

CRLS MEDIA CAFE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Oven Roasted Tofu Fingers Lasagna Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	Tofu Taco Cheesy Chickpea Fajita Pasta Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	Baked Potato Buffalo Tofu Pasta Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Chickpea Doro Wat Broccoli Alfredo White Rice, Roasted Spiced Carrots, Sauteed Spinach	Southwest Skillet with Cornbread Veggie Chop Suey Roasted Potatoes, Braised Collard Greens, Seasoned Corn
Oven Roasted Tofu Fingers Ravioli Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	Cheese Pupusas Eggplant Parmesan Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	Baked Potato Buffalo Tofu and Vegetables Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Sweet & Sour Tofu Broccoli & Tomato Pasta in Garlic Sauce White Rice, Roasted Spiced Carrots, Sauteed Spinach	Black Bean Loaf Three Cheese Pasta Bake Smashed Potatoes, Braised Collard Greens, Seasoned Corn
Oven Roasted Tofu Fingers Butternut Squash Pasta Sweet Potato Wedges and Roasted Broccoli	Lentil Taco Cheesy Chickpea Fajita Pasta Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	Baked Potato Buffalo Tofu and Vegetables Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Moroccan Kati-Kati Baked Cauliflower Tomato & Mozzarella Pesto Pasta Moroccan Roasted Potatoes, Roasted Carrots, Sauteed Green Beans	Roasted Tofu Dinner Chickpea Caccitore Smashed Potatoes, Sauteed Collard Greens, Seasoned Corn with Gravy & Stuffing
Oven Fried Buffalo Tofu Pasta Parmesan with Vegetables Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	Tofu Burrito Bowl Eggplant Parmesan Roasted Peppers & Onions, Ranchero Beans, and Rice	Baked Potato Buffalo Tofu and Vegetables Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Jamaican Jerk Cauliflower & Black Beans Tofu LoMein Cilantro Lime Rice, Sauteed Carrots and Plantains	Lentil and Veggie Shepard's Pie Buffalo Tofu Pasta Smashed Potatoes, Braised Collard Greens
Oven Roasted Tofu Fingers Lasagna Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	Lentil Taco Tomato & Spinach Pasta Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	Baked Potato BBQ Tofu Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Greek Lemon Tofu Eggplant Parmesan Herb Roasted Potatoes, Roasted Summer Squash and Sauteed Spinach	Kelp Bites Vegetable Chop Suey Rice Pilaf, Sauteed Corn and Steamed Broccoli
Oven Roasted Tofu Fingers Ravioli Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	Tofu Taco Cheesy Chickpea Fajita Pasta Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	Baked Potato Buffalo Tofu Pasta Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	Caribbean Curry Tofu Broccoli Alfredo Rice, Sauteed Cabbage and Sauteed Green Beans	Vegetable Pot Pie Eggplant Parmesan Braised Collard Greens and Seasoned Corn

FREE MEALS

Meals are at no cost for all students as long as they select a **'complete meal'**.

This means: A student must take at least 3 food items at each meal AND one of those items **MUST** be a fruit or vegetable.

Students can return to the salad bar for additional serving of fruits & veggies.

DAILY SELECTIONS

Salad & Soup Bar

Build your own salad
Daily rotating selection of soups

Deli Station

Made to order deli sandwiches

Bistro Station

Rotating selection of hot sandwiches

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY						
S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S
					1	2	1	2	3	4	5	6	7				1	2	3	4						1	2		1	2	3	4	5	6
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			24/31	25	26	27	28	29	30	28	29	30	31			
FEBRUARY							MARCH							APRIL							MAY							JUNE						
S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S
				1	2	3						1	2		1	2	3	4	5	6				1	2	3	4							1
4	5	6	7	8	9	10	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
11	12	13	14	15	16	17	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
18	19	20	21	22	23	24	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
25	26	27	28	29			24/31	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31		23/30	24	25	26	27	28	29