

Main Campus Lunch Menu

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	October 19	October 20	October 21	October 22	October 23
MAIN COURSE	Lemongrass Chicken		Beef Sloppy Joe	Japanese Pork Rice (Gyudon)	New Orleans Fried Chicken
ALLERGENS	S, L			L	G
STAPLE FOOD	Thai Stir-Fried Noodle (Pad Thai)		Soft Roll	Steamed Corn Rice	Sweet Potato Wedges
ALLERGENS	E, G, S, L		G		
VEGETABLES	Stir-Fried Chinese Choy Sum		Steamed Corn, Carrot & Green Peas	Sauteed Chinese Asparagus	Steamed Broccoli, Carrot & Cauliflower
ALLERGENS			L		
SPECIALTIES	Steamed Pork Siu Mai		Hash Browns	Fried Vegetable Spring Roll	Corn Chips with Tomato Salsa/Guacamole
ALLERGENS	G, L			G, L	
SANDWICH BAR	Ham		Egg Salad	Chicken Salad	Paprika Lyoner
ALLERGENS			E	E	L
VEGETARIAN DISH (on request)	Lemongrass Tofu & Vegetables		Chickpea Sloppy Joe	Japanese Tofu & Vegetable	New Orleans Fried Vegetable
ALLERGENS	S, L		L	L	G
SALAD BAR	Salad Bar		Salad Bar	Salad Bar	Salad Bar
DRINKS	Milk, Plain Yogurt, Apple Juice, Orange Juice		Milk, Plain Yogurt, Apple Juice, Grape Juice	Milk, Fruit Yogurt, Apple Juice, Orange Juice	Milk, Plain Yogurt, Apple Juice, Lemonade
FRUITS	Seasonal Fruit		Seasonal Fruit	Seasonal Fruit	Seasonal Fruit

* ALLERGENS: D=Dairy, G=Gluten, E=Egg, N=Nuts, L=Legumes, S=Seafood

ECE Campus Lunch Menu

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	October 19	October 20	October 21	October 22	October 23
MAIN COURSE	Lemongrass Chicken		Beef Sloppy Joe	Japanese Pork Rice (Gyudon)	New Orleans Fried Chicken
ALLERGENS	S, L			L	G
STAPLE FOOD	Thai Stir-Fried Noodle (Pad Thai)		Soft Roll	Steamed Corn Rice	Sweet Potato Wedges
ALLERGENS	E, G, S, L		G		
VEGETABLES	Stir-Fried Chinese Choy Sum		Steamed Corn, Carrot & Green Peas	Sauteed Chinese Asparagus	Steamed Broccoli, Carrot & Cauliflower
ALLERGENS			L		
SPECIALTIES	Steamed Pork Siu Mai		Hash Browns	Fried Vegetable Spring Roll	Corn Chips with Tomato Salsa/Ham & Cheese Sandwich
ALLERGENS	G, L			G, L	D
SANDWICH BAR	Ham		Egg Salad	Chicken Salad	Paprika Lyoner
ALLERGENS			E	E	L
VEGETARIAN DISH (on request)	Lemongrass Tofu & Vegetables		Chickpea Sloppy Joe	Japanese Tofu & Vegetable	New Orleans Fried Vegetable
ALLERGENS	S, L		L	L	G
SALAD BAR	Salad Bar		Salad Bar	Salad Bar	Salad Bar
DRINKS	Milk, Plain Yogurt, Apple Juice, Orange Juice		Milk, Plain Yogurt, Apple Juice, Kumquat Lemon Juice	Milk, Fruit Yogurt, Apple Juice, Orange Juice	Milk, Plain Yogurt, Apple Juice, Orange Juice
FRUITS	Seasonal Fruit		Seasonal Fruit	Seasonal Fruit	Seasonal Fruit

* ALLERGENS: D=Dairy, G=Gluten, E=Egg, N=Nuts, L=Legumes, S=Seafood

Nutrition Facts

October 19-23 Lunch Menu Nutrition Facts (based on 2000 calorie diet)

Menu	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
Lemongrass Chicken	300	8	15	30	400	2
Beef Sloppy Joe	445	16	43	27	411	2
Japanese Pork Rice (Gyudon)	515	10	7	56	894	8
New Orleans Fried Chicken	334	19	20	19	1000	2
Thai Fried Noodle (Pad Thai)	165	4	24	8	383	3
Soft Roll	80	15	1	2	150	1
Steamed Corn Rice	112	4	1	10	187	2
Sweet Potato Wedges	105	3	15	1	37	3
Stir-Fried Chinese Choy Sum	120	5	7	4	300	2
Steamed Corn, Carrot & Green Peas	104	24	0	4	56	6
Sauteed Chinese Asparagus	160	8	14	6	394	4
Steamed Broccoli, Carrot & Cauliflower	55	3	5	3	406	5

* ALL DATA FOR REFERENCE ONLY