University of Richmond Residential Dining

Today's Table

Weekly Menu January 10–16, 2021

Look for these new changes this semester:

- Full Salad Bar daily, built to order
- Fried Eggs for Breakfast daily
- Pasta Bar available Thursdays & Fridays (starting 1/28) & Macaroni & Cheese Bar (starting 2/4)

Built to Order Burgers

Soup and Panini Station Monday–Wednesday 1/2

Plus over 25 special events!

Specials this Week:

Poke Bowl: Sushi rice, tuna, edamame, seaweed, cucumber, green onions, carrots, pickled ginger, spicy mayonnaise

Greek Bar: Lamb Schwarma, Chicken Souvlaki, Vegetable Tricolor Quinoa, Falafel, Pita Bread, Shredded Lettuce, Diced Tomatoes, Tzatziki Sauce, Humus.

Hibachi Stir Fry: Stir Fried Vegetables, Steamed Shrimp, Tofu selection, Brown Rice. Available at lunch Tuesday and Thursday

Fried Rice Special: Vegetable Fried Rice, Roasted Fish, Tofu selection. Available at dinner Wednesday

Vegetable Stir Fry: Stir Fried Vegetables, Roasted Fish, Tofu selection, Rice. Available at dinner Monday and Friday

<table>
<thead>
<tr>
<th>Residential Dining Hours</th>
<th>Prices</th>
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</thead>
<tbody>
<tr>
<td><strong>Heilman Dining Center</strong></td>
<td><strong>Prices</strong></td>
</tr>
<tr>
<td>Monday - Friday Breakfast 7:00am-10:30am*</td>
<td>Spider Card / Cash $8.00</td>
</tr>
<tr>
<td>Lunch 11:00am-3:30pm*</td>
<td>Guest Card $7.25</td>
</tr>
<tr>
<td>Dinner 4:00pm-8:00pm</td>
<td>Special Admissions $7.25</td>
</tr>
<tr>
<td>Saturday &amp; Sunday Continental Breakfast 8:00am-10:30am*</td>
<td>Seniors (65 or older) $7.25</td>
</tr>
<tr>
<td>Brunch 11:00am-3:30pm*</td>
<td>Flex, Faculty / Staff w/ ID $6.75</td>
</tr>
<tr>
<td>Dinner 4:00pm-8:00pm</td>
<td>Children (ages 3–9) $6.65</td>
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<thead>
<tr>
<th>Alice Haynes Room</th>
<th><strong>Prices</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Monday – Thursday</strong> Lunch 11:00am-3:30pm*</td>
<td>Breakfast $10.75</td>
</tr>
<tr>
<td>Dinner 4:00pm-8:00pm</td>
<td>Lunch $12.75</td>
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<tr>
<td><strong>Friday</strong> Lunch 11:00am-3:30pm*</td>
<td>Dinner $14.75</td>
</tr>
<tr>
<td>Dinner Closed (closed Saturday &amp; Sunday)</td>
<td>Special Events $13.50</td>
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</tbody>
</table>

Poke Bowl:
Sushi rice, tuna, edamame, seaweed, cucumber, green onions, carrots, pickled ginger, spicy mayonnaise

Greek Bar:
Lamb Schwarma, Chicken Souvlaki, Vegetable Tricolor Quinoa, Falafel, Pita Bread, Shredded Lettuce, Diced Tomatoes, Tzatziki Sauce, Humus.

Hibachi Stir Fry:
Stir Fried Vegetables, Steamed Shrimp, Tofu selection, Brown Rice. Available at lunch Tuesday and Thursday

Fried Rice Special:
Vegetable Fried Rice, Roasted Fish, Tofu selection. Available at dinner Wednesday

Vegetable Stir Fry:
Stir Fried Vegetables, Roasted Fish, Tofu selection, Rice. Available at dinner Monday and Friday

Residential Dining Hours
Heilman Dining Center
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Prices
Breakfast $10.75
Lunch $12.75
Dinner $14.75
Special Events $13.50

Spider Card / Cash $8.00
Guest Card $7.25
Special Admissions $7.25
Seniors (65 or older) $7.25
Flex, Faculty / Staff w/ ID $6.75
Children (ages 3–9) $6.65
### BREAKFAST: Also available whole fresh fruit, fresh fruit salad, assorted snacks, chips, ice cream novelties, and beverages

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

**Weekly Menu Heilman Dining Center January 10-16, 2021**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Saturday</th>
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<tbody>
<tr>
<td>January 10</td>
<td>January 11</td>
<td>January 12</td>
<td>January 13</td>
<td>January 14</td>
<td>January 15</td>
<td>January 16</td>
</tr>
<tr>
<td>Full Breakfast 7:00am</td>
<td>Scrambled Eggs</td>
<td>Fried Eggs</td>
<td>Fried Eggs</td>
<td>Scrambled Eggs</td>
<td>Fried Eggs</td>
<td>Continental 8:00am</td>
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<tr>
<td>Hard Cooked Eggs</td>
<td>Scrambled Eggs w/Ham</td>
<td>Pork Bacon</td>
<td>Pork Bacon</td>
<td>Pork Sausage Link</td>
<td>Pork Bacon</td>
<td>Hard Cooked Eggs</td>
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<tr>
<td>Pork Bacon</td>
<td>Turkey Bacon</td>
<td>Turkey Bacon</td>
<td>Turkey Bacon</td>
<td>Turkey Bacon</td>
<td>Turkey Bacon</td>
<td>Chocolate Muffin</td>
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<tr>
<td>Canadian Bacon</td>
<td>Chicken Sausage</td>
<td>Lumberjack Hash</td>
<td>Turkey Bacon</td>
<td>Hash Brown Potatoes</td>
<td>Pancakes</td>
<td>Lemon Poppy Seed Muffin</td>
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<tr>
<td>Tater Tots</td>
<td>Blueberry Pancakes</td>
<td>Granola Raisin</td>
<td>Cheese Pizza</td>
<td>Chocolate Chip</td>
<td>Pancakes</td>
<td>Donut Holes</td>
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<tr>
<td>French Toast Sticks</td>
<td>Pork Bacon, Egg &amp; Cheese</td>
<td>Biscuit</td>
<td>Cheese Biscuit</td>
<td>Pork Sausage, Cheese Biscuit</td>
<td>Egg, Cheese Croissant</td>
<td>French Toast Sticks</td>
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<tr>
<td>Steel Cut Oats</td>
<td>Egg, Cheese Biscuit</td>
<td></td>
<td>Egg, Vegan Sausage Croissant</td>
<td>Egg, Vegan Sausage</td>
<td>Cheese Biscuit</td>
<td>Pork Sausage, Cheese Biscuit</td>
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<tr>
<td>Soft Oats</td>
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<td>Egg, Cheese Biscuit</td>
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**Menu Selections Available at Lunch and Dinner**

**Built to order Salad Bar**

- Pasta Caesar Salad
- Alfredo Sauce
- (at lunch only)
- Baked Ziti
- (at lunch only)
- Roman Cheese Pizza
- Marinated Chicken
- Alfredo Sauce
- (at lunch only)
- Baked Rice
- (at lunch only)
- Mediterranean Salad
- Mediterranean Seitan
- Long Grain & Wild Rice
- (dinner only)
- Birthday Cake
- Sugar Cookie
- Chocolate Avocado
- Mousse
- Olive Oil & Sesame Seed Bread
- Carrot Cake
- Jersey Dirt Blondies
- Parker House Rolls
- w/Sesame Seeds
- Arkansas Possum Pie
- Vegan Vanilla Cake
- GF Chocolate Chip Cookie
- NY Style Cheesecake
- Chocolate Pudding
- Vegan Ranger Cookie
- Butter & Egg Roll
- Sweet Potato Pie
- Brownies
- Lime Jello
- Rosemary Focaccia Bread
- Chocolate Raspberry Swiss Roll
- Jersey Dale Cookie
- GF Chocolate Chip Cookies
- Garlic Parmesan Roll
- Seur Cream Pound
- Cake Heath Bar Cookie
- Banana Cream Pudding

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

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<td>January 16</td>
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<tr>
<td>Mediterranean Salmon</td>
<td>Mediterranean Seitan</td>
<td>Long Grain &amp; Wild Rice</td>
<td>Roasted Tuscan Vegetables</td>
<td>Green Beans</td>
<td>Mediterranean Salmon</td>
<td>Mediterranean Seitan</td>
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<td>Long Grain &amp; Wild Rice</td>
<td>Roasted Tuscan Vegetables</td>
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<td></td>
<td>Green Beans</td>
<td>Green Beans</td>
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<tr>
<td>Rottiserie Chicken</td>
<td>Vegetable Grains</td>
<td>Barbanco Beans &amp; Spinach</td>
<td>Chicken Sausage</td>
<td>Baked Sweet Potato</td>
<td>Pork Sausage Sprouts</td>
<td>Grilled Yellow Squash</td>
</tr>
<tr>
<td>Vegetable Chicken</td>
<td>Roasted Green Peas</td>
<td>Roasted Curried Cauliflower</td>
<td>Chicken Souvlaki</td>
<td>Baked Brussels Sprouts</td>
<td>Grilled Squash</td>
<td>BBQ Bowl</td>
</tr>
<tr>
<td>Vegetable Chicken</td>
<td></td>
<td></td>
<td>Vegetable Tricolor Quinoa Falafel</td>
<td>Sushi rice, tuna, edamame, seaweed, cucumber, green onions, carrots, pickled ginger, spicy mayonnaise</td>
<td>Beef Flank Steak</td>
<td>Shrimp Scampi</td>
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<tr>
<td>Vegetable Tricolor Quinoa Falafel</td>
<td></td>
<td></td>
<td>Pita Bread &amp; Toppings</td>
<td>Chicken Tikka Masala</td>
<td>Herb &amp; Garlic</td>
<td>Spider Chicken</td>
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<tr>
<td>Vegetable Tricolor Quinoa Falafel</td>
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<td></td>
<td>Chana Masala</td>
<td>Pork Samosas</td>
<td>Buffalo Wings</td>
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<tr>
<td>Vegetable Tricolor Quinoa Falafel</td>
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<td></td>
<td></td>
<td>Potato Samosas</td>
<td>Tamarind Chutney</td>
<td>Honey Stung Wings</td>
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<tr>
<td>Vegetable Tricolor Quinoa Falafel</td>
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<td>Green Chili Chutney</td>
<td>Basmati Rice</td>
<td>Vegan Tenders</td>
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<td>Vegetable Tricolor Quinoa Falafel</td>
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<td>Cumin Spinach</td>
<td>Broccoli</td>
<td>Jalapeno Poppers</td>
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<tr>
<td>Vegetable Tricolor Quinoa Falafel</td>
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<td>Naan</td>
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<td>Cater &amp; Celery Sticks</td>
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**Other Dishes**

- Spoon Bread
- Spaghetti
- Spinach
- Spinach Salad
- Spicy Carrot & Celery Sticks
- Spinach Salad
- Spicy Tuna Salad 

**Beverages**

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