**Weekly Menu Heilman Dining Center December 27-January 2**

**Heilman Dining Center Hours:**

**Sunday Dec. 27-Wednesday Dec. 30:** Lunch 12-1 p.m. Pickup dinner to go and bag breakfast

**Wednesday dinner, pickup meals for Thursday, Friday and bag breakfast for Saturday**

**Closed Thursday December 31 & Friday January 1**

**Saturday January 2:** Lunch 12-1 p.m.; Dinner 5pm-6pm (pickup bag breakfast at dinner)

All retail dining, cafes and Deans Den are closed for Winter Break.

**ETC purchases will be available upon request Monday-Friday, when HDC is open.**

### BREAKFAST: Breakfast bags will be available for pickup at dinner the day before

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<th>Day</th>
<th>Sunday December 27</th>
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<th>Thursday December 31</th>
<th>Friday January 1</th>
<th>Saturday January 2</th>
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<tr>
<td>Menu Selections</td>
<td>Daily Breakfast Bag meals include breakfast pastry, whole fresh fruit, cut fresh fruit selection, yogurt, cereal selection, milk option and beverage selections</td>
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### LUNCH: Also available whole fresh fruit, fresh cut fruit selection, assorted snacks, chips, ice cream novelties, and beverages

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### Menu Selections Available at Lunch

- House Salad
- MTO Southwest Salad
- MTO Spinach & Fruit Salad
- MTO Mediterranean Salad at lunch
- CLOSED
- CLOSED
- House Salad

**Choose:** Italian, Caesar, Ranch or Balsamic

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

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**Menu Selections**

- Chicken Pot Pie
- Vegan Pot Pie
- Fingerling Potatoes
- Vegetable Medley
- Garlic Kale
- Penne Pasta
- Marinara Sauce
- House Salad & Dressing
- Fresh cut fruit
- Whole Fruit
- Chips
- Oreo Madness Cookies
- Parkerhouse Roll

- Lemon Caper Salmon
- Chickpea Falafel
- Caramelized Onion Gravy
- Onion Gravy
- Garlic Mashed Potatoes
- Asparagus
- Chardonnay Cauflower
- Penne Pasta
- Marinara Sauce
- House Salad & Dressing
- Fresh cut fruit
- Whole Fruit
- Chips
- Heath Bar Cookies
- Bread & Butter Roll

- Grilled Chicken Parmesan
- Vegan Chicken Parmesan
- Ziti w/Marinara Sauce
- Asparagus
- Vegetable Medley
- House Salad & Dressing
- Fresh cut fruit
- Whole Fruit
- Chips
- Blondies
- Rosemary Focaccia Bread

- Ziti w/Marinara Sauce
- Roasted Red Potatoes
- Roasted Brussels Sprouts
- Grilled Zucchini
- Penne Pasta
- Marinara Sauce
- House Salad & Dressing
- Fresh cut fruit
- Whole Fruit
- Chips
- Snickerdoodle Cookies
- Garlic Parmesan Roll

- Sweet & Sour Tempeh
- Marinara Sauce
- Green Beans
- Grilled Squash
- Green Peas
- Penne Pasta
- Marinara Sauce
- House Salad & Dressing
- Fresh cut fruit
- Whole Fruit
- Chips
- Blondies
- Rosemary Focaccia Bread

- Chicken Vindaloo
- Vegetable Bhajia
- Channa Masala
- Basmati Rice
- Cumin Spinach
- Chan Masala
- Naan Bread

- Spider Chicken
- Chicken Nuggets
- Sweet Potato Fries
- Roman Cheese Pizza
- Roman Beef/Pork
- Italian Pizza
- Vegan Cheese Pita Pizza

- Oreo Cookies
- Oreo Cheesecake
- Parkerhouse Rolls