

NCFCA Menu

University of Northwestern - St. Paul

June 12 – 18, 2022

Sunday, June 12th

Dinner (5:30 pm-7:30 pm), Pay at the door only. This meal is not included in either package!

Grill only

Choice of burgers (beef or garden), grilled chicken sandwich, chicken tenders, and kettle chips or French fries

Monday, June 13th

Breakfast (6:30 am-8:30 am) Pay at the door only. This meal is not included in either package!

Scrambled eggs, hash browns, choice of bacon or sausage, fresh fruit, choice of muffin or pastry

Lunch (11:30 am - 1:30 pm) Pay at the door only. This meal is not included in either package!

Home style-Mongolian beef and broccoli with fried rice

Vegetarian-mandarin orange spinach salad with water chestnuts, mushrooms, and crispy egg noodles

Grill-curry chicken salad croissant with apples and raisins, served with kettle chips

Grill-choice of burgers (beef or garden), grilled chicken sandwich, chicken tenders, and kettle chips or French fries

Dinner (4:00 pm -7:00 pm) First meal for package A and B

Home Style-Southwest green chili roasted pork nachos with tri-colored tortilla chips, black beans, cilantro rice, shredded lettuce, shredded cheese, sour cream, and salsa

Vegetarian-Sautéed green chili seitan salad with lettuce, black beans, rice, cheese, sour cream, and salsa

Pasta-Fischer Family Farms pork meatballs, pasta with choice of sauce, and seasonal vegetables
Or daily pasta with choice of marinara or alfredo sauce

Grill-teriyaki pulled chicken sandwich with pineapple slaw, Sriracha mayo and served with kettle chips

Grill-choice of burgers (beef or garden), grilled chicken sandwich, chicken tenders, and kettle chips or French fries

Tuesday, June 14th

Breakfast (6:30 am - 8:30 am)

Oven baked blueberry pancake with scrambled eggs, choice of bacon or sausage, and fresh fruit

Lunch (11:00 am - 3:30 pm, limited after 1:30 pm)

Home style-house smoked pork chop with Dijon mustard sauce, baked potato, and seasonal vegetable

Vegetarian-vegetarian cobb salad with jack fruit, hardboiled egg, mushrooms, peas, black olives, tomatoes, and scallions

Pasta-baked cheeseburger rotini with seasonal vegetable

Or daily pasta with choice of marinara or alfredo sauce

Grill-chicken tenders and fries with BBQ or ranch dipping sauce

Grill-choice of burgers (beef or garden), grilled chicken sandwich, chicken tenders, and kettle chips or French fries

Dinner (4:00 pm - 7:00 pm)

Home style-fried chicken gnocchi with browned butter, roasted cherry tomato and sage sauce, served with vegetable

Vegetarian-roasted carrot and chickpea salad with mixed greens and Greek yogurt

Pasta-blackened chicken breast with garlic alfredo, side of pasta, and seasonal vegetable

Or daily pasta with marinara or alfredo sauce

Pizza-pepperoni, sausage, or three cheese

Grill-choice of burgers (beef or garden), grilled chicken sandwich, chicken tenders, and kettle chips or French fries

Wednesday, June 15th

Breakfast (6:30 am - 8:30 am)

Scrambled eggs with choice of breakfast meat, hash browns, and fresh fruit

Lunch (11:00 am - 3:30 pm, limited after 1:30 pm)

Home style-hickory smoked shredded beef with macaroni and cheese, and seasonal vegetable

Vegetarian-lemon herb humus wrap, roasted vegetables, spinach and feta cheese, served with kettle chips

Pasta-Spaghetti carbonara trio with seasonal vegetables

Or daily pasta with marinara or alfredo sauce

Grill-chick filet challenge sandwich with kettle chips

Grill-choice of burgers (beef or garden), grilled chicken sandwich, chicken tenders and, kettle chips or French fries

Dinner (4:00 pm - 7:00 pm)

Home Style-honey baked ham dinner with pan jus, au gratin potatoes, and seasonal vegetable

Vegetarian-Moroccan chickpea salad with kale, raisin chutney, and grilled pita

Pasta-cheese ravioli with Bolognese sauce and seasonal vegetable

Or daily pasta with choice of marinara or alfredo sauce

Grill-choice of burgers (beef or garden), grilled chicken sandwich, chicken tenders, and kettle chips or French fries

Thursday, June 16th**Breakfast (6:30 am - 8:30 am)**

French toast with side of breakfast meat and fresh fruit

Lunch (11:00 am - 3:30 pm, limited after 1:30 pm)

Home style-grilled chicken breast with peppercorn mornay sauce, rice pilaf, and seasonal vegetable

Vegetarian-marinated grilled tofu salad with strawberries, walnuts, and champagne vinaigrette

Pasta-shrimp scampi with butter, garlic and lemon sauce, served with side of pasta and vegetable

Or daily pasta with choice of marinara or alfredo sauce

Grill-grilled Polish sausage with grain mustard, peppers and onions, served with kettle chips

Grill-choice of burgers (beef or garden), grilled chicken sandwich, chicken tenders, and kettle chips or French fries

Dinner (4:00 pm - 7:00 pm)

Home Style-smoked turkey and gravy family dinner with buttered mashed potato and seasonal vegetable

Vegetarian-mashed potato bowl with seitan, broccoli, corn, mushrooms, and peas

Pasta-beef and cheddar lasagna with brick oven- baked garlic bread, seasonal vegetable, pasta side

Or daily pasta with choice of marinara or alfredo sauce

Pizza-pepperoni, sausage, or three cheese with fresh basil

Grill-shredded BBQ pork sandwich with pickled onions and cabbage, served with kettle chips

Grill-choice of burgers (beef or garden), grilled chicken sandwich, chicken tenders, and kettle chips or French fries

Friday, June 17th

Breakfast (6:30 am - 8:30 am)

Sweet potato hash with scrambled eggs, fresh fruit, and muffin

Lunch (11:00 am - 3:30 pm, limited after 1:30 pm)

Home style-beef and wild rice tater tot hotdish with seasonal vegetable

Vegetarian-mushroom and wild rice citrus salad over mixed greens

Pasta-chicken and pesto alfredo with side pasta and seasonal vegetable

Or daily pasta with choice of marinara or alfredo sauce

Grill-choice of burgers (beef or garden), grilled chicken sandwich, chicken tenders and, kettle chips or French fries

Dinner (4:00 pm - 7:00 pm)

Home style-smoked chicken quarter with Alabama white sauce, roasted red potatoes, and seasonal vegetable

Vegetarian-crisp tofu and Lo Mein noodle salad with julienne summer vegetables, and soy ginger vinaigrette

Pasta-tempura chicken with sweet and sour sauce, lo Mein noodles and seasonal vegetables

Or daily pasta with choice of marinara or alfredo sauce

Grill-choice of burgers (beef or garden), grilled chicken sandwich, chicken tenders, and kettle chips or French fries

Saturday, June 18th

Breakfast (6:30 am - 8:30 am)

Waffle bar with assorted toppings

Lunch (11:00 am - 3:30 pm, limited after 1:30 pm)

Home style-classic beef pot roast with roasted potatoes, and root vegetables, served with horseradish cream sauce

Vegetarian-quinoa tabouli salad with mixed greens, quinoa, cucumbers, tomatoes, feta cheese, and fresh mint vinaigrette

Pasta-baked Italian sausage ziti with seasonal vegetables

Or daily pasta with choice of marinara or alfredo sauce

Grill-roast beef French dip with au jus and kettle chips

Grill-choice of burgers (beef or garden), grilled chicken sandwich, chicken tenders, and kettle chips or French fries

Dinner (4:00 pm - 7:00 pm)

Home Style-baked cod with tomato cucumber relish, jasmine rice, and seasonal vegetable

Pasta-Spanish style chorizo and tomatoes with linguine and seasonal vegetable

Or daily pasta with choice of marinara or alfredo sauce

Pizza-pepperoni, sausage, or three cheese with fresh basil

Grill-vegetarian -marinated and grilled Portobello mushroom burger

Grill-choice of burgers (beef or garden), grilled chicken sandwich, chicken tenders, and kettle chips or French fries

Menu items subject to change due to availability.

When registering for meals, please indicate of any dietary needs. The day of, please talk with a chef or Bon Appetit staff regarding your dietary accommodation.