



Menu for 10/30/2023 – 11/16/2023

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

Soups & Sides

Soup: Creamy Butternut Squash (*Vegetarian*)

Small \$2.99 Large \$3.99

French Fries \$2.29

House Fried Potato Chips \$1.99

Salads

Cobb Salad \$6.89

Mixed greens 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, Pumpkin)

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

Pumpkin Roll \$2.49

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 focaccia 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 focaccia 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

Pepperoni \$5.99

Buffalo Chicken \$6.99

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