

UR Dining Isolation Menu

Breakfast	Sunday January 10	Monday January 11	Tuesday January 12	Wednesday January 13	Thursday January 14	Friday January 15	Saturday January 16
Yogurt	Raspberry Peach	Strawberry	Strawberry Peach	Berry	Berry and Peach	Raspberry Peach	Strawberry
Breakfast sandwich	Pork Bacon, Cheese Croissant	Turkey Bacon, Egg, Cheese Biscuit	Pork Bacon, Egg, Cheese Biscuit	Chicken, Egg, & Cheese Croissant	Pork Sausage, Cheese Biscuit	Ham, Cheese Croissant	Pork Sausage, Cheese Biscuit
Vegetarian Breakfast Sandwich	Egg & Cheese Croissant	Egg, Cheese Biscuit	Egg, Cheese Biscuit	Egg, Cheese, Vegan Sausage Croissant	Egg, Cheese, Vegan Sausage Croissant	Egg, Cheese Croissant	Egg, Cheese Biscuit
Hot or Cold Cereal	Oatmeal, Cheerios , Fruit Loops , Frosted Flakes available daily						
Muffin/Pastry	Blueberry Muffin	LF Blueberry Muffin	LF Chocolate Chip Muffin	LF Apple Cinnamon Muffin	Danish	Blueberry Scone	LF Strawberry Banana Muffin
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 10	Monday January 11	Tuesday January 12	Wednesday January 13	Thursday January 14	Friday January 15	Saturday January 16
Sandwich	Italian Hoagie	Chicken & Havarti Sandwich	Roast & Cheddar Sandwich	Tuna Salad Wrap	Ham & Swiss Sandwich	Italian Hoagie w/ Ham	Chicken Salad Wrap
Vegetarian Sandwich	Boca or Impossible Burger	Boca or Impossible Burger	Boca or Impossible Burger	Boca or Impossible Burger	Boca or Impossible Burger	Boca or Impossible Burger	Boca or Impossible Burger
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	Bloody Mary Flank Steak	Grapefruit, Habanero Steak	Grilled Pork Chop	Chipotle Chicken	Sustainable Fish Selection	Fried Chicken Baked Chicken	Garlic Butter Salmon
Vegan/Vegetarian	Wild Mushroom & Sundried Tomato Polenta	Vegan Beef	Vegan Smothered Chicken	Chipotle Vegan Chicken	Fishless Fillets	Brocco Burger	Vegetable Bean Paella
Pasta	Pasta Selection with Marinara or Alfredo Sauce						
Starch Side	Smashed Yukon Potatoes	Fingerling Potatoes	Au Gratin Potatoes	Ancho Chili Rice	Fingerling Potatoes	Macaroni & Cheese	Caramelized Onion Quinoa
Vegetable Sides	Roasted Brussels Sprouts Grilled Yellow Squash	Grilled Yellow Squash Broccoli	Garlic Kale Corn Cobbettes	Roasted Carrots Green Beans	Cauliflower Roasted Butternut Squash	Roasted Beets Carrots	Grilled Yellow Squash Garlic Kale
Dessert	Peach Pie Sugar Cookies	Birthday Cake Chocolate Peanut Butter Avocado Mousse	Carrot Cake Jersey Dirt	Vegan Vanilla Cake GF Chocolate Chip Cookies	NY Style Cheesecake Chocolate Pudding	Sweet Potato Pie Brownies	Chocolate Raspberry Swiss Roll Chocolate Chip Cookies
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, Orange Gatorade, Fruit Punch Gatorade, Mountain Dew, water.						
Dinner	Sunday January 10	Monday January 11	Tuesday January 12	Wednesday January 13	Thursday January 14	Friday January 15	Saturday January 16
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	Wing Bar w/ Buffalo Chicken Wings , Honey Stung Chicken Wings	Mediterranean Salmon	Rotisserie Chicken	Swiss Steak	Chicken Tikka Masala	Beef Flank Steak w/ Herb & Garlic	Shrimp Scampi
Vegan/Vegetarian	Vegan Chicken Tenders & Buffalo Tenders	Mediterranean Seitan	Vegetable Grain Burger	Vegan Beef Chasseur	Lentil Dahl Naan	Vegan Ribolita	Vegan Stuffed Portabella Mushroom
Pasta	Pasta Selection with Marinara or Alfredo Sauce						
Starch Side	White Rice	Long Grain & Wild Rice	Garbanzo Beans w/ Spinach	Smashed Yukon Potatoes	Basmati Rice	Baked Potatoes	Red Potato Hash
Vegetable Sides	Celery & Carrot Sticks Green Beans	Tuscan Vegetables Green Beans	Green Peas Roasted Curried Cauliflower	Roasted Brussels Sprouts Grilled Yellow Squash	Broccoli Cumin Spiced Spinach	Corn on the Cob Green Beans	Asparagus Charred Cauliflower
Dessert & Bread	Peach Pie Sugar Cookies	Birthday Cake Chocolate Peanut Butter Avocado Mousse	Carrot Cake Jersey Dirt	Vegan Vanilla Cake GF Chocolate Chip Cookies	NY Style Cheesecake Chocolate Pudding	Sweet Potato Pie Brownies	Chocolate Raspberry Swiss Roll Chocolate Chip Cookies
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.						