

ERDMAN DINING HALL

DINING SERVICES

Saturday 2.15

Sunday 2.16

Monday 2.17

Tuesday 2.18

Wednesday 2.19

Thursday 2.20

Friday 2.21

* = VEGETARIAN

V = VEGAN

Δ = PREPARED WHEAT FREE

MENU MAY BE SUBJECT TO CHANGE

BRUNCH

Oatmeal V
Cinnamon Walnut Pound Cake*
Buttermilk Biscuits*
Pancakes*
Hash Brown Patties
Hard Cooked Eggs Δ*
Scrambled Eggs Δ*
Pork Sausage Link Δ
Turkey Bacon Δ
Breakfast Sausage V
Assorted Bagels*
Doughnuts*
Yogurt Bar
Omelet Bar

BRUNCH

Oatmeal V
Double Chocolate Muffins*
Buttermilk Biscuits*
Shredded Potatoes ΔV
Hard Cooked Eggs Δ*
Scrambled Eggs Δ*
Turkey Sausage Δ
Hickory Smoked Bacon Δ
Breakfast Sausage V
Bagels*
Doughnuts*
French Toast*
Yogurt Bar
Omelet Bar

DINNER

Beef Marsala Curry Δ
Tandoori Chicken Δ
Indian Style Baked Tofu ΔV
Lemony Rice ΔV
Grilled Chicken Breast Δ
Indian Fried Cabbage ΔV
Curry Coconut Roasted Cauliflower ΔV
Bean Gumbo VΔ
Brown Rice VΔ
Marinara ΔV • Farfalle V
Bolognese Sauce Δ
Garlic Breadsticks*
Cardamom Almond Rice Pudding*

DINNER

Honey Bourbon Rib
Buffalo Tofu Wings ΔV
Fried Catfish
with Tartar Sauce
Grilled Chicken Breast Δ
Roasted Broccoli ΔV
Garlic Haricot Verts ΔV
Mashed Potatoes ΔV
Herbed Kidney Beans ΔV
Steamed White Rice ΔV
Garlic Breadsticks*
Marinara ΔV
Bolognese Sauce Δ
Farfalle V
Sundae Bar

LUNCH

Cheese Pizza*
Sausage Pepper Pizza
Pasta Piccata V
Baked Potato Chowder*
Mushroom Sesame Tofu Soup ΔV
Grilled Chicken Breast Δ
Black Bean & Corn Burger*
Sweet Potato Fries
Sweet Yellow Corn ΔV
Brown Rice V
Asian Noodle Salad
White Beans & Vegetables V
Salad Bar • Deli Bar
Selection of Cookies*
Chocolate, Strawberry Shortcake Parfait*
Fresh to Go!
CRAB CAKE ON KAISER ROLL SANDWICH
MACARONI SALAD

DINNER

Stir-Fried Veggies ΔV
General Tso's Chicken
Sweet & Sour Mahi Mahi
Grilled Chicken Breast Δ
Sesame Napa Cabbage ΔV
Kung Pao Tofu*
Fried Rice ΔV
Jasmine Rice ΔV
White Beans & Mushrooms ΔV
Garlic Bread Sticks
Marinara ΔV Farfalle V
Creamy Blush Sauce Δ*
Angel Food Cake with Berries & Whipped Cream*

LUNCH

Cheese Pizza*
Chicken Fajita Pizza
Chicken Noodle Soup
Spicy Bean Soup ΔV
Meatball Sandwich
Turkey Burger Δ
Kale Burgers V
Braised Black Beans ΔV
Crinkle Cut French Fries
Brown Rice ΔV
Broccoli Florets ΔV
Superfood Salad
Salad Bar • Deli Bar
Dark Fudge Brownies*
Candy Cake Parfait*

Fresh to Go!
ITALIAN HOAGIE
3-BEAN SALAD

DINNER

Chicken Fajita • Beef Fajita
Vegetable Fajita • Tofu Fajita
White Rice ΔV • Brown Rice ΔV
Black Beans ΔV
Pinto Beans ΔV Guacamole ΔV
Tomato Salsa ΔV Corn Salsa ΔV
Green Chili Salsa ΔV
Sour Cream* Δ
Shredded Cheddar* Δ
Queso Blanco* Δ
Chopped Romaine Tortilla Chips ΔV
Jalapeno Wrap V
Gluten Free Wrap ΔV
Oreo Cream Pie*

BREAKFAST

Oatmeal V
Overnight Oats: Dried Fruit V
Buttermilk Blueberry Muffins*
Shredded Potatoes ΔV
French Toast*
Bacon Δ
Breakfast Sausage ΔV
Hard Cooked Eggs* Δ
Scrambled Eggs* Δ
Assorted Bagels* • Doughnuts*
Yogurt Bar • Omelet Bar

LUNCH

Cheese Pizza*
Chicken Fajita Pizza
Chicken Noodle Soup
Spicy Bean Soup ΔV
Meatball Sandwich
Turkey Burger Δ
Kale Burgers V
Braised Black Beans ΔV
Crinkle Cut French Fries
Brown Rice ΔV
Broccoli Florets ΔV
Superfood Salad
Salad Bar • Deli Bar
Dark Fudge Brownies*
Candy Cake Parfait*

Fresh to Go!
ITALIAN HOAGIE
3-BEAN SALAD

DINNER

Chicken Fajita • Beef Fajita
Vegetable Fajita • Tofu Fajita
White Rice ΔV • Brown Rice ΔV
Black Beans ΔV
Pinto Beans ΔV Guacamole ΔV
Tomato Salsa ΔV Corn Salsa ΔV
Green Chili Salsa ΔV
Sour Cream* Δ
Shredded Cheddar* Δ
Queso Blanco* Δ
Chopped Romaine Tortilla Chips ΔV
Jalapeno Wrap V
Gluten Free Wrap ΔV
Oreo Cream Pie*

BREAKFAST

Oatmeal V
Overnight Oats: Dried Fruit V
Buttermilk Blueberry Muffins*
Shredded Potatoes ΔV
French Toast*
Bacon Δ
Breakfast Sausage ΔV
Hard Cooked Eggs* Δ
Scrambled Eggs* Δ
Assorted Bagels* • Doughnuts*
Yogurt Bar • Omelet Bar

LUNCH

Cheese Pizza*
Chicken Fajita Pizza
Chicken Noodle Soup
Spicy Bean Soup ΔV
Meatball Sandwich
Turkey Burger Δ
Kale Burgers V
Braised Black Beans ΔV
Crinkle Cut French Fries
Brown Rice ΔV
Broccoli Florets ΔV
Superfood Salad
Salad Bar • Deli Bar
Dark Fudge Brownies*
Candy Cake Parfait*

Fresh to Go!
ITALIAN HOAGIE
3-BEAN SALAD

DINNER

Chicken Fajita • Beef Fajita
Vegetable Fajita • Tofu Fajita
White Rice ΔV • Brown Rice ΔV
Black Beans ΔV
Pinto Beans ΔV Guacamole ΔV
Tomato Salsa ΔV Corn Salsa ΔV
Green Chili Salsa ΔV
Sour Cream* Δ
Shredded Cheddar* Δ
Queso Blanco* Δ
Chopped Romaine Tortilla Chips ΔV
Jalapeno Wrap V
Gluten Free Wrap ΔV
Oreo Cream Pie*

BREAKFAST

Oatmeal V
Overnight Oats: Chocolate Fudge V
Chocolate Chip Loaf Cake*
Diced Potatoes Pancakes*
Italian Turkey Sausage Link Δ
Breakfast Sausage ΔV
Hard Cooked Eggs Δ*
Scrambled Eggs Δ*
Assorted Bagels* • Doughnuts*
Yogurt Bar • Omelet Bar

LUNCH

Cheese Pizza*
Roasted Veggie Pizza*
Crab Bisque
Vegetable Soup ΔV
Grilled Turkey, Swiss & Sun-Dried Tomato
Impossible Burgers VΔ
Pierogis
with Onions & Peppers
Tavern Fries
Haricots Vert ΔV
Grilled Romaine Salad ΔV
Pinto Beans VΔ
Brown Rice ΔV
Salad Bar • Deli Bar
Selection of Cookies*
Really Dirty Dirt Pudding*

Fresh to Go!
BUFFALO CHICKEN WRAP
GRILLED CORN SALAD

DINNER

Shrimp Creole
Pot Pie V
Southern Fried Chicken
Grilled Chicken Breast Δ
Collard Greens ΔV
Cut Corn ΔV
Whipped Yukon Gold Potatoes Δ*
Cornbread*
Lentils & Rice ΔV
Marinara ΔV
Alfredo*
Shells V
Garlic Breadsticks*
Turtle Cheesecake*

BREAKFAST

Oatmeal V
Overnight Oats: Chocolate Fudge V
Chocolate Chip Loaf Cake*
Diced Potatoes Pancakes*
Italian Turkey Sausage Link Δ
Breakfast Sausage ΔV
Hard Cooked Eggs Δ*
Scrambled Eggs Δ*
Assorted Bagels* • Doughnuts*
Yogurt Bar • Omelet Bar

LUNCH

Cheese Pizza*
Roasted Veggie Pizza*
Crab Bisque
Vegetable Soup ΔV
Grilled Turkey, Swiss & Sun-Dried Tomato
Impossible Burgers VΔ
Pierogis
with Onions & Peppers
Tavern Fries
Haricots Vert ΔV
Grilled Romaine Salad ΔV
Pinto Beans VΔ
Brown Rice ΔV
Salad Bar • Deli Bar
Selection of Cookies*
Really Dirty Dirt Pudding*

Fresh to Go!
BUFFALO CHICKEN WRAP
GRILLED CORN SALAD

DINNER

Shrimp Creole
Pot Pie V
Southern Fried Chicken
Grilled Chicken Breast Δ
Collard Greens ΔV
Cut Corn ΔV
Whipped Yukon Gold Potatoes Δ*
Cornbread*
Lentils & Rice ΔV
Marinara ΔV
Alfredo*
Shells V
Garlic Breadsticks*
Turtle Cheesecake*

BREAKFAST

Oatmeal V
Overnight Oats: Pumpkin Oats V
Apple Cinnamon Muffins*
Home Fried Potatoes ΔV
French Toast Sticks*
Bacon Δ
Breakfast Sausage ΔV
Hard Cooked Eggs Δ*
Scrambled Eggs Δ*
Assorted Bagels* • Doughnuts*
Yogurt Bar • Omelet Bar

LUNCH

Cheese Pizza*
Margherita Pizza*
Texas Alarm (Beef) Chili Δ
Tuscan Minestrone ΔV
Crispy Chicken Tenders
Kale Burger V
Aged Cheddar Mac & Cheese*
Sweet Potato Wedges ΔV
Grilled Vegetables
with Cilantro ΔV
Navy Beans ΔV
Brown Rice ΔV
Salad Bar • Deli Bar
Grilled Shrimp Salad Δ
S'mores Mousse Parfait*
Rice Krispy Treats

Fresh to Go!
CORNED BEEF SPECIAL
HEIRLOOM TOMATO
POMEGRANATE SALAD

DINNER

Flank Steak Arrabiatta Δ
Baked Flounder
with Caper Sauce
Spinach & Basil Risotto
Stuffed Peppers*
Grilled Chicken Breast Δ
Grilled Vegetables VΔ
Cauliflower & Chickpea Piccata V
Olive Oil Pasta
Parmesan, Chili & Garlic*
Veg-head Cannellini Beans ΔV
Assorted Rolls*
Marinara ΔV
Blush Sauce* Shells V
Tiramisu Cake

BREAKFAST

Oatmeal V
Overnight Oats: Pumpkin Oats V
Apple Cinnamon Muffins*
Home Fried Potatoes ΔV
French Toast Sticks*
Bacon Δ
Breakfast Sausage ΔV
Hard Cooked Eggs Δ*
Scrambled Eggs Δ*
Assorted Bagels* • Doughnuts*
Yogurt Bar • Omelet Bar

LUNCH

Cheese Pizza*
Margherita Pizza*
Texas Alarm (Beef) Chili Δ
Tuscan Minestrone ΔV
Crispy Chicken Tenders
Kale Burger V
Aged Cheddar Mac & Cheese*
Sweet Potato Wedges ΔV
Grilled Vegetables
with Cilantro ΔV
Navy Beans ΔV
Brown Rice ΔV
Salad Bar • Deli Bar
Grilled Shrimp Salad Δ
S'mores Mousse Parfait*
Rice Krispy Treats

Fresh to Go!
CORNED BEEF SPECIAL
HEIRLOOM TOMATO
POMEGRANATE SALAD

DINNER

Flank Steak Arrabiatta Δ
Baked Flounder
with Caper Sauce
Spinach & Basil Risotto
Stuffed Peppers*
Grilled Chicken Breast Δ
Grilled Vegetables VΔ
Cauliflower & Chickpea Piccata V
Olive Oil Pasta
Parmesan, Chili & Garlic*
Veg-head Cannellini Beans ΔV
Assorted Rolls*
Marinara ΔV
Blush Sauce* Shells V
Tiramisu Cake

BREAKFAST

Oatmeal V
Overnight Oats: Dried Fruit*
Lemon Cranberry Muffins
Shredded Potatoes ΔV
Chocolate Chip Pancakes*
Pork Sausage Links Δ
Breakfast Sausage ΔV
Hard Cooked Eggs Δ*
Scrambled Eggs Δ*
Assorted Bagels* • Doughnuts*
Yogurt Bar • Omelet Bar

LUNCH

Cheese Pizza*
Pepperoni Pizza
Turkey Rice Soup Δ
Black Bean Soup V
Cheese Ravioli
with Artichokes
& Roasted Tomatoes*
Beyond Italian Sausage
& Peppers ΔV
Char-Broiled Beef Burgers Δ
Roasted Vegetables ΔV
Onion Rings Brown Rice ΔV
Kidney Beans with Herbs VΔ
Italian Hoagie Salad
with Oregano Vinaigrette
Salad Bar • Deli Bar
Selection of Cookies*
Salted Caramel Parfait Δ*

Fresh to Go!
FRIED GREEN TOMATO
ON PRETZEL ROLL SANDWICH
LOUISIANA SUNBURST SALAD

DINNER

Cajun Chicken
Pasta Alfredo
Crab Cakes
Cajun Grilled Tofu ΔV
Fried Potato Wedges Δ
Cajun Corn & Beans ΔV
Brown Rice ΔV
Fresh Vegetables ΔV
Fried Green Beans
Corn Bread*
Peanut Butter
Chocolate Cake*