

UR Dining Isolation/Quarantine Menu January 3-9, 2021

Breakfast	Sunday January 3	Monday January 4	Tuesday January 5	Wednesday January 6	Thursday January 7	Friday January 8	Saturday January 9
	Daily Breakfast Bag meals include breakfast pastry, whole fresh fruit, cut fresh fruit selection, yogurt, cereal selection, milk option and beverage selections						
Whole Fruit	Fresh Whole Fruit choose: Apple, orange or banana .						
Hot and/or cold Beverages	Choose: Dairy 2 % milk, almond milk, soy milk, orange juice, apple juice or water Starbucks Pike's Peak Via Packet includes: Via Packet , Double cup for microwaving , 2 creamers, 2 each sugar, 2 each Splenda, 1 stirrer Twinning's Hot Tea: Choice of 1 tea – Green ,Lady Grey, Honeybush Herbal, Earl Grey, Chamomile Herbal, English Breakfast, or Decaf English Breakfast, plus double cup for microwaving , 2 each sugar. sweet & low, equal , 1 honey, 1 stirrer Hot Cocoa mix, plus double cup for microwaving, 1 stirrer You can use a water source from your room, or order a bottled water. Use EXTREME Caution when handling water that has been microwaved. Microwaved water may not appear to be boiling and still be boiling hot.						
Lunch	Sunday January 3	Monday January 4	Tuesday January 5	Wednesday January 6	Thursday January 7	Friday January 8	Saturday January 9
Entrée Salad Bowl	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad
Salad Dressings	Choose: Italian, Caesar, Ranch or Balsamic						
Grill Selection	Spider Chicken	Spider Chicken	Spider Chicken	Spider Chicken	Spider Chicken	Spider Chicken	Spider Chicken
Hot Lunch Selection	Honey Balsamic Chicken	Broccoli Tomato Quiche	Beef Brisket	Mediterranean Salmon	Moroccan Chicken	Beef Stroganoff	Lemon Butter Chicken
Vegan/Vegetarian	Zucchini Fritters	Vegan Chicken Tenders	Three Bean Pasta Bake	Vegan Stuffed Portabella Mushroom	Vegan Moroccan Tofu	Vegan Beef Stroganoff	Vegan Lemon Oregano Chicken
Pasta	Pasta selection, Marinara Sauce, Alfredo Sauce						
Starch Side	Risotto Primavera	Hashbrown Potatoes	Roasted Red Potatoes	Lemon Rice Pilaf	Moroccan Chick Peas	Brown Rice	Rosemary Potatoes
Vegetable Sides	Baked Parsnips Green Beans	Grilled Zucchini Roasted Acorn Squash	Asparagus Squash Medley	Roasted Butternut Squash Grilled Zucchini	Roasted Beets Grilled Eggplant	Savoy Cabbage Grilled Asparagus	Broccoli Roasted Carrots
Dessert & Bread	Sugar Cookies	Cream Cheese Brownie Rosemary Focaccia	Oatmeal Raisin Cookie Garlic Parmesan Rolls	Vegan Ranger Cookie Jersey Dirt French Bread	Sweet Potato Pie Banana Trifle Parkerhouse Roll	Brownies Pineapple Upside Down Cake Sweet Yeast Roll	Chocolate Chip Cookie Garlic Bread
Whole Fruit Milk Beverage	Fresh Whole Fruit choose: Apple, orange or banana . Beverages choose:, Dairy 2 % milk, almond milk, soy milk ,orange juice, apple juice or water, Pepsi, Diet Pepsi, water.						
Dinner	Sunday January 3	Monday January 4	Tuesday January 5	Wednesday January 6	Thursday January 7	Friday January 8	Saturday January 9
Entrée Salad Bowl	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad
Salad Dressings	Choose: Italian, Caesar, Ranch or Balsamic						
Grill Selection	Spider Chicken	Spider Chicken	Spider Chicken	Spider Chicken	Spider Chicken	Spider Chicken	Spider Chicken
Hot Dinner Selection	Chicken Vindaloo	Roast Turkey Herb Stuffing	Fried Chicken Baked Chicken	Harvest Beef Stew	Sustainable Fish Selection	Sweet n Sour Spareribs	Parmesan Crusted Salmon
Vegan/Vegetarian	Chana Masala	Vegan Spinach, Mushroom, Rice Casserole	Eggplant Napoleon	Vegan Stuffed Portabella Mushrooms	Fishless Fillet	Tofu Char Sui	Vegetable Grain Burger
Pasta	Pasta selection, Marinara Sauce, Alfredo Sauce						
Starch Side	Basmati Rice	Potatoes au Gratin	Baked Sweet Potatoes	Fire Roasted Grains & Greens	Vegetable Couscous	Rice	Fingerling Potatoes
Vegetable Sides	Vegetable Dahl Cumin Spinach	Green Beans Carrots	Charred Corn Collard Greens	Cauliflower Green Peas	Roasted Brussels Sprouts	Green Beans Sesame Turnips	Charred Cauliflower Garlic Kale
Dessert & Bread	Sugar Cookies	Cream Cheese Brownie Rosemary Focaccia	Oatmeal Raisin Cookie Garlic Parmesan Rolls	Vegan Ranger Cookie Jersey Dirt French Bread	Sweet Potato Pie Banana Trifle Parkerhouse Roll	Pineapple Upside Down Cake Sweet Yeast Roll	Chocolate Chip Cookie Garlic Bread
Whole Fruit & Beverage	Fresh Whole Fruit choose: Apple, orange or banana . Beverages choose:, Dairy 2 % milk, almond milk, soy milk ,orange juice, apple juice or water, Pepsi, Diet Pepsi, water.						