

SGSC Dining Hall		SPRING Semester Menu 2026			Elior/ Week at a Glance		Week 3
Saturday 01-24-2026	Sunday 01-25-2026	Monday 01-26-2026	Tuesday 01-27-2026	Wednesday 01-28-2026	Thursday 01-29-2026	Friday 01-30-2026	
Breakfast-Jumpstart							
Egg Frittata Asparagus BW French Toast Molasses Tofu Scramble BW Hot or Cold Cereal ! BRUNCH !	Cheese Quesadillas Scrambled Eggs BW Hot or Cold Cereal ! BRUNCH !	Scrambled Eggs BW Huevos Rancheros Breakfast HAM Pancake n' Sausage Stick Tofu Scramble BW Hashbrown Potatoes Hot or Cold Cereal Bagel Cinnamon Raisin	Scrambled Eggs BW Hard Boiled Egg Banana French Toast Tater Tots Southwest Sausage Link Hot or Cold Cereal Assorted Muffins	Bacon Cheesy Scrambled Eggs BW Large Fried Egg Nacho Breakfast w/Chorizo Pancakes/Blueberries Egg Sandwich Croissant Hashbrown Casserole Hot or Cold Cereal	Scrambled Eggs BW Hard Boiled Egg Mexican Scrambled Eggs with/ Chorizo Sausage Pork Patty Breakfast Old Bay Potatoes French Toast Tofu Scramble w/veggies Hot or Cold Cereal	Scrambled Eggs BW Hard Boiled Egg Breakfast Strata w/Spinach, Feta & Tomatoes Oven Roasted Diced Potatoes Sausage Patties Turkey Bacon Flat Pancakes Hot or Cold Cereal	
Lunch						Scorn Apple Cinnamon	
Herbed Chicken Thigh Garlickly Swiss Chard Corn O'Brien Fingerling Roasted Potatoes Buttered Noodles Tofu Sesame Baked BW	Kale with Onions & Mushrooms Korean Style Pork Loin Roasted Herbed Turkey Squash & Zucchini Medley Oven Roasted Potato wedges Wild Rice Tacos Tofu Soft Shell	Beef Meatloaf Steamed Green Beans Glazed Coin Carrots Baked Pasta Cavatappi With Sausage Garlic Mashed Potatoes	Arroz con Pollo Roasted Turmeric Cauli Maple Glazed Salmon Roasted Root Veggies Roasted Red Potatoes Steamed White Rice	8-PC Fried Chicken Steamed Brussel Sprouts Cornbread Mac & Cheese Poboy Shrimp Sandwich On a Hoagie Cheesy Broccoli Tofu Teriyaki	Beef & Turkey Sloppy Joe On a Bun Chicken Cordon Bleu Smashed Yukon Potato Baked Eggplant Steamed Lemony Asparagus Coconut Brown Rice BW Mix Vegetable Blend Tofu Chickpea Cauliflower	BBQ Chicken Thigh Pasta Pesto w/ Shrimp & Asparagus Steamed Peas & Carrots Sauteed Green Beans Parslied White Rice	
Burger 4 Oz Patty Swiss Cheese 'n Mushrooms French Fries	FLAME	Burger Patty 4oz Jalapeno Cheddar BBQ Chips & Salsa premade	FLAME	Hot Dog All American Chili Cheese French Fries	FLAME	Cheeseburger Bacon French Fries	
Dinner							
Grilled Cheese Sandwich On White Bread Sauteed Italian Corn Marinara Meatballs Baked Manicoti w/ Sauce Grilled Zucchini	Roasted Pork Loin BW Au Gratin Cheesy Potatoes Squash & Zucchini Glazed Carrots Chicken Hard Tacos Chips & Salsa	Roasted Pork Loin w/Cramberry Glaze Beef Stew w/potatoes Steamed Jasmine Rice Roasted Brussel Sprouts Garlic Breadsticks	Fried Fish Garlic Parmesan Cauli Sauteed Garlic Spinach Steak Fries Capri Blend Vegetables Chicken Tenders w/ Honey Mustard Sauce Coleslaw	Southern Fried Chicken BEEF WRAP Caramelized Carrots Dirty Rice Cheesy Broccoli Pasta Cooked Quinoa	Chicken or Shrimp Fettuccine w/Alfredo Sauce Cheese Jalapeno Meatloaf Cajun Green Beans Sauteed Peppers & Zucchini Scalloped Potatoes Coleslaw	Creole Pork Chop Herbed Corn on the Cob Roasted Yukon Potatoes Baked Penne Pasta w/ Sausage & Ricotta California Blend Veggies	

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