



Menu for 10/9/2023 – 10/26/2023

An accessible version of this menu is available on the [MCC Food For Thought webpage](#)

Soups & Sides

Soup: Beef-Taco Soup	
Small	\$2.99
Large	\$3.99
French Fries	\$2.29
House Fried Potato Chips	\$1.99

Salads

Mexican Salad	\$6.89
Mixed greens with Cajun corn, tomato, cilantro, shredded cheddar, crispy chicken and fried corn tortilla strips, with chipotle ranch dressing.	

Middle Eastern Grain Bowl	\$5.59
<small>(vegan and made without gluten)</small>	
Quinoa tossed in a lemon-cilantro dressing, topped with dried fruits, red peppers, toasted pine nuts and chives.	
<i>Add grilled chicken for \$1.99</i>	
<i>Add plant-based crispy chicken for \$2.75</i>	

Dressing options: Ranch, Caesar, House Vinaigrette, Bleu Cheese, or Honey Mustard.

Beverages

Milkshake	\$4.49
<small>(Vanilla, Chocolate, Strawberry, or Pumpkin)</small>	
Assorted Beverages	\$1.99
Assorted bottled beverages, coffee, hot tea, iced tea, lemonade.	
Fruit Smoothies	\$5.79
Harvest Greens (detox), Superfruit All-Stars (Power), Tropical Harmony (Aloe), Mellow Mango (Immunity)	

Desserts

Brownie Sundae	\$3.69
Warm brownie with vanilla ice cream and whipped cream.	
Fudgy Brownie	\$2.29
Apple Crisp Bar	\$2.99

Sandwiches

Breakfast Sandwich	\$3.99
Egg, bacon, and cheddar cheese on a soft roll.	

Classic Grilled Cheese Sandwich <small>(vegetarian)</small>	\$5.99
Cheddar, provolone and pepper jack cheeses on focaccia bread, served with house fried potato chips and a pickle.	

Southwest Turkey Panini	\$6.99
Roasted turkey, pepper jack cheese, roasted red pepper and chipotle aioli on toasted focaccia bread, served with house fried potato chips, and a pickle. *Add bacon for \$.50	

½ Sandwich & Cup of Soup or Fries	\$5.99
<small>(Grilled Cheese or Panini)</small>	

Slider Burgers	\$6.99
Two mini burgers with your choice of cheese (cheddar, provolone, pepper jack), lettuce, tomato and sautéed onions on a soft roll, served with house fried potato chips, and a pickle. *Add bacon for \$.50	

Chipotle Chicken Sandwich	\$6.99
Crispy or grilled chicken with chipotle aioli, bacon, lettuce and tomato on a soft roll, served with house fried potato chips, and a pickle.	
<small>(substitute plant based crispy chicken for \$.75)</small>	

Entrees

Chicken Fingers	\$6.99
Served with house fried potato chips, pickle and choice of sauce: Honey Mustard, BBQ, Bleu Cheese or Buffalo Sauce.	

Chicken Provencal	\$6.99
Sautéed chicken breast with white wine, tomato, olives, anchovy paste, and fresh basil served over linguine.	

Pizzas

Cheese <small>(Vegetarian)</small>	\$4.99
Pepperoni	\$5.99
Buffalo Chicken	\$6.99
Chipotle Chicken	\$6.99
<i>Crispy chicken, chipotle aioli, bacon, roasted red pepper and mozzarella cheese.</i>	

***Please inform us of any food allergies**



Dining Options

The Hospitality Program at Monroe Community College welcomes you to **Food For Thought**.

Hours

Our students are available to serve you in this instructional laboratory Monday through Thursday from 11:30 a.m. to 1:00 p.m. for dine-in and take-out service.

Reservations

Please call **(585) 292-FOOD (x3663)** for reservations and information about Food For Thought.

The faculty, staff, and students thank you for your patronage.

Social Media

Check-out our Facebook page at [@FoodForThoughtMCC](https://www.facebook.com/FoodForThoughtMCC)



Hospitality Management
MONROE COMMUNITY COLLEGE

Food For Thought is located in Building 3, Room 146

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness