



Menu for 10/31/2022 – 11/18/2022

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

Soups & Sides

Soup: Butternut Squash

Small \$2.99 Large \$3.99

French Fries \$2.29

House Fried Potato Chips \$1.99

Salads

Cobb Salad \$6.89

Crisp romaine lettuce with hard-boiled egg, crumbly bleu cheese, tomato, red onion, bacon, avocado mash and croutons.

Asian-Style Quinoa Bowl \$5.59

Quinoa tossed in a sesame ginger dressing, topped with edamame, purple cabbage, kale, mandarin oranges and sesame seeds.

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, Mocha)

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, vanilla ice cream and whipped cream.

Fudgy Brownie \$2.29

Chocolate Parfait \$2.79

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.

Santa Cruz Panini \$6.99

Roasted turkey, avocado spread, bacon, tomato and provolone cheese on panini bread, served with house fried potato chips, and a pickle.

Avocado Toast \$4.49

Toasted panini bread topped with avocado mash, hard-boiled egg, pepita, sesame seeds, and cotija cheese.

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

Buffalo Chicken Sandwich \$6.99

Crispy or grilled chicken tossed in buffalo sauce, topped with buffalo blue cheese, lettuce and tomato on a soft roll, served with house fried potato chips, and a pickle. (substitute plant based crispy chicken for \$.75)

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 French \$6.99

Egg-battered chicken breast with a lemon sherry sauce, served over linguine.

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