



Menu for 9/14/2022 – 10/6/2022

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

Soups & Sides

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

Salads

Classic Caesar Salad	\$5.79
Crisp 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

Milkshake	\$4.49
(Vanilla, Chocolate, or Strawberry)	
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)	

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.	
Caprese Panini (Vegetarian)	\$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. (substitute plant based grilled chicken for \$.75)	

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.	
Traditional Macaroni & Cheese (Vegetarian)	side \$3.29 Entrée \$6.49
<i>Creamy baked macaroni with cheddar cheese.</i>	

Desserts

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



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