



Menu for 2/6/2023 – 3/2/2023

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

### Soups & Sides

<b>Soup:</b> Cheddar Broccoli Soup <i>(Vegetarian)</i>	
Small	\$2.99
Large	\$3.99
<b>French Fries</b>	\$2.29
<b>House Fried Potato Chips</b>	\$1.99

### Salads

<b>Kale Caesar Salad</b>	\$5.79
Romaine lettuce, kale, croutons, parmesan cheese, red onions and tomatoes with Caesar dressing.	
<b>Pesto Quinoa Grain Bowl</b>	\$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

<b>Milkshake</b>	\$4.49
<small>(Vanilla, Chocolate, or Strawberry)</small>	
<b>Assorted Beverages</b>	\$1.99
Assorted bottled beverages, coffee, hot tea, iced tea, lemonade.	
<b>Fruit Smoothies</b>	\$5.79
Harvest Greens (detox), Superfruit All-Stars (Power), Tropical Harmony (Aloe), Mellow Mango (Immunity)	

### Desserts

<b>Brownie Sundae</b>	\$3.69
Warm brownie, vanilla ice cream and whipped cream.	
<b>Fudgy Brownie</b>	\$2.29
<b>Red Velvet Cookie Bars</b>	\$2.29

### Sandwiches

<b>Breakfast Sandwich</b>	\$3.99
Egg, bacon, and cheddar cheese on a soft roll.	
<b>Classic Grilled Cheese Sandwich</b> <small>(vegetarian)</small>	\$5.99
Cheddar, provolone and pepper jack cheeses on panini bread, served with house fried potato chips and a pickle.	
<b>Caprese Panini</b> <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	
<b>½ Sandwich &amp; Cup of Soup or Fries</b>	\$5.99
<small>(Grilled Cheese or Panini)</small>	
<b>Slider Burgers</b>	\$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	
<b>Pesto-Chicken Sandwich</b>	\$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

<b>House-made Chicken Fingers</b>	\$6.99
Served with house fried potato chips, pickle and choice of sauce: Honey Mustard, BBQ, Bleu Cheese or Buffalo Sauce.	
<b>Traditional Macaroni &amp; Cheese</b> <small>(Vegetarian)</small>	
side \$3.29 Entrée \$6.49	
<i>Creamy baked macaroni with cheddar cheese.</i>	

### Pizzas

<b>Cheese</b> <small>(Vegetarian)</small>	\$4.99
<b>Pepperoni</b>	\$5.99
<b>Buffalo Chicken</b>	\$6.99



### 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