

Panther
Central

Dining Services



September 7 – September 13

Menus subject to change

Salad Bar

All day 11 a.m. - 8 p.m.

- Chopped romaine, baby spinach, diced ham, turkey, shredded cheddar, diced eggs, chopped bacon, cucumbers, cherry tomatoes, sliced red onions, diced tofu, broccoli, shredded carrots, julienne peppers, chopped red cabbage, black beans, beats, chunk tuna, garbanzo beans, black olives, fresh herbs, whole roasted mushrooms, specialty greens, pepperochinis, specialty grains, roasted vegetables and canned fruit

Vegetarian Menu

Monday – Pico & cheese quesadilla; bowtie pasta with artichokes, sun dried tomatoes and spinach in aglio e olio

Tuesday – Sweet & spicy tofu with jasmine rice, Edamame sabo noodles with white kale

Wednesday – Tri-colored cheese tortellini with a pesto cream sauce, grilled portabella mushroom sandwich with grilled tomatoes & provolone

Thursday – Noodle cake with tomato basil sauce, R.R. pepper & eggplant quesadilla

Friday – Chickpea and tomato stew with basamiti rice, grilled vegetable napoleon with a roasted red pepper coulis and fresh mozzarella cheese

Saturday – Fresh vegetables and basil linguin, garden burger served with cole slaw

Sunday – Wild mushroom risotto cakes with a coulis sauce; hummus wrap with shredded carrots, sliced tomatoes and spinach

Gluten Free options for lunch served 11:30 a.m. – 3:30 p.m.

Gluten Free options for dinner served 4 p.m. – 8 p.m.

Monday – Pork Loin w/ roasted apples, succotash, and chili roasted sweet potatoes

Tuesday – Cod Almandine, California vegetables, and wild rice pilaf

Wednesday – Beef stroganoff, green beans, and rice

Thursday – Chicken forester, grilled vegetables, and whipped potatoes

Friday – Salisbury steak, honey glazed carrots, and parsley butter red potatoes

Saturday – Grilled chicken with pineapple salsa, Aztec corn, and coconut rice

Sunday – Pepper steak, steamed broccoli, and jasmine rice