



Menu for 3/25/2024 – 4/18/2024

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

### Soups & Sides

**Soup:** Creamy Tomato-Basil (*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)

**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

**Half Moon Cookies** \$1.99

### 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.

**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\*