

Breakfast

Mon-Fri 7:15am-10:45am, Sat-Sun Closed

Monday March 09	Tuesday March 10	Wednesday March 11	Thursday March 12	Friday March 13	Saturday March 14	Sunday March 15
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Hot Foods						
Oatmeal (vgn)	Oatmeal (vgn)	Oatmeal (vgn)	Oatmeal (vgn)	Oatmeal (vgn)		
Make Your Own Waffles (v)	Arroz Con Leche (v)	Make Your Own Waffles (v)	Make Your Own Waffles (v)	Make Your Own Waffles (v)		
Fresh Cage Free Scrambled Eggs (v)	Make Your Own Waffles (v)	Fresh Cage Free Scrambled Eggs (v)	Fresh Cage Free Scrambled Eggs (v)	Fresh Cage Free Scrambled Eggs (v)		
Cage Free Scrambled Egg Whites (v)	Fresh Cage Free Scrambled Eggs (v)	Cage Free Scrambled Egg Whites (v)	Cage Free Scrambled Egg Whites (v)	Cage Free Scrambled Egg Whites (v)		
Chilequilles (v)	Cage Free Scrambled Egg Whites (v)	Strawberry Cream Crepes (v)	Tater Tots (vgn)	Chorizo And Eggs		
Hash Browns (vgn)	Whole Wheat Pancakes (v)	Potatoes Obrien (vgn)		Hash Browns (vgn)		
	Grilled Ham Steaks					
	Home Fried Potatoes (vgn)					

Bakery						
Blueberry Muffin (v)	Bagels- See Breads/cereals For Choices	Donut (v)	Bagels- See Breads/cereals For Choices	Bagels- See Breads/cereals For Choices		
Applesauce Bread (w/nuts) (v)	Banana Choc Chip Muffin (v)	Raspberry Cr. Cheese Coffee Cake (w/nut)	Cinnamon Coffee Cake (v)	Lemon Yogurt Muffin (v)		

Omelet Made to Order						
			Omelets Made To Order			
			Large Fresh Eggs (v)			
			Egg Whites (v)			
			Bacon			
			Sausage Links Skinless Cooked			
			Oven Roasted Turkey Breast			
			Sliced Ham			
			Grilled Onions (v)			
			Red Bell Pepper Strips (vgn)			
			Green Bell Pepper Strips (vgn)			
			Sliced Mushrooms (vgn)			
			Jack & Cheddar Cheese Mix (v)			

Lunch

Mon-Fri 11:45am-2:30pm, Sat-Sun Closed

Monday March 09	Tuesday March 10	Wednesday March 11	Thursday March 12	Friday March 13	Saturday March 14	Sunday March 15
Salads						
Italian Bread Salad (v) Strawberry Salad Wpoppyseed Dressing (v)	Crunchy Fruit Salad (w/nuts) (v) Chef Salad	Chicken Sesame Noodle Salad California Coleslaw Salad (v)	Vegetable Taco Salad (v) Watermelon (vgn)	Asian Chicken Salad (w/nuts) Red Potato & Dill Salad (v)		
Hot Foods						
Turkey Sub Sandwich Beef Pot Pie Chili Relleno Casserole (v) Vegetable Stir Fry (vgn) Hot Dog Black Bean Burger (vgn) Krinkle Cut French Fries (vgn) Spicy Navy Bean Soup (vgn) Brown Rice (vgn) Sticky Rice (vgn) Pinto Beans (vgn) Whole Wheat Tortilla Baked Potatoes (vgn)	Roast Beef Sandwich W/jack On Sourdough Chicken Enchilada W/green Sauce Sweet Potato Curry (vgn) Fresh Steamed Cauliflower (vgn) Charburger Vegetable Burger (vgn) Krinkle Cut French Fries (vgn) Tortilla Soup Whole Grain Blend (vgn) Basmati Rice (vgn) Black Beans (vgn) Whole Wheat Tortilla Baked Potatoes (vgn)	Turkey Meat Loaf Mashed Yams Pulled Pork Sandwich Hawaiian Sweet Roll (v) Ziti Baked (v) Steamed Peas (vgn) Chicken Burger Black Bean Burger (vgn) Krinkle Cut French Fries (vgn) Hearty Vegetable Soup (vgn) Brown Rice (vgn) Jasmine Rice (vgn) Pinto Beans (vgn) Whole Wheat Tortilla Roasted Yams (vgn)	Grass Fed Burger Sweet Potato Fries (vgn) Turkey Club Wrap Black Bean Tostada (v) Mixed Vegetables (vgn) Corn Dog Vegetable Burger (vgn) Krinkle Cut French Fries (vgn) Corn Chowder Brown Rice (vgn) Jasmine Rice (vgn) Pinto Beans (vgn) Whole Wheat Tortilla Roasted Yams (vgn)	Bbq Beef Sandwich On A Bun Homemade Fish & Chips Spinach & Feta Turnover (v) Vegetable Stir Fry (vgn) Cheeseburger Black Bean Burger (vgn) Krinkle Cut French Fries (vgn) New England Clam Chowder Brown Rice (vgn) Basmati Rice (vgn) Black Beans (vgn) Whole Wheat Tortilla Baked Potatoes (vgn)		
Panini/Pizza						
Sausage Pizza	Roasted Vegetable Panini (v)	Vegetable & Jalapeno Pizza (v)	Roast Beef & Swiss Panini	Buffalo Chicken Pizza		
Bakery						
Whole Wheat Sunflower Roll (v) Chocolate Crinkle Cookie (v) Lime Bar (v)	Sourdough Roll (v) Strawberry Bread (v) Killer Brownie (w/nuts)	Irish Soda Bread (v) Lemon Cookie (v) Mint Sticks (v)	Honey Wheat Raisin Roll (v) Mexican Chocolate Cake (v) 5 Layer Bar (w/nuts) (v)	Cornmeal Roll (v) Snickerdoodle (v) Mixed Berry Crisp (v)		
Sushi						
Teriyaki Beef Sushi Roll Tempura Yam & Avocado Sushi Roll	Spicy Shrimp Sushi Roll Cucumber & Avocado Sushi Roll (vgn)	Spicy Scallop Sushi Roll Vegetable Sushi Roll (vgn)	Salmon Sushi Roll Daikon Sushi Roll (vgn)	Calamari Sushi Roll Asparagus & Egg Sushi Roll (v)		

Lunch

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<div>Grilled Sandwiches to Order</div>						
Sandwiches Grilled To Order	Sandwiches Grilled To Order	Sandwiches Grilled To Order	Sandwiches Grilled To Order	Sandwiches Grilled To Order		
American Cheese (v)	American Cheese (v)	American Cheese (v)	American Cheese (v)	American Cheese (v)		
Swiss Cheese (v)	Swiss Cheese (v)	Swiss Cheese (v)	Swiss Cheese (v)	Swiss Cheese (v)		
Sliced Turkey	Tuna Salad	Tuna Salad	Tuna Salad	Tuna Salad		
Sliced Roast Beef	Sliced Turkey	Sliced Turkey	Sliced Turkey	Sliced Turkey		
Sliced Ham	Sliced Ham	Sliced Ham	Sliced Ham	Sliced Ham		
Tuna Salad	Sliced Roast Beef	Sliced Roast Beef	Sliced Roast Beef	Sliced Roast Beef		
Sliced Turkey Pastrami	Salami Italian Dry	Salami Italian Dry	Salami Italian Dry	Salami Italian Dry		
Salami Italian Dry	Sliced Turkey Pastrami	Sliced Turkey Pastrami	Sliced Turkey Pastrami	Sliced Turkey Pastrami		

Dinner

Mon-Fri 5:00pm-8:00pm, Sat-Sun Closed

Monday March 09	Tuesday March 10	Wednesday March 11	Thursday March 12	Friday March 13	Saturday March 14	Sunday March 15
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Salads						
Caesar Salad	Caesar Salad	Caesar Salad	Caesar Salad	Caesar Salad		

Hot Foods						
Tandoori Chicken	Tri Tip Roast	Roast Turkey	Buttermilk Fried Chicken	Pork Loin Roast With Garlic And Ginger	For dinner on Thursday March, 12th Ortega will be hosting a special theme meal honoring the Selma, Alabama March. Come enjoy a delicious and unique menu offering the best of Southern Soul Food!	
Lemon Baked Fresh Snapper	Sweet & Sour Chicken	Turkey Gravy	Oven Baked Bbq Spareribs	Cashew Chicken (w/nuts)		
Potato Gorda W/ Black Beans	Cheese & Chile W/ Green Sauce Tamales	Salisbury Steak W/ Barbecue Sauce	Fried Green Tomatoes (v)	Manicotti With Marinara Sauce (v)		
Coconut Jasmine Rice (vgn) (w/nuts)	Baked Potatoes (vgn)	Thai Curry Tofu And Vegetables (vgn)	Macaroni & Cheese (v)	Honey Spiced Sweet Potatoes (v)		
Fresh Spinach (vgn)	Onion Rings (v)	Garlic Mashed Potatoes (v)	Sauteed Kale (vgn)	Steamed Crookneck Squash (vgn)		
Sauteed Butternut Squash (v)	Steamed Corn (vgn)	Stuffing	Fresh Corn On The Cob (vgn)	Steamed Peas (vgn)		
French Onion Soup W/croutons	Fresh Broccoli Spears (vgn)	Green Beans (vgn)	Chicken Gumbo Soup	Curry Chicken Soup		
Marinara Sauce With Shrimp	Mushroom Barley Soup	Chili Style Lentil Soup (vgn)	Marinara Sauce W/ Meat	Marinara Sauce With Meatballs		
Fresh Pesto (v)	Marinara Sauce W/ Sausage	Chicken And Mushroom Marinara Sauce	Chunky Marinara Sauce (vgn)	Garlic Cream Sauce With Herbs (v)		
Bowtie Pasta (v)	Marinara Sauce (vgn)	Cheese Sauce (v)	Bowtie Pasta (v)	Wheat Penne Pasta (if) (vgn)		
Brown Rice (vgn)	Spaghetti Pasta (v)	Rigatoni (v)	Jasmine Rice (vgn)	Brown Rice (vgn)		
Pinto Beans (vgn)	Whole Grain Blend (vgn)	Pinto Beans (vgn)	Pinto Beans (vgn)	Pinto Beans (vgn)		
Whole Wheat Tortilla	Black Beans (vgn)	Whole Wheat Tortilla	Whole Wheat Tortilla	Whole Wheat Tortilla		
Baked Potatoes (vgn)	Whole Wheat Tortilla	Roasted Yams (vgn)	Roasted Yams (vgn)	Baked Potatoes (vgn)		

Specialty Bar						
Macaroni & Cheese (v)	Baked Potato	Chili Bar	Ice Cream Bar	Nacho Bar		
Real Bacon Bits	Nacho Cheese Sauce (v)	Egg Noodles (v)	Ice Cream (v)	Nacho Cheese Sauce (v)		
Green Onion (vgn)	Vegetable Black Bean Chili (vgn)	Corn Chips	Hot Fudge	Spiced Ground Beef		
Baby Spinach (vgn)	Real Bacon Bits	Shredded Cheddar Cheese (v)	Caramel	Tortilla Chips (v)		
Sliced Jalapeno Peppers (vgn)	Ranch Dressing (v)	Diced Red Onions (vgn)	Strawberry Topping	Sliced Olives (vgn)		
	Unsalted Butter	Sliced Olives (vgn)	Sprinkles Rainbow	Sliced Jalapeno Peppers (vgn)		
	Trans-fat Free Margarine (v)	Sour Cream (v)	Granulated Peanuts	Sour Cream (v)		
	Sour Cream (v)	Green Onion (vgn)	Heavy Cream	Fresh Salsa (vgn)		
	Green Onion (vgn)	Fresh Cilantro (vgn)	Mini Marshmallows	Refried Beans (vgn)		
	Cheese Cheddar Med			Green Onion (vgn)		

Bakery						
Sour Cream And Chive Bread (v)	Crusty French Bread (v)	Pesto Bread (v)	Cornbread Muffin (v)	Parmesan Herb Bread (v)		
Red Velvet Cake (v)	Blueberry Crumb Pie	Lemon Cheesecake (v)	Banana Cream Pie	German Chocolate Cake (w/nuts) (v)		

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<div>Sushi</div>						
Teriyaki Beef Sushi Roll Tempura Yam & Avocado Sushi Roll	Spicy Shrimp Sushi Roll Cucumber & Avocado Sushi Roll (vgn)	Spicy Scallop Sushi Roll Vegetable Sushi Roll (vgn)		Calamari Sushi Roll Asparagus & Egg Sushi Roll (v)		

Gaucha Bright Meal

Monday March 09	Tuesday March 10	Wednesday March 11	Thursday March 12	Friday March 13	Saturday March 14	Sunday March 15
<div>Breakfast</div>						
Organic Nonfat Milk Banana (vgn) Raisins (vgn) Sweetened Coconut Flakes (vgn) Oatmeal (vgn)	Organic Decaf Roast Coffee (vgn) Unsalted Butter Whole Wheat Sliced Bread (v) Banana (vgn) Organic Nonfat Milk Raisin Bran (vgn)	Organic Breakfast Blend Tea Water Banana (vgn) Cinnamon Apple Granola (w/nuts) (vgn) Nonfat Plain Greek Yogurt (v) Grape Jelly (vgn) Crunchy Peanut Butter (vgn) Whole Wheat Sliced Bread (v)	Organic Decaf Roast Coffee (vgn) Banana (vgn) Raisins (vgn) Oatmeal (vgn) Cage Free Scrambled Egg Whites (v) Jack & Cheddar Cheese Mix (v) Sliced Mushrooms (vgn) Red Bell Pepper	Organic Nonfat Milk Sliced Almonds (vgn) Raisins (vgn) Nonfat Plain Greek Yogurt (v) Cinnamon Apple Granola (w/nuts) (vgn) Oatmeal (vgn)	<div>Are you too busy or not sure what the most healthy food options are? Look no further than Gaucho Bright Meal which recommends the best meal options for eating healthy in the dining commons. If you have any questions please contact Residential Dining's Registered Dietitian Danielle Kemp: dkemp@housing.ucsb.edu</div>	
<div>Lunch</div>						
Soy Milk (vgn) Orange (vgn) Strawberry Salad Wpoppyseed Dressing (v) Tempura Yam & Avocado Sushi Roll Whole Wheat Sunflower Roll (v) Spicy Navy Bean Soup (vgn)	Gold Peak Unsweetened Iced Tea Orange (vgn) Cucumber & Avocado Sushi Roll (vgn) Sweet Potato Curry (vgn) Whole Grain Blend (vgn)	Water Fuji Apples Vegetable Sushi Roll (vgn) Whole Wheat Tortilla Fresh Spinach (vgn) Jack & Cheddar Cheese Mix (v) Whole Kernal Corn (vgn) Diced Tomatoes Shredded Carrots (vgn) Sliced Cucumbers Pinto Beans (vgn) Sunflower Seeds Roasted (30#) Roasted Yams (vgn)	Water Watermelon (vgn) Mixed Vegetables (vgn) Corn Chowder Honey Wheat Raisin Bread (v)	Organic Nonfat Milk Crunchy Peanut Butter (vgn) Fuji Apple (vgn) Hummus (w/nuts) (vgn) Celery Sticks Carrot Sticks Brown Rice (vgn) Vegetable Stir Fry (vgn)		
<div>Dinner</div>						
Organic Nonfat Milk Fuji Apple (vgn) Crunchy Peanut Butter (vgn) Lemon Baked Fresh Snapper Brown Rice (vgn) Sauteed Butternut Squash (v)	Organic Nonfat Milk Fuji Apple (vgn) Fresh Broccoli Spears (vgn) Sriracha Sauce (vgn) Black Beans (vgn) Whole Grain Blend (vgn)	Organic Nonfat Milk Orange (vgn) Vegetable Black Bean Chili (vgn) Thai Curry Tofu And Vegetables (vgn) Green Beans (vgn)	Soy Milk (vgn) Fuji Apple (vgn) Diced Tomatoes Shredded Carrots (vgn) Pinto Beans (vgn) Roasted Yams (vgn) Collard Greens	Water California Sushi Roll Asparagus & Egg Sushi Roll (v) Pork Loin Roast With Garlic And Ginger Brown Rice (vgn) Honey Spiced Sweet Potatoes (v) Steamed Crookneck Squash (vgn)		