MONDAY:
- **Chef’s Choice**
  - Chicken Carbonara
  - Apricot Brandy Glazed Ham
  - Lemon Tarragon Orzo Primavera
  - Baby Bakars with Seasoning Salt
  - Italian Blend Vegetables
  - Carrots ala Orange

- **Main Street**
  - Wing Bar

- **Vegetation Station**
  - Caribbean Jerk “Beef”
  - Black Eyed Peas with Chen Sauce
  - Sweet & Spicy Rice
  - Carribean Blend
  - Fried Green Beans

- **Specialty Bars**
  - Pasta with Sun Dried Tomatoes
  - Vegetable Lasagna
  - Italian Blend
  - Sauteed Spinach
  - Fried Ravioli

- **Soups**
  - Hot and Sour Shrimp
  - Tofu Lo Mein
  - Egg Rolls
  - Edamame
  - Steamed Cabbage

THURSDAY:
- **Chef’s Choice**
  - Sweet Italian Sausage Links with Peppers
  - Blackened Catfish
  - Basil Pesto Macaroni
  - Spicy Fries
  - Corn Nuggets
  - Mixed Vegetables

- **Main Street**
  - Omelet & Pancake Bar

- **Vegetation Station**
  - Chick’n Nuggets
  - Mac ‘N Cheese
  - Capri Blend
  - Battered Whole Mushrooms

- **Specialty Bars**
  - Pasta with Sun Dried Tomatoes
  - Vegetable Lasagna
  - Italian Blend
  - Sauteed Spinach
  - Fried Ravioli

- **Soups**
  - Hot and Sour Shrimp
  - Tofu Lo Mein
  - Egg Rolls
  - Edamame
  - Steamed Cabbage

FRIDAY:
- **Chef’s Choice**
  - Marinated Pork Wings
  - Fried Chicken
  - Mashed Potatoes & Gravy
  - Cheeseburger Mac
  - Buttered Asparagus
  - Fried Okra

- **Main Street**
  - Seafood Bar

- **Vegetation Station**
  - Carribean Jerk “Beef”
  - Black Eyed Peas with Chen Sauce
  - Sweet & Spicy Rice
  - Carribean Blend
  - Fried Green Beans

- **Specialty Bars**
  - Pasta with Sun Dried Tomatoes
  - Vegetable Lasagna
  - Italian Blend
  - Sauteed Spinach
  - Fried Ravioli

- **Soups**
  - Hot and Sour Shrimp
  - Tofu Lo Mein
  - Egg Rolls
  - Edamame
  - Steamed Cabbage

THE STANDARDS

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

**Chick-fil-A**
- Sandwiches, nuggets and fries.

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

**Freshens**
- Frozen yogurt and smoothies.

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

**La Roma**
- Assorted pizzas and pastas.

**Salad Sensations**
- Salad items as far as the eye can see.

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

For additional nutritional information on our website, visit ou.edu/housingandfood