Valpo Dining

Sunday 5/5	Monday 5/6	Tuesday 5/7	Wednesday 5/8	Thursday 5/9	Friday 5/10	Saturday 5/11
Soup of the Day	*Vegetarian Potato Soup	*White Bean & Olive Soup	*Mushroom Barley Soup	*Nacho Potato Soup	*Tomato Soup	Soup of the Day
	Chicken Tortilla Soup	Yankee Pot Roast Soup	Pasta Fazole	Oriental Chicken Soup	Beef Noodle Soup	
Chili	Chili	Chili	Chili	Chili	Chili	Chili
Chef's Corner Lunch	**Chef's Corner Lunch**	**Chef's Corner Lunch**	**Chef's Corner Lunch**	**Chef's Corner Lunch**	**Chef's Corner Lunch**	**Chef's Corner Lunch**
*Cheese Ravioli	*Baked Penne Pasta	*Spinach Pasta Toss	*Vegetable Jambalaya	*Cheese Quesadilla	*Grilled Cheese Sandwich	Pancakes
Hawaiian Chicken Breast	BBQ Rib Sandwich	Grilled All American Sandwich	Hot Beef and Cheddar Sandwich	Chicken Quesadilla	Grilled Chicken Breast	Sausage Links
Eggs Benedict	Strips of Fire	Chicken Nuggets	Popcorn Chicken	Sloppy Joe	Fish and Chips	Scrambled Eggs
Sausage Links	Lemon Grillers	Mixed Vegetables	Peas & Carrots	Seasoned Corn	Glazed Carrots	Biscuits and Gravy
Hash Browns	California Blend	Gourmet Vegetables	Key West Blend	Cuban Black Beans	Nantucket Blend Vegetables	Southern Potatoes
Biscuits & Gravy	Seasoned Green Beans	Rice Pilaf	Steamed Rice	Mexican Rice	Rice Blend	
Gourmet Cinnamon Rolls	Seasoned Rice	Black Pepper Fries	French Fries	Curly Fries	Natural Cut Fries	
French Bread	Tater Tots					
Brick Oven Lunch	**Brick Oven Lunch**	**Brick Oven Lunch**	**Brick Oven Lunch**	**Brick Oven Lunch**	**Brick Oven Lunch**	**Brick Oven Lunch**
*Cheese Pizza	*Cheese Pizza	*Cheese Pizza	*Cheese Pizza	*Cheese Pizza	*Cheese Pizza	*Cheese Pizza
Sausage Gravy Pan Pizza	Hand Tossed Pepperoni	Thin Pepperoni Pizza	Mini Meatball Pizza	Lotsa Meatsa Pizza	Italian White with Chicken	Breakfast Pan Pizza
Hand Tossed Pepperoni	Miss Piggy Pan Pizza	BBQ Chicken & Bacon Pan	Hand Tossed Pepperoni	Chicken Caesar Pan Pizza	Pepperoni Flat Bread	Hand Tossed Sausage
Deep Dish Mega Sausage Pizza	5 Alarm Chicken Pan	*Hand Tossed Feta & Roasted Garlic	Deep Dish Philly Cheesesteak	*Deep Dish Macaroni & Cheese	Chili Pan Pizza	SW Turkey Club Sub
Sizzle Lunch	**Sizzle Lunch**	**Sizzle Lunch**	**Sizzle Lunch**	**Sizzle Lunch**	**Sizzle Lunch**	**Sizzle Lunch**
Belgium Waffles	Ranch Fried Chicken Panini	2 X 2 Panini	Bistro Croissant	Philly Panini	*Ultimate Grilled Cheese Panini	Belgium Waffles
with Toppings	Pork Ramen Noodle Bowl	Oriental Chicken Tortellini Stir Fry	Hunan Chicken Stir Fry	Sweet & Sour Chicken Stir-fry	Grilled Teriyaki Chicken Salad	with Toppings
	Pasta w/Carbonara Sauce	SW Pasta w/ Tuscan Marinara	Pasta w/ Alfredo	Pasta w/FireRstd Salsa Alfredo	Pasta w/ Chipotle Marinara	
Omelets to Order	Chicken & Broccoli	Chunky Sausage & Black Beans	Chicken & Broccoli	Meatballs & Diced Tomatoes	Sausage & Zucchini	Omelets to Order
Chef's Corner Dinner	**Chef's Corner Dinner**	**Chef's Corner Dinner**	**Chef's Corner Dinner**	**Chef's Corner Dinner**	**Chefs Corner Dinner**	**Chefs Corner Dinner**
*Cheese Ravioli	*Stuffed Shells	*Flavored Pasta	*Hearty Baked Potato	*Vegetable Pasta Blend	*Macaroni and Cheese	*Vegetable Mostaccioli
Beef Ravioli	Roast Turkey	w/ choice of Marinara	Beef Fritter	BBQ Chicken Quarters	Smashed Chicken Bowl	Cheddar Bacon Burger
Hawaiian Chicken Breast	Baked Barramundi	or Alfredo Sauce	Creamy Herb Tilapia	Fried Perch	Shrimp Stir Fry	Baked Chicken Breast
Venetian Blend Vegetables	Malibu Blend Vegetables	Italian Sausage	Spinach Parmesan	Nacho Supreme	French Fries	w/ Choice of Sauce
Cauliflower w/Cheese Sauce	Green Bean Casserole	Lemon Pepper Cod	Normandy Blend Vegetables	Parsley Buttered Potatoes	Malibu Vegetables	French Fries
Rice Pilaf	Mashed Potatoes/Gravy	Noodles	Mashed Potatoes/Gravy	Gourmet Blend	Steamed Rice	Sicilian Vegetables
Roasted Red Skin Potatoes	Rice Pilaf	Basmati Rice	Seasoned Rice	Jasmine Rice		French Fries
French Bread		Gourmet Vegetables	Malibu Blend			
			French Bread			
Brick Oven Dinner	**Brick Oven Dinner**	**Brick Oven Dinner**	**Brick Oven Dinner**	**Brick Oven Dinner**	**Brick Oven Dinner**	**Brick Oven Dinner**
*Cheese Pizza	*Cheese Pizza	*Cheese Pizza	*Cheese Pizza	*Cheese Pizza	*Cheese Pizza	*Cheese Pizza
*Thin Crust 5 Cheese & Spinach	Hand Tossed Pepperoni	Thin Pepperoni Pizza	Mini Meatball Pizza	Lotsa Meatsa Pizza	Italian White with Chicken	Mega Pepperoni Pizza Pan
Hand Tossed Pepperoni	Miss Piggy Pan Pizza	BBQ Chicken & Bacon Pan	Hand Tossed Pepperoni	Chicken Caesar Pan Pizza	Pepperoni Flat Bread	Hand Tossed Sausage
Deep Dish Mega Sausage Pizza	5 Alarm Chicken Pan		Deep Dish Philly Cheesesteak	*Deep Dish Macaroni & Cheese	Chili Pan Pizza	SW Turkey Club Sub
Sizzle Dinner	**Sizzle Dinner**	**Sizzle Dinner**	**Sizzle Dinner**	**Sizzle Dinner**	**Sizzle Dinner**	**Sizzle Dinner**
Turkey & Cheddar Ciabatta Roll	Ranch Fried Chicken Panini	Strawberry Crepes	Bistro Croissant	Philly Panini	*Ultimate Grilled Cheese Panini	
	Pork Ramen Noodle Bowl	Banana Nutella Crepes	Hunan Chicken Stir Fry	Sweet & Sour Chicken Stir-fry		
Pasta w/Alfredo	Pasta w/Carbonara Sauce	Blueberry Pancakes	Pasta w/ Alfredo	Pasta w/FireRstd Salsa Alfredo	Pasta w/ Chipotle Marinara	Pasta w/ Tuscan Marinara
Chicken & Snow Peas	Chicken & Broccoli		Chicken & Broccoli	Meatballs & Diced Tomatoes	Sausage & Zucchini	Ground Beef & Carrots
Campus Café	**Campus Café**	**Campus Café**	**Campus Café**	**Campus Café**	**Campus Café**	**Campus Café**
*Cheese Pizza, 7" Pizzas	*Cheese Pizza	*Cheese Pizza	*Cheesy Bread	*Cheese Pizza	*Cheese Pizza	*Cheese Pizza
	*Veggie Pizza	Chicken Club Pizza	Sausage Pizza	7" Pizzas to Order	7" Pizzas to Order	7" Pizzas to Order
	Hawaiian Pizza	Walking Taco	Continental Burger			
	Bean Tostada	Beef Corn Dog	Hot Dog Basket			

Meal Plan Balance Estimate
Freshmen: 106.60
Sophomore: 95.55
Junior: 89.30