Salad, Assorted Dessert Pastries

TUESDAY

Browned Butter & Herb Gnocchi, Broccoli Beef Stir-Fry, *Ponzu Tofu, *Herbed Basmati Rice, *Key Largo Vegetables, Spaghetti Meat Sauce, Eggplant Parmesan, Pizza du Jour, Grilled Chicken Sandwich, *French Fries, *Sweet Corn & Onion Soup, Asian Topping Bar, Assorted Dessert Pastries

WEDNESDAY

Tandoori Chicken Pita, Beef Chimichangas, *Boulder Brown Rice, *Pinto Beans, *Baby Spinach & Squash Sauté, Creamy Pesto Sauce, Meatballs, Pizza du Jour, Hamburgers, *French Fries, *Tortilla Soup, Mexican Topping Bar, Assorted Dessert Pastries

THURSDAY

Mediterranean Beef Wrap, Chicken Nuggets, *Moroccan Eggplant with Garbanzo Beans, Homestyle Mashed Potatoes, *Vegetarian Gravy, *Mixed Vegetable, Puttanesca Sauce, Baked Ziti, Pizza du Jour, Quesadilla, *Steak Fries, Potato Bacon Chowder, BBQ Sauce & Sweet & Sour Sauce, Assorted Dessert Pastries

FRIDAY

Gyro Hoagie, Herb Wine Cod, Israeli Couscous with Almonds, *Artichoke Basil Tofu, *Broccoli Normandy, Marsala Sauce, Battered Zucchini Sticks, Pizza du Jour, Grilled Cheese, Mushroom/Beef Sliders, Tater Tots, *Tomato Soup, Tartar Sauce & Lemons, Assorted Dessert Pastries

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DINNER

SEWALL

MONDAY

Pork Pot Stickers with Oriental Dipping Sauce, Ramen Bar; Asian Marinated Tofu, Seasoned Diced Chicken, *Sautéed Zucchini with fresh Basil, Vegetable & Egg Fried Rice, Artisan Asian Rolls, Stuffed Shells, Pizza du Jour, Mushroom/Beef Sliders, *French Fries, Asian Topping Bar, Assorted Pastries

TUESDAY

Herb Citrus Snapper, North African Pork Tenderloin, *Bhujia Seitan, *Saffron Rice, *California Blend Vegetables, Whole Wheat Dinner Rolls, Battered Mushrooms, Pizza du Jour, Grilled Chicken Sandwich, *French Fries, *Tossed Green Salad, Assorted Pastries

WEDNESDAY

Creamy Polenta with Sautéed Portobello Mushrooms, BBQ Miso Chicken Breast, *Vegetable Pad Thai with Peanuts, *Steamed Jasmine Rice, *Sautéed Green Beans, Dinner Rolls, Fantail Shrimp Pizza du Jour, Hamburgers, *French Fries, Asian Topping Bar, Assorted Pastries

THURSDAY

Kalbi Pork Ribs w/ Asian Coleslaw, Blackened Catfish Fillets, *Spicy Red Beans & Rice, *Seitan Buffalo Wings, *Collard Greens & Corn, Hush Puppies, Johnny Cakes with Honey Butter, Turkey Tetrazzini, Pizza du Jour, Quesadilla, *Steak Fries, Tartar Sauce & Lemons, Assorted Pastries

FRIDAY

Parmesan Herb Chicken Wings, Cashew Shrimp, *Steamed Basmati Rice, *Bok Choy Mushroom & Tofu, *Broccoli, Parkerhouse Rolls, Yucca Fries, Pizza du Jour, Grilled Cheese, Mushroom/Beef Sliders, Tater Tots, Lemon Wedges & Diced Green Onion, Assorted Pastries

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WEEKEND

SEWALL

SATURDAY

BRUNCH

Eggs Benedict, *Tofu Scramble, *Oatmeal, Cheese Enchiladas, Scrambled Eggs, Veggie Scramblettes, Hard Boiled Eggs, *Home Fries, Crispy Bacon, Chef Choice Breakfast Pizzas, Build-Your-Own Waffles, Breakfast Pastry Bar, Oatmeal Topping Bar

DINNER

Charmoula Salmon Sides, Breaded Chicken Tenders, Macaroni & Cheese, *Green Peas, *BBQ Tofu with Cuban Beans, Garlic Bread, Chef's Choice Hot Sub, Pizza du Jour, Corn Dogs & Hot Dogs, BBQ Sauce & Sweet & Sour Sauce, Assorted Pastries

SUNDAY

BRUNCH

Huevos Rancheros, *Tofu Scramble, *Oatmeal, Three Cheese Ravioli with Marinara Sauce, Scrambled Eggs, Veggie Scramblettes, Hard Boiled Eggs, Maple Sausage Links, *Cottage Fries, Build-Your-Own Waffles, Breakfast Pastry Bar, Oatmeal Topping Bar

DINNER

Red Fish with Pineapple Salsa, Chicken Fried Steak, *Smashed Potatoes, *Vegetarian Gravy, *Scandinavian Vegetables, *Spicy BBQ Tempeh, Biscuits, Cheese Manicotti, Pizza du Jour, Bratwurst w/ Sauerkraut, Diced Bacon, Green Onion, Shredded Cheddar, Assorted Pastries, Ice Cream Sundae Bar

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