Monday 9/30

Soups of the Day
- Italian Wedding D,E
- Market Vegetable ~No Allergens

Entrees @ the Comfort Equation
- Pork Vindaloo ~No Allergens
- Saag Paneer D
- Green Pepper Beef G,Se,S

Sides @ the Comfort Equation
- Roasted Carrots with Lemon and Thyme ~No Allergens
- Seasonal Vegetables ~No Allergens
- Saffron Rice with Almond and Raisin T

Latino Entrees @ the Comfort Equation
- Beef Machaca ~No Allergens
- Chef’s Special Entrée
- Entrée to be determined daily

Cooking 101
- Pasta Bar
- Your choice of pasta or ravioli, served with your choice of meat sauce or marinara sauce

The Grill
- Bacon Double Cheeseburger and Egg G,D,E

The Deli
- BBQ Chicken Wrap G,D

Wood Fired Pizza Oven
- Pizza of the Day

Tuesday 10/1

Soups of the Day
- Chicken Pho ~No Allergens
- Roasted Corn and Poblano Chowder D,G

Entrees @ the Comfort Equation
- Chipotle Cranberry Salmon F
- Spanish Garbanzo Beans ~No Allergens
- Sriracha Chicken G,Se,S

Sides @ the Comfort Equation
- Braised Collard and Mustard Greens ~No Allergens
- Chef’s Choice ~No Allergens
- Jasmine Rice ~No Allergens

Latino Entrees @ the Comfort Equation
- Chorizo Chicken Taco S
- Chef’s Special Entrée
- Entrée to be determined daily

Cooking 101
- Pho Noodle
- Authentic pho noodle bowl served with your choice of tofu, chicken, beef or shrimp

The Grill
- Pepper and Onion Quesadilla G,D

The Deli
- Chinese Chicken Salad G,S,Se

Wood Fired Pizza Oven
- Pizza of the Day

D=Dairy  G=Wheat Gluten  P=Peanut  T=Tree Nut  E=Eggs  Se=Sesame  S=Soy  F=Fish/Shellfish
**Wednesday 10/2**

**Soups of the Day**
- Chicken Noodle G,E
- Curried Split Pea ~No Allergens

**Entrees @ the Comfort Equation**
- Pollo El Marquez + Pineapple Chili Slaw ~No Allergens
- Marquez Tofu+Jicama Slaw S
- Pineapple Glazed Pork G,Se,S

**Sides @ the Comfort Equation**
- Broccoli Rapini and Garlic ~No Allergens
- Swiss Chard and Garlic ~No Allergens
- Quinoa Rice Pilaf ~No Allergens

**Latino Entrees @ the Comfort Equation**
- Catfish Veracruz F
- Chef’s Special Entrée
- Entrée to be determined daily

**Cooking 101**
- Curry
  - Thai coconut curry, served with yellow or red curry, & your choice tofu, chicken, or beef

**The Grill**
- Avocado Turkey Burger with Hummus G,D,Se

**The Deli**
- Cobb Salad D,E

**Wood Fired Pizza Oven**
- Pizza of the Day

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**Thursday 10/3**

**Soups of the Day**
- Baked Potato G,D
- Meatless Albondigas Meatball S,G

**Entrees @ the Comfort Equation**
- Chef’s Choice Entrée
- Tempeh and Vegetables G,S
- Orange Chicken G,S,Se,E

**Sides @ the Comfort Equation**
- Zucchini and Tomatoes ~No Allergens
- Cauliflower + Broccoli ~No Allergens
- Basmati Rice ~No Allergens

**Latino Entrees @ the Comfort Equation**
- Pernil Pork and Plantain ~No Allergens
- Chef’s Special Entrée
- Entrée to be determined daily

**Cooking 101**
- Udon
  - Authentic udon noodle soup bowl, served with your choice of tofu, chicken, or beef

**The Grill**
- Philly Chicken Cheesesteak G,D

**The Deli**
- Tuna Melt F,D,G,E

**Wood Fired Pizza Oven**
- Pizza of the Day

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- T = Tree Nut
- E = Eggs
- Se = Sesame
- S = Soy
- F = Fish/Shellfish
Friday 10/4

Soups of the Day
Cheeseburger D
Vegetable Farro G

Entrees @ the Comfort Equation
Herb Roasted Chicken ~No Allergens
Ancient Grains with Stewed Tomato and Basil G
Shrimp and Tofu with Black Bean Sauce F,S,Se,G

Sides @ the Comfort Equation
Asparagus ~No Allergens
Seasonal Vegetables ~No Allergens
Mashed Potato D

Latino Entrees @ the Comfort Equation
Fish Tacos F,G,E
Chef’s Special Entrée
Entrée to be determined daily

Cooking 101
Chef’s Special
Chef’s choice of special exhibition entrée

The Grill
Veggie Burger with Sprouts, Avocado, Egg G,D,E

The Deli
Veggie Wrap G,D

Wood Fired Pizza Oven
Pizza of the Day

D=Dairy  G=Wheat Gluten  P=Peanut  T=Tree Nut  E=Eggs Se=Sesame  S=Soy  F=Fish/Shellfish