

A close-up photograph of a breakfast plate. It features two halves of a roasted tomato, a sunny-side-up egg, and a portion of scrambled eggs, all garnished with fresh green herbs. The plate is white and sits on a wooden surface. A fork and knife are partially visible on the right side.

# 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, Turkey Sausage Patties, Chocolate Chip Pancakes

## **TUESDAY**

\*Potato Triangles, Chef Carved Ham, French Toast

## **WEDNESDAY**

\*Southern Hashbrowns, Sausage Patties, Biscuits & Sausage Gravy

## **THURSDAY**

\*Kitchen Fries, Bacon, French Toast

## **FRIDAY**

\*Potato Pancakes, Honey Bourbon Sausage, Whole Wheat & Honey Pancakes

**Menu is subject to change**

**For Sewall weekend menu, see page 4**



Campus Dining Services  
UNIVERSITY OF COLORADO BOULDER

**\* denotes vegan**



# LUNCH

SEWALL

## **MONDAY**

Spaghetti Carbonara, Tilapia with Herb Butter, \*Peas & Carrots, Au Gratin Potatoes, \*Italian Seitan Creamy Pesto Sauce, \*Greek Style Eggplant, Pizza du Jour, Grilled Chicken, \*Shoestring Fries  
\*Tartar Sauce & \*Lemons, \*Minestrone Soup, Assorted Dessert Pastries

## **TUESDAY**

Crispy Cod Sandwich, Honey BBQ Wings, Wings of Fire, Cheesy Mashed Potatoes, \*Scandinavian Vegetables, \*Spicy BBQ Tempeh, Sausage Bolognese, \*Grilled Mushrooms & Onions, Pizza du Jour, Hamburgers, \*French Fries, Carrots, Celery & Dressing, Cream of Leek & Potato Soup, Assorted Dessert Pastries

## **WEDNESDAY**

Asian Chicken Lettuce Wrap, Burgundy Beef Stew, Kluski Noodles, \*Sauteed Lemon Zucchini, Individual Spanakopita, Vodka Pink Sauce, Battered Mushrooms, Pizza du Jour, Grilled Cheese Sandwich, Grilled Chicken, Tater Tots, \*Spinach & Herb Couscous Salad, \*Tomato Soup, Assorted Dessert Pastries

## **THURSDAY**

Crab Cakes with Cilantro Lime Aioli, \*Tortilla Chips, Taco Meat, \*Mexican Seitan, \*Refried Beans, \*Whole Kernel Corn, \*Spanish Rice, Cheddar Cheese Sauce, \*Diablo Sauce, Calamari Strips, Pizza du Jour, Cheese Quesadilla, Wedge Fries, Mexican Topping Bar, Chicken Tortilla Soup, Assorted Dessert Pastries

## **FRIDAY**

Chimichurri Flank Steak, Beer Battered Tilapia, \*Chana Dahl with Peas, \*Steamed Basmati Rice, \*Key Largo Vegetables, Spaghetti Meat Sauce, Baked Ziti, Pizza du Jour, Hamburgers, \*French Fries, \*Tartar Sauce & \*Lemons, New England Clam Chowder, Assorted Dessert Pastries

**Menu is subject to change**

**For Sewall weekend menu, see page 4**





# DINNER

SEWALL

## **MONDAY**

Italian Sausage & Mushroom Ziti, Sweet & Sour Pork, \*Miso Baked Tofu with Sesame Green Beans  
\*Jasmine Rice, \*Sautéed Cauliflower, Vegetable Spring Rolls, Dinner Rolls, Pizza du Jour, Cheese  
Tortellini with Vegetables, Grilled Chicken Sandwich, \*Shoestring Fries, Asian Topping Bar,  
Assorted Pastries

## **TUESDAY**

Hot Turkey Sandwich, Fajitas: Beef or \*Tofu & Vegetable, \*Oven Roasted Vegetables,  
Cream Cheese Poppers, \*Chipotle Black Beans, \*Cilantro Lime Rice, Cornbread, Pizza du Jour,  
Basil Pesto Cod, Hamburgers, \*French Fries, Mexican Topping Bar, Assorted Pastries

## **WEDNESDAY**

Southern Fried Chicken & Waffles, \*Baked Potato Bar, Chili con Carne, \*Three Bean Chili,  
\*Broccoli Florets, Cheddar Cheese Sauce, Naan Bread, Pizza du Jour, Cheese Lasagna,  
Grilled Cheese Sandwich, Grilled Chicken, Tater Tots, Potato Bar Topping, Assorted Pastries

## **THURSDAY**

Catfish Po Bo, Grilled Chicken Breasts with Whiskey Cola Sauce, \*Ginger Vegetable Tofu Stir-Fry,  
\*Steamed Brown Rice, Roasted Baby Bakers with Onions, Collard Greens & Corn, Dinner Rolls  
Pizza du Jour, Battered Green Beans, Cheese Quesadilla, Wedge Fries, \*Mixed Green Salad,  
Assorted Pastries

## **FRIDAY**

New Orleans BBQ Shrimp with Rice, Cajun Pork Loin with Creole Sauce, \*Tempeh Spinach &  
Pignut Fettucine, \*Steamed Basmati Rice, & Francis Vegetables, Parkerhouse Rolls, Pizza du Jour,  
Cheese Manicotti, Hamburgers, \*French Fries, Coleslaw, Assorted Pastries

**Menu is subject to change**

**For Sewall weekend menu, see page 4**





# WEEKEND

SEWALL

## SATURDAY

### BRUNCH

Huevos en Galleta con Chorizo Gravy, \*Tofu Scramble, \*Oatmeal, Three Cheese Ravioli with Marinara Sauce, Hard Boiled Eggs, Scrambled Eggs, Veggie Scramblette, Crispy Bacon, \*Home Fries, Build-Your-Own Waffles, Breakfast Pastry Bar, Oatmeal Topping Bar

### DINNER

Lomo Saltado Petite Tenders, Chicken A La King, \*Steamed Rice, \*Cambodian Cashew Vegetable Stir-Fry, \*Oregon Bean Medley, Garlic Bread, Pizza du Jour, Hot Sub Sandwich, Hot Dogs & Corn Dogs, Dinner Rolls, Assorted Pastries

## SUNDAY

### BRUNCH

Denver Omelet, \*Tofu Scramble, \*Oatmeal, Buffalo Spiced Chicken Tenders, Hard Boiled Eggs, Scrambled Eggs, Veggie Scramblette, Maple Sausage Links, \*Cottage Fries, \*Deli Bar, Build-Your-Own Waffles, Breakfast Pastry Bar, Oatmeal Topping Bar

### DINNER

Breaded Ravioli with Marinara Sauce, Mediterranean Chicken Thighs, \*Spinach and Herb Orzo \*Midori Vegetables, \*Soba Noodles with Tofu, Biscuits, Pizza du Jour, Meatballs, Hamburgers Chef's Choice, \*Cucumber and Tomato Salad, Assorted Pastries, Ice Cream Sundae Bar

**Menu is subject to change**



Campus Dining Services  
UNIVERSITY OF COLORADO BOULDER

**\* denotes vegan**