**Lunch Menu, November 18-22**

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### Monday

- **Chef's Choice**
  - Buffalo Chicken Thigh
  - French's Onion Cube Steak
  - Mashed Potatoes & Gravy
  - Mac & Cheese
  - Garlic Broccoli with Cashews
  - 5 Way Vegetable Blend

- **Main Street**
  - Popcorn Shrimp Bar
  - Jerk Chicken with Pineapple Fresca
  - Garlic Baked Tapioca
  - Sweet Potato Fries
  - Caribbean Rice
  - Capri Blend Vegetables
  - Cauliflower & Gratin

- **Vegetation Station**
  - Broccoli & Rice Casserole
  - Lasagna Rolls with Marinara
  - Italian Blend
  - Sauteed Spinach
  - Bruschetta
  - Boiled Pasta with Asparagus
  - Eggplant Parmesan with Marinara
  - Green Beans
  - Scandinavian Blend
  - Garlic Bread
  - Soups

- **Greek’s Gourmet**
  - Greek Macaroni & Cheese

### Tuesday

- **Main Street**
  - Potato Skin Bar
  - Bacon Wrapped Meatloaf (Carved)
  - Chicken Fricassee
  - Mashed Potatoes & Gravy
  - Home Fries Potatoes with Scallions
  - Buttered Green Peas
  - Herb Carrots

- **Main Street**
  - Chicken Nugget Bar
  - Asian Marinated Pork Loin with Apples
  - Trout Almondine
  - Lime Citrus Rice
  - Red Curry Sweet Potatoes
  - Sautéed Mustard Greens
  - Key Biscayne

- **Vegetation Station**
  - Cheeseburger Mac
  - Corn Dogs
  - Vegan Burgers
  - Baked Beuns
  - Zucchini Chips
  - Soups

- **Athens Cafe**
  - Persian Chicken
  - Sautéed Spinach
  - Vegetable Curry
  - Oriental Rice
  - Arabian Rice Salad

### Wednesday

- **Main Street**
  - Chicken Nugget Bar
  - Jamie’s Smoked Chicken
  - Home Style Chili & Rice
  - Jalapeno Mashed Potatoes
  - Steak Fries
  - Creamed Corn
  - Green Beans with Bacon & Onions

- **Main Street**
  - Mac & Cheese Bar
  - Seafood Bar
  - Il Chaffar Chicken
  - Home Fried Potatoes with Scallions
  - Buttery Green Beans
  - Herb Carrots

- **Vegetation Station**
  - Pho Soup Bar
  - Spanish Risotto
  - Taco Boats
  - Mexican Potatoes
  - Beef Rosti
  - Chips 'N Salsa

- **Athens Cafe**
  - Gyro Chicken
  - Braised Cabbage
  - Ajvar
  - Armenian Rice
  - Spinach Salad with Feta

### Thursday

- **Main Street**
  - Mac & Cheese Bar
  - Seafood Bar
  - Asian Marinated Pork Loin with Apples
  - Trout Almondine
  - Lime Citrus Rice
  - Red Curry Sweet Potatoes
  - Sautéed Mustard Greens
  - Key Biscayne

- **Main Street**
  - Chicken Nugget Bar
  - Jamie’s Smoked Chicken
  - Home Style Chili & Rice
  - Jalapeno Mashed Potatoes
  - Steak Fries
  - Creamed Corn
  - Green Beans with Bacon & Onions

- **Vegetation Station**
  - Cheeseburger Mac
  - Corn Dogs
  - Vegan Burgers
  - Baked Beuns
  - Zucchini Chips
  - Soups

- **Athens Cafe**
  - Greek Macaroni & Cheese
  - Italian Roasted Vegetables
  - Kale with Garlic and Oil
  - Risotto alla Milanese
  - Panzanella

### Friday

- **Main Street**
  - Chicken Nugget Bar
  - Mac & Cheese Bar
  - Seafood Bar
  - Asian Marinated Pork Loin with Apples
  - Trout Almondine
  - Lime Citrus Rice
  - Red Curry Sweet Potatoes
  - Sautéed Mustard Greens
  - Key Biscayne

- **Main Street**
  - Chicken Nugget Bar
  - Jamie’s Smoked Chicken
  - Home Style Chili & Rice
  - Jalapeno Mashed Potatoes
  - Steak Fries
  - Creamed Corn
  - Green Beans with Bacon & Onions

- **Vegetation Station**
  - Pho Soup Bar
  - Spanish Risotto
  - Taco Boats
  - Mexican Potatoes
  - Beef Rosti
  - Chips ‘N Salsa

- **Athens Cafe**
  - Gyro Chicken
  - Braised Cabbage
  - Ajvar
  - Armenian Rice
  - Spinach Salad with Feta

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**The Standards**

- **Dot’s Deli**
  - Enough deli meats, breads and cheese to make the sandwich of your dreams.

- **Casa del Sol**
  - Create your own tacos, quesadillas and nachos.

- **Breakfast Club**
  - More than a dozen dry cereals, yogurt and toaster items.

- **Sooner Smokehouse**
  - Gourmet made-to-order burgers, BBQ and sides.

- **Shanghai Stir Fry**
  - Made-to-order stir-frys professionally woked by our trained staff.

**Salad Sensations**

- Salad items as far as the eye can see.

**Nutrition Information**

For additional nutritional information on our website, visit [ou.edu/housingandfood](http://ou.edu/housingandfood)