**Weekly Menu Heilman Dining Center**

### BREAKFAST:
Also available assorted yogurt, cereal, fresh fruit salad, whole fresh fruit, assorted juices, milks

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Daily Breakfast Bag meals include breakfast pastry, whole fresh fruit, cut fresh fruit selection, yogurt, cereal selection, milk option and beverage selections

Whole fresh fruit, cut fresh fruit selection, assorted cereal, steel cut oatmeal with toppings, milk, juice, coffee, yogurt selections, MYO yogurt parfait, and assorted bagels with spreads

### LUNCH:
Also available whole fresh fruit, fresh fruit salad, assorted snacks, chips, ice cream novelties, and beverages

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### Menu Selections Available at Lunch and Dinner

House Salad  
MTO Southwest Salad Bowl  
MTO Spinach, Fruit Salad Bowl  
MTO Mediterranean Salad Bowl  
MTO Southwest Salad Bowl  
MTO Spinach & Fruit Salad Bowl  
Salad Bar

Choose: Italian, Caesar, Ranch or Balsamic

(at dinner only)
Roman Cheese Pizza  
Pesto Vegetable Roman Pizza  
Cauliflower Crust Cheese Pizza

(at lunch only)
Pasta Selection  
Marinara Sauce  
Alfredo Sauce

(at lunch only)
Stuffed Shells  
Boston Style Tofu  
Impossible Burger

(at lunch only)
Cheese Tortellini  
Cheeseburger/Bun  
Boca Burger/Bun

(at lunch only)
Cheeseburger/Bun  
Cheeseburger/Bun  
Cheeseburger/Bun

(at dinner only)
Roman Cheese Pizza  
Pasta Selection  
Marinara Sauce  
Alfredo Sauce

(at dinner only)
Pasta Selection  
Marinara Sauce  
Alfredo Sauce

(at dinner only)
Pasta Selection  
Marinara Sauce  
Alfredo Sauce

### DINNER:
Also available whole fresh fruit, fresh fruit salad, assorted snacks, chips, ice cream novelties, and beverages

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Roast Turkey  
w/Gravy  
Bread Stuffing  
Vegan Spinach, Mushrooms  
Vegetable Casserole  
Au Gratin Potatoes  
Green Beans  
Carrots

Breaded Chicken  
Baked Chicken  
Eggplant Napoleon  
Baked Sweet Potatoes  
Charred Corn on Cob  
Collard Greens  
Thai Bar featuring:  
Moo Goo Gai Pan  
Pad Thai  
Jasmine Rice

Baked Beef Stew  
Vegan Beef Stew  
Fire Roasted Grains & Vegetables  
Roasted Cauliflower  
Green Peas  
Spider Chicken  
Greek Bar featuring:  
Greek Meatballs  
Spanakopita  
Gigande Beans

Fish of the Day  
Fishless Fillets  
Veggie Fritti  
Vegetable Couscous  
Vegetable Medley  
Roasted Brussels Sprouts

Sweet & Sour Pork  
Spareribs  
Tofu Char Sui  
Jasmine Rice  
Sesame Turmeric  
Green Beans

Thai Bar featuring:  
Thai Green Curry  
Chicken  
Green Curry  
Pad Thai  
Jasmine Rice

Parmesan Crusted Salmon  
Vegetables  
Roasted Fingerling Potatoes  
Charred Cauliflower  
Garlic Kale  
Greek Bar featuring:  
Greek Meatballs  
Spanakopita  
Gigande Beans

Spider Chicken  
Hamburger, Cheeseburger, Boca Burger, Curly Fries

Spider Chicken  
Hamburger, Cheeseburger, Boca Burger, Curly Fries

Fried Rice Special:  
Fried Rice  
Roasted Fish  
Sweet & Sour Tofu

Vegetable Stir Fry Special  
Egg, Fish  
General Tso Tofu

Spider Chicken  
Hamburger, Cheeseburger, Boca Burger, Curly Fries

Spider Chicken  
Hamburger, Cheeseburger, Boca Burger, Curly Fries

Spider Chicken  
Fried Rice Special  
Onion Rings

Spider Chicken  
Hamburger, Cheeseburger, Boca Burger, Curly Fries

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Hamburger, Cheeseburger, Boca Burger, Curly Fries

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