



Menu for 10/10/2022 – 10/27/2022

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

Soups & Sides

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

Salads

Mexican Salad	\$6.89
Crisp romaine lettuce 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
Pumpkin Roll	\$2.79

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 panini bread, served with house fried potato chips and a pickle.	
Southwest Turkey Panini	\$6.69
Roasted turkey, pepper jack cheese, roasted red pepper and chipotle aioli on toasted panini 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

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 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
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