

## Media Café Menu

All vegetarian

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>Oven Roasted Tofu Fingers</b> <b>Broccoli Alfredo</b>  Sweet Potato Wedges Roasted Garlic Broccoli Roasted Curry Cauliflower	<b>Tofu Tacos</b> <b>Chickpea Cacciatore</b>  Grilled Vegetables Red Beans and Rice Warm Tortilla or Hard Shell	<b>BBQ Tofu Pasta Bar</b>  Macaroni and Cheese Roasted Butternut Squash Sautéed Swiss Chard and Garlic	<b>Korean Tofu &amp; Vegetables</b> <b>Spinach &amp; Tomato Pasta</b>  Brown Rice Sautéed Bok Choy Sweet and Sour Zucchini	<b>Southwest Skillet w/ Cornbread</b> <b>Lasagna</b>  Garlic Smashed Potatoes Braised Collard Greens Sweet Corn
<b>2</b>	<b>Baked Tofu Eggplant Parm Pasta</b>  Warm Cinnamon Apples Sautéed Green Beans	<b>Tofu Fajita Veggie Chop Suey</b>  Spanish Rice Black Bean Roasted Peppers and Onion	<b>BBQ Tofu Pasta Bar</b>  Macaroni and Cheese Roasted Butternut Squash Braised Kale	<b>Chickpea Tikka Masala</b> <b>Broccoli Alfredo</b>  Curry Brown Rice Roasted Cauliflower Curry Carrots	<b>Veggie Shepard Pie</b> <b>Buffalo Tofu Pasta</b>  Braised Collard Greens Sweet Corn
<b>3</b>	<b>Grain Bowl (Rice, Veggies &amp; Tofu)</b> <b>Three Cheese Pasta</b>  Rice Roasted Carrots Roasted Broccoli	<b>Tofu Tacos Veggie Chop Suey</b>  Red Beans and Rice Warm Tortilla and Hard Shell	<b>BBQ Tofu Pasta Bar</b>  Macaroni and Cheese Roasted Butternut Squash Sautéed Kale	<b>Vegetable Jambalaya</b> <b>Broccoli Alfredo</b>  Brown Rice Sautéed Green Beans and Mushrooms Roasted Carrots	<b>Roasted Tofu w/ Gravy</b> <b>Lo Mein with Tofu &amp; Vegetables</b>  Smashed Potatoes Braised Collard Greens Sweet Corn
<b>4</b>	<b>Oven Baked Tofu Fingers</b> <b>Veggie Chop Suey</b>  Sweet Potato Fries Roasted Broccoli Roasted Cauliflower	<b>Burrito Bowls (Grilled Veggies &amp; Tofu)</b> <b>Eggplant Parm Pasta</b>  Spanish Rice Red beans Roasted Peppers and Onion	<b>Southwest Skillet with Texas Toast</b> <b>Pasta Bar</b>  Roasted Red Potatoes Green Peas and Onions	<b>Haitian Stewed Veggies &amp; Beans</b> <b>Stuffed Shells</b>  Brown Rice and Peas Plantains Sautéed Spinach	<b>Black bean Loaf w/ Cornbread</b> <b>Tomato &amp; Pesto Pasta</b>  Smashed Potatoes Sautéed Collard Greens Sweet Corn
<b>5</b>	<b>Buffalo Tofu Bake with Warm Roll</b> <b>Broccoli Alfredo</b>  Smashed Sweet Potato Roasted Cauliflower Sautéed Green Beans	<b>Tofu Tacos Veggie Chop Suey</b>  Red Beans and Rice Warm Tortilla or Hard Shell Grilled Vegetables	<b>BBQ Tofu Pasta Bar</b>  Macaroni and Cheese Roasted Butternut Squash Sautéed Kale	<b>Southwest Skillet with Cauliflower</b> <b>Eggplant Parm Pasta</b>  Mashed Potatoes Green Peas Oven Roasted Carrots	<b>Veggie Pot Pie</b> <b>Veggie Cacciatore</b>  Sautéed Collard Greens Sweet Corn
<b>6</b>	<b>Oven Roasted Tofu Fingers</b> <b>Spinach &amp; Tomato Pasta</b>  Sweet Potato Fries Roasted Cauliflower Roasted Broccoli	<b>Tofu Tacos Three Cheese Pasta Bake</b>  Spanish Rice Grilled Vegetables Black Beans Warm Soft Tortilla	<b>BBQ Tofu Pasta Bar</b>  Macaroni and Cheese Roasted Butternut Squash Sautéed Swiss Chard	<b>Jamaican Jerk Tofu &amp; Veggies</b> <b>Eggplant Parm Pasta</b>  Cilantro & Lime Rice Roasted Peppers & Onions Plantains	<b>Southwest Skillet w/ Cornbread</b> <b>Veggie Cacciatore</b>  Roasted Red Potatoes Sautéed Collard Greens Sweet Corn

**September 2022**

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

**October 2022**

S	M	T	W	T	F	S
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16	17	18	19	20	21	22
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30	31					

**November 2022**

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

**December 2022**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Week 1 Menu ■ Week 2 Menu ■ Week 3 Menu ■ Week 4 Menu ■ Week 5 Menu ■ Week 6 Menu ■

### DAILY SELECTIONS:

**Salad Bar**  
Make your own salad

**Deli Station**  
Made to order deli sandwiches