Dinner Menu, February 17-21

*Menu subject to change.

Ingredients and nutritional content may vary. Manufacturers may change their product formulation or consistency without notice. While we make every effort to identify ingredients, we cannot assure against these contingencies. It is, therefore, ultimately the responsibility of the customer to judge whether or not to question ingredients or eat selected foods. For questions regarding ingredients, please consult a Food Services manager at any time.

Deep fried foods may pose the risk of cross-contamination with potential allergen containing foods. For those customers with a soy allergy, grilled and baked dishes may contain soy lecithin. If you have a food allergy, it is recommended you see a Registered Dietician for a nutrition consult.

The University of Oklahoma Food Services Nutrition web site provides information about food and human nutrition. The site is not designed for self-diagnosis, treatment or counsel concerning a health problem and should not be used in place of treatment from a licensed health professional. If you have medical concerns, please contact the staff at OU Health Services or your family physician.

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**Monday**

**Chef’s Choice**
- Chicken Osso Buco Milan
- New England Style Baked Cod
- Baked Parmesan Potatoes with Bacon
- Mashed Potatoes & Gravy
- Fried Okra
- Black Eyed Peas

**Main Street**
- Popcorn Shrimp Bar
- French Fry Bar
- Chicken Nugget Bar
- Mac & Cheese Bar
- Seafood Bar

**Vegetation Station**
- Beef Mushrooms and Bell Peppers
- Cajun Sausage Pasta
- Squash Creole
- Caribbean Vegetable Blend
- Chicken Nuggets
- Mac & Cheese
- Capri Vegetable Blend
- Fried Mushrooms
- Soup

**Athens Cafe**
- Slovenian Goulash
- Zelje
- Armenian Rice
- Fried Apples
- Egg Salad

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**Tuesday**

**Main Street**
- French Fry Bar

**Vegetation Station**
- Spaghetti with Meatballs
- Vegetable Lasagna
- Italian Vegetable Blend
- Fried Ravioli
- Soup

**Monday**

**Main Street**
- Chicken Nugget Bar

**Vegetation Station**
- Teriyaki Chicken
- Tofu Lo Mein
- Egg Rolls
- Edamame
- Soup

**Athens Cafe**
- Chinese and Potatoes
- Greek Green Beans
- Tomato Salad

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**Wednesday**

**Main Street**
- French Fry Bar

**Vegetation Station**
- Teriyaki Meatballs
- Spring Rolls
- Sweet Potato Fries
- Chips and Salsa

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**Thursday**

**Main Street**
- French Fry Bar

**Vegetation Station**
- Baked Parmesan Potatoes with Bacon
- Mashed Potatoes & Gravy
- Caribbean Blend Vegetables
- Garlic Pepper Cauliflower

**Athens Cafe**
- Honeyed Shrimp
- Spanakopita
- Cilantro and Lime Rice
- Roasted Tomato Soup
- Sal Cuke

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**Friday**

**Main Street**
- Chicken Nugget Bar

**Vegetation Station**
- Potato Croquettes
- Teriyaki Meatballs
- Spring Rolls
- Sweet Potato Fries
- Chips and Salsa

**Athens Cafe**
- Broiled Salmon
- Imam Bayildi
- Mediterranean Rice Pilaf
- Zuke and Chickpeas
- Spinach Salad with Eggs

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**The Standards**

- **Dot’s Deli**
  - Enough deli meats, breads and cheese to make the sandwich of your dreams.
  - Halal sliced turkey available.
  - Sandwiches, nuggets and fries.

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

- **La Roma**
  - Assorted pizzas and pastas.
  - Halal pepperoni available.

- **Sooners Sweet Shoppe**
  - Cookies, cakes and pies, oh my.

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

- **Sooners Smokehouse**
  - Gourmet made-to-order burgers, BBQ and sides.
  - Halal burgers available.

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

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**Nutrition Information**

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

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**Staples Restaurant (Main Street Dining Hall)**

- **Monday:**
  - Create your own tacos, quesadillas and nachos.

- **Tuesday:**
  - More than a dozen dry cereals, yogurt and toaster items.
  - Sandwiches, nuggets and fries.

- **Wednesday:**
  - Salad items as far as the eye can see.
  - Cookies, cakes and pies, oh my.

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**Restaurants**

- **Monday:**
  - Popcorn Shrimp Bar
  - French Fry Bar
  - Chicken Nugget Bar
  - Mac & Cheese Bar
  - Seafood Bar

- **Vegetation Station**
  - Beef Mushrooms and Bell Peppers
  - Cajun Sausage Pasta
  - Squash Creole
  - Caribbean Vegetable Blend

- **Athens Cafe**
  - Slovenian Goulash
  - Zelje
  - Armenian Rice
  - Fried Apples
  - Egg Salad

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**THE STANDARDS**

- **Dot’s Deli**
  - Enough deli meats, breads and cheese to make the sandwich of your dreams.
  - Halal sliced turkey available.
  - Sandwiches, nuggets and fries.

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

- **La Roma**
  - Assorted pizzas and pastas.
  - Halal pepperoni available.

- **Sooners Sweet Shoppe**
  - Cookies, cakes and pies, oh my.

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**Menu Subject to Change.**