**Monday:**
- **Chef's Choice:**
  - Buffalo Chicken Thighs
  - London Broil Miso
  - Mashed Potatoes & Gravy
  - Mac & Cheese
  - Garlic Broccoli with Cashews
  - 5 Way Vegetable Blend
- **Main Street:**
  - Popcorn Shrimp Bar
  - French Fry Bar
  - Chicken Nugget Bar
  - Mac & Cheese Bar
  - Seafood Bar

**Tuesday:**
- **Chef's Choice:**
  - Jerk Chicken with Pineapple Fresca
  - Southern Swai
  - Sweet Potato Fries
  - Caribbean Rice
  - Capri Blend Vegetables
  - Cauliflower Au Gratin
- **Main Street:**
  - Bacon Wrapped Meatloaf (Carved)
  - Chicken Fricassee
  - Mashed Potatoes & Gravy
  - Home Fries with Scallions
  - Buttered Green Peas
  - Herb Carrots

**Wednesday:**
- **Chef's Choice:**
  - Asian Marinated Pork Loin with Apples
  - Camp Style Trout
  - Lime Cilantro Rice
  - Red Curry Sweet Potatoes
  - Corn Cob
  - Key Biscayne
- **Main Street:**
  - Jamie's Smoked Chicken
  - Home Style Chili & Rice
  - Jalapeno Mashed Potatoes
  - Steak Fries
  - Baked Succotash
  - Green Beans with Bacon & Onions

**Thursday:**
- **Chef's Choice:**
  - Mac & Cheese Bar
  - Seafood Bar
- **Main Street:**
  - Soup
  - Hot Dogs
  - Brats
  - Chili
  - Queso
  - Sausenraut
  - Sweet Potato Fries

**Friday:**
- **Chef's Choice:**
  - Buffalo Chicken Thighs
  - London Broil Mojo
  - Mashed Potatoes & Gravy
  - Mac & Cheese
  - Garlic Broccoli with Cashews
  - 5 Way Vegetable Blend
- **Main Street:**
  - Cheese Tortellini
  - Penne Pasta with Roasted Vegetables
  - Italian Green Beans
  - Fried Ravioli
  - Soup

**Vegetation Station:**
- Bean Burritos
- Jambalaya
- Red Beans
- Dirty Corn
- Chips and Salsa
- Mac & Cheese
- BBQ Riblets
- Baked Beans
- Sweet Potato Fries
- Soup
- Italian Stuffed Portablendas
- Goulash
- Honey Glazed Carrots
- Buttered Corn on the Cob
- Soup

**Athens Cafe:**
- Slovenian Goulash
- Zeljie
- Armenian Rice
- Fried Apples
- Egg Salad
- Gypsy Chicken
- Grasak
- Leek Strodel
- Chickepa Salad
- Chicken and Potatoes
- Greek Green Beans
- Tomato Salad
- Honeyed Shrimp
- Spanakopita
- Cilantro and Lime Rice
- Roasted Tomato Soup
- Sal Cuke
- 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.
- **Casa Del Sol:**
  - Create your own tacos, quesadillas and nachos.
- **La Roma:**
  - Assorted pizzas and pastas.
  - Halal pepperoni available.
- **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.
  - Halal chicken available.

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**Breakfast Club:**

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

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**Sooners Smokehouse:**

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

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**Nutrition Information:**

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

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**Ingredients and nutritional content may vary. Manufacturers may change their product formulation or consistency without our knowledge and product availability may fluctuate. 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.**

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**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.**

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**The University of Oklahoma Food Services Nutrition web site provides information about food and human nutrition. The information on this site is not intended for medical self-diagnosis, treatment or counseling 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.**