



Menu for 3/6/2023 – 3/23/2023

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

### Soups & Sides

<b>Soup:</b> Tomato-Basil Soup	
Small	\$2.99
Large	\$3.99
<b>French Fries</b>	\$2.29
<b>House Fried Potato Chips</b>	\$1.99

### Salads

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

<b>Middle Eastern Grain Bowl</b>	\$5.59
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(vegan and made without gluten)  
Quinoa tossed in a lemon-cilantro dressing, topped with dried fruits, red peppers, toasted pine nuts and chives.

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

<b>Milkshake</b>	\$4.49
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(Vanilla, Chocolate, Strawberry)

<b>Assorted Beverages</b>	\$1.99
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Assorted bottled beverages, coffee, hot tea, iced tea, lemonade.

<b>Fruit Smoothies</b>	\$5.79
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Harvest Greens (detox), Superfruit All-Stars (Power), Tropical Harmony (Aloe), Mellow Mango (Immunity)

### Desserts

<b>Brownie Sundae</b>	\$3.69
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Warm brownie with vanilla ice cream and whipped cream.

<b>Fudgy Brownie</b>	\$2.29
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<b>Cheesecake with Caramel Sauce</b>	\$2.99
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### Sandwiches

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

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

<b>Southwest Turkey Panini</b>	\$6.69
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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

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

<b>Slider Burgers</b>	\$6.99
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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

<b>Chipotle Chicken Sandwich</b>	\$6.99
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Crispy or grilled chicken with chipotle aioli, 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

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

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

### Pizzas

<b>Cheese</b> (Vegetarian)	\$4.99
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<b>Pepperoni</b>	\$5.99
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<b>Buffalo Chicken</b>	\$6.99
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<b>Chipotle Chicken</b>	\$6.99
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Crispy chicken, chipotle aioli, bacon, roasted red pepper 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