Media Cafeteria Menu

CAMBRIDGE FOOD & NUTRITION SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
Oven Fried Tofu Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	**Taco Bar: Tofu or Roasted Veggies** Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	**BBQ Tofu** Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	**Tofu Souse (Miami Style)** White Rice, Roasted Spiced Carrots, Sauteed Spinach	**Southwest Skillet** Roasted Potatoes, Braised Collard Greens, Seasoned Corn
Oven Fried Tofu Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	**Bean & Cheese Pupusa** Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	**BBQ Tofu** Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	**Sweet & Sour Tofu** Rice, Roasted Zucchini and Sauteed Bok Choy	**Black Bean Loaf** Smashed Potatoes, Braised Collard Greens, Seasoned Corn
Oven Baked Tofu Sweet Potato Wedges and Roasted Broccoli	**Burrito Bowl: Tofu & Veggies** Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	**BBQ Tofu** Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	**Ramen Bar** ***Build Your own Ramen Bar in the Media Cafe Vegetarian Meals will be served in Main Cafe***	**Herb Roasted Tofu** Smashed Potatoes, Sauteed Collard Greens, Seasoned Corn with Gravy and Stuffing
Oven Fried Tofu Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	**Cheese or Veggie Quesadillas** Roasted Peppers & Onions, Ranchero Beans, and Rice	**BBQ Tofu** Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	**Jamaican Jerk Tofu** Cilantro Lime Rice, Sauteed Carrots and Plantains	**Veggie Shepard's Pie** Seasoned Corn, Braised Collard Greens
Oven Fried Tofu Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	**Burrito Bowl: Tofu & Veggies** Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	**BBQ Tofu** Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	**Greek Style Lemon Chickpea and Veggies** Herb Roasted Potatoes, Roasted Summer Squash and Sauted Spinach	**Tofu w/ Gravy** Smashed Potato, Collard Greens, Steamed Corn
Oven Fried Tofu Sweet Potato Wedges, Roasted Broccoli, Curry Roasted Cauliflower	**Tofu Tacos** Roasted Peppers & Onions, Ranchero Beans, and Spanish Rice	**BBQ Tofu** Macaroni & Cheese, Roasted Butternut Squash, Sauteed Kale	**Indian Style Curry Tofu** Rice, Sauteed Cabbage and Sauteed Green Beans	**Chef's Choice: Veggie Burgers or Pizza** Oven Baked Potato Wedges and Seasoned Corn

DAILY SELECTIONS

Salad & Soup Bar
Build your own salad
Daily rotating selection of soups

Deli Station
Made to order deli sandwiches

Bistro Station
Rotating selection of hot sandwiches

FREE MEALS

A student must take at least 3 food items at each meal AND one of those items **MUST** be a fruit or vegetable.

Students can return to the salad bar for additional serving of fruits & veggies.

SEPTEMBER

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER

S	M	T	W	TH	F	S
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NOVEMBER

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30						

DECEMBER

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28	29	30	31			

JANUARY

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FEBRUARY

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MARCH

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APRIL

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MAY

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17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

JUNE

S	M	T	W	TH	F	S
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21	22	23	24	25	26	27
28	29	30				