

Resident Dining Menu Key



Vegetarian Item

Made without any meat (including fish, beef, or poultry).



Vegan Item

Made without any animal by-products! That means no meat, fish, eggs, or dairy.



Mindful Item








A Sodexo initiative to create Mindful choices that meet specific nutritional criteria.
Satisfying portions with fewer calories and great taste...that's Mindful.

**This is a sample menu only. Item costs reflect Spring semester pricing and menu offerings change daily.*






Breakfast

Blueberry Pancakes V 	\$0.54
Hash Browns V	\$0.33
Turkey Bacon 	\$0.26
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Scrambled Eggs V	\$0.40
Bacon	\$0.63
Oatmeal with Toppings VG 	\$0.12/oz

Lunch






Italian Grilled Chicken Breast 	\$1.10
Baked Breaded Cod 	\$1.63
Curried Tofu and Cauliflower VG 	\$1.19
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Fresh Broccoli & Cauliflower VG 	\$0.89
Summer Squash & Zucchini VG 	\$0.33
Roast Butternut Squash with Thyme VG 	\$0.76
Citrus White Rice V 	\$0.23

Dinner











Breaded Pork Chop	\$2.31
Turkey London Broil 	\$0.40/oz.
Potato Rellenas VG 	\$0.72
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Grilled Fresh Asparagus VG 	\$1.67
Steamed Fresh Green Beans VG 	\$0.90
Baked Potato VG 	\$0.28
Mashed Potatoes V	\$0.51

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Breakfast

Cinnamon Raisin French Toast 	\$1.01
O'Brien Potatoes 	\$0.43
Grilled Kielbasa	\$0.72
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Scrambled Eggs 	\$0.40
Bacon	\$0.63
Oatmeal with Toppings  	\$0.12/oz

Lunch

Seared Salmon with Tropical Salsa 	\$4.19
Chipotle Raspberry Turkey Breast	\$0.44/oz.
Chickpea Burger  	\$0.71
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Roasted Corn  	\$0.37
Balsamic Roasted Vegetables  	\$0.86
Brown Rice  	\$0.20
Apple Couscous 	\$0.27

Dinner

Grilled Sirloin Steak	\$6.98
Black Pepper Chicken	\$1.90
Tofu Spiedies 	\$1.37
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Sautéed Mushrooms with Garlic 	\$0.75
Brown Rice  	\$0.20
Mashed Sweet Potatoes  	\$0.61
Broccoli Florets  	\$0.83

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From the Grill

NY state Grass-Fed Burgers

Burger	\$2.68
Cheeseburger	\$3.06
Bacon Cheeseburger	\$3.48

Favorites

Chicken Tenders	\$1.59
Seasoned Fries	\$0.69

Toppings

Cheese	\$0.38
Vegan Cheese	\$0.38
Bacon	\$0.42
Veggies	\$0.64

Veggie/Vegan Burgers

Vegan Black Bean Burger	\$2.50
Veggie Burger	\$2.50
Portobello Burger	\$2.39
Beyond Burger®	\$3.01

Sandwiches

Lupo's Chicken Sandwich	\$2.50
Fried Chicken Sandwich	\$2.08
Grilled Cheese with Ham	\$1.01
Grilled Cheese with Tomato	\$1.09
Hot Dog	\$1.61






Today's Special

Baja Fish Taco
\$3.01

Featured Soups & Salad

Each dining hall offers a fresh salad bar, priced per ounce, offering a wide variety of greens, crisp vegetables, fresh-cut fruits, and an assortment of toppings and dressings. A daily pre-made salad special is also available, including various pasta and potato salads, antipastos, and vegetable salads.

Soup offerings change daily, and are sure to include plenty of vegetarian, vegan, and mindful options!

Chicken Noodle	\$0.76
Red Pepper Gouda 	\$0.80
Cuban Black Bean 	\$0.44
Broccoli Cheese 	\$0.90
Lobster Bisque	\$1.45
Garden Vegetable  	\$0.47