

EROC Cafe Menu

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chicken Noodle Beef Chili	Cream of Tomato* Roast Corn Chowder	Beef Barley Manhattan Clam Chowder	Carrot Ginger* Turkey Rice	Minestrone New Orleans Gumbo
Toasted Specialty Sandwich	Prosciutto, Capicola, Provolone, Olive Relish	Grilled 3 Cheeses Tomato	Smoked Bacon, Vermont Cheddar, Roasted Tomato	Slow Roasted Pork, Red Cabbage Slaw, Jalapeno, Cilantro	Roast Chicken, Slow Cooked Red Onion, Havarti Cheese
Global	China Scallion Ginger Pork Szechuan Chicken Stir Fried Tofu & Long Beans, Black Bean Sauce* Vegetable Fried Rice* Bok Choy, Sesame Dressing* Lo Mein Noodle Salad*	Italy Chicken Milanese, Olives, Tomato, Capers, Lemon Baked Rigatoni, Sausage & Ricotta Grilled Polenta Cakes* Balsamic Glazed Zucchini* Fennel Salad, Orange, Red Onion* Eggplant Caponata*	Greece Roast Chicken, Feta & Onions Moussaka Eggplant & Braised Lamb Casserole Green Beans, Tomato, Mint & Oregano* Spinach & Feta Pie* Greek Salad*	Morocco Lamb Tagine Roast Fish, Chermoula Cous Cous Braised Chickpeas Caramelized Onions & Cumin* Baked Vegetables & Prunes* Tomato Salad, Cucumber, Olives* Carrot & Orange Salad*	Southern Country Buttermilk Fried Chicken Classic Meatloaf Mac & Cheese* Creamed Spinach* Baked Beans Tomato & Cucumber Salad Potato Salad
Salad Bar & Antipasti	<p align="center">Salad Greens: Mesclun, Romaine, Baby Spinach</p> <p align="center">Crudités & Salad Components: Carrot, Cucumber, Tomato, Tofu, Tuna, Red Onion, Peas, Cheddar, Corn, Cabbage, Green Beans, Kidney Beans, Broccoli, Ham, Garbanzo, Radish, Grilled Chicken, Lentil, Mushroom, Artichoke, Edamame, Black Bean, Hummus, Red Pepper, Lentil, Green Pepper, Blue Cheese, Feta, Beets, Wheat Berries, Celery, Eggs, Turkey, Snap Peas, Olives, Pasta, Sun Flower Seeds, Parmesan Cheese, Bacon, Crouton, Raisins, Pumpkin Seeds</p> <p align="center">Dressings: Balsamic Vinaigrette, Caesar, Fat Free Italian, Fat Free Honey Dijon, Fat Free Ranch, Red Wine Vinaigrette, Asian Vinaigrette, Blue Cheese Dressing, Olive Oil, Red Wine Vinegar, Champagne Vinegar, Balsamic Vinegar</p> <p align="center">Fruit: Cantaloupe, Pineapple, Grapes, Mango, Honeydew, Strawberry, Citrus, Watermelon, Yogurt, Cottage Cheese</p> <p align="center">Market Salad: Daily selection of seasonal marinated and grilled vegetables and grain salads</p>				
FIT Sandwich	Roast Beef, Caramelized Onion, Bibb Lettuce, on Dark Rye	Poached Salmon, Cucumber, Tomato, Dill Yogurt on Black Bread	Vegetarian PLT Portobello, Lettuce and Tomto	Grilled Chicken, Roasted Pear, Cranberry Mustard on Semolina Bread	Za'atar Roasted Vegetable, Pickled Onion, Olive Tepenade on Grilled Pita
FIT Salad	Curried Chicken Salad, Raisin, Almonds and Bitter Greens	Tuna Nicoise Salad	Shimeji Mushrooms, Tofu and Bok Choy, Soba Noodle Salad	Poached salmon filet with roast tomato-ginger salad, dandelion greens	Five Grain Salad with Dried Cranberries and Orange
Pizza Special	Pancetta, Roasted Garlic, Asparagus	Shaved Artichoke, Zucchini*	Roast Eggplant, Ricotta Salata*	Wild Mushroom*	Fennel Sausage, Melted Leeks, Hot Pepper
Grill Special	Chicken Shwarama, Grilled Pita, Pickled Pepper, Yogurt Cumin Sauce	Smoked Turkey Reuben	Roast Pork Torta Avocado, Spicy Mango & Tomato Relish	Meatball Hero	Fish & Chips

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Action	<p>Taqueria</p> <p>Burritos, Hard or Soft Tacos, Salad Bowl</p> <p>Choose 1 Protein: Pork Carnitas, Beef Manchaca, Grilled Adobo Chicken, Grilled Chipotle Shrimp</p> <p>Choose a Salsa: Pico de Gallo, Salsa Verde, Salsa Quemada, Corn Chile Salsa</p> <p>Choose Accompaniments: Black Beans, Pinto Beans, Cilantro Rice, Shredded Jack Cheese, Sour Cream, Guacamole</p>	<p>Asian Noodle Bowl</p> <p>Selection of Tofu, Shar Chiu Pork, Chicken, or Shrimp</p> <p>Select: Miso Scallion Broth, Ginger Lemongrass Broth, Thai Red Curry Coconut Broth</p> <p>Spouts, Bok Choy, Red Peppers, Bamboo Shoots, Scallions, Mushrooms, Corn, Cilantro, Carrot, Napa Cabbage, Spinach, Egg, Crispy Shallots,</p> <p>Selection of Shanghai Egg Noodles, Udon, Soba, or Rice Noodles</p>
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*Denotes Vegetarian Option