



Menu for 11/28/2022 – 12/8/2022

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

Soups & Sides

- Soup:** Baked Potato soup
Small \$2.99 Large \$3.99
- French Fries** \$2.29
- House Fried Potato Chips** \$1.99

Salads

- Greek Salad** \$6.89
Mixed greens tossed in a Greek vinaigrette, topped with tomatoes, cucumbers, red onions, red peppers, kalamata olives, pepperoncini, and feta cheese.
- Greek Grain Bowl** \$5.59
Quinoa tossed in a Greek vinaigrette, topped with cucumber, tomatoes, red onion, kalamata olives and feta cheese, served with a side of tzatziki.

Add grilled chicken for \$1.99
Add plant-based crispy chicken for \$2.75

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

Beverages

- Milkshake** \$4.49
(Vanilla, Chocolate, Strawberry, Peppermint)
- 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
- NYS Cheesecake** \$2.99

Sandwiches

- Breakfast Sandwich** \$3.99
Egg, bacon, and cheddar cheese on a soft roll.
- Classic Grilled Cheese Sandwich** (vegetarian) \$5.99
Cheddar, provolone and pepper jack cheeses on panini bread, served with house fried potato chips and a pickle.
- Philly Cheesesteak Sandwich** \$6.99
Sliced roast beef, provolone cheese and sautéed peppers and onions on ciabatta bread, served with au jus, house fried potato chips, and a pickle.
- Sausage Burger** \$6.99
Italian sausage patty topped with sautéed peppers & onions on a soft roll, served with house fried potato chips, and a pickle.
- 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
- The Boss Chicken Sandwich** \$6.99
Crispy or grilled chicken tossed in Boss Sauce, topped with bacon, lettuce and tomato on a soft roll, served with house fried potato chips, and a pickle.
(substitute plant based crispy chicken for \$.75)

Entrees

- House-made Chicken Fingers** \$6.99
Served with house fried potato chips, pickle and choice of sauce: Honey Mustard, BBQ, Bleu Cheese or Buffalo Sauce.
- Chicken Curry** \$6.99
Sautéed chicken breast, with curry sauce, peas, chick peas and tomatoes, served over rice pilaf.

Pizzas

- Cheese** (Vegetarian) \$4.99
House-made red sauce, with mozzarella cheese
- Pepperoni** \$5.99
House-made red sauce, with pepperoni and mozzarella cheese



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