



Menu for 9/12/2023 – 10/5/2023

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

Soups & Sides

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| Soup: Chicken Noodle | |
| Small | \$2.99 |
| Large | \$3.99 |
| French Fries | \$2.29 |
| House Fried Potato Chips | \$1.99 |

Salads

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| Caesar Salad | \$5.79 |
| Romaine lettuce, croutons, parmesan cheese, red onions and tomatoes with Caesar dressing. | |
| Pesto Quinoa Grain Bowl | \$5.59 |
| <small>(vegan and made without gluten)</small> | |
| Quinoa, spinach, grape tomato, cucumber, and pine nuts tossed in pesto sauce. | |

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

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

Beverages

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| Milkshake | \$4.49 |
| <small>(Vanilla, Chocolate, Strawberry, Apple-Brown Sugar)</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

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| Brownie Sundae | \$3.69 |
| Warm brownie, vanilla ice cream and whipped cream. | |
| Fudgy Brownie | \$2.29 |
| Lemon Brownie | \$2.29 |

Sandwiches

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| 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 focaccia bread, served with house fried potato chips and a pickle. | |
| Caprese Panini <small>(Vegetarian)</small> | \$5.99 |
| Vine-ripened tomato, provolone cheese and fresh pesto on toasted focaccia, served with house fried potato chips, and a pickle. | |
| Add grilled chicken or sliced Turkey for \$1.99 | |
| 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 | |
| Pesto Chicken Sandwich | \$6.99 |
| Crispy or grilled chicken tossed in pesto sauce, topped with provolone cheese, lettuce and tomato on a soft roll, served with house fried potato chips, and a pickle. <small>(Substitute plant based grilled chicken for \$.75)</small> | |

Entrees

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|---|---------------------------|
| Chicken Fingers | \$6.99 |
| Served with house fried potato chips, pickle and choice of sauce: Honey Mustard, BBQ, Bleu Cheese or Buffalo Sauce. | |
| Traditional Macaroni & Cheese <small>(Vegetarian)</small> | side \$3.29 Entrée \$6.49 |

Pizzas

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|---|--------|
| Cheese <small>(Vegetarian)</small> | \$4.99 |
| Pepperoni | \$5.99 |
| Margherita <small>(Vegetarian)</small> | \$6.99 |
| 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