

# USF Dining's Isolation Weekly Menu - St. Pete

## MENUS MARCH 22ND-APRIL 18TH

### MONDAY, MARCH 22ND

#### BREAKFAST

French Toast • Scrambled Eggs •  
Bacon • Yogurt Parfait • Bottled  
Water

#### LUNCH

Turkey Burger • Baked Shoestring  
Fries • Steamed Veggies • Sweet  
Apple Coleslaw • Whole Fruit •  
Cookies • Bottled Water

#### DINNER

Roasted Herb Turkey Breast • Garlic  
Potatoes • Steamed Mixed Veggies  
• Roasted Corn & Potato Soup •  
Evening Snack • Bottled Water

### TUESDAY, MARCH 23RD

#### BREAKFAST

Breakfast Quesadilla • Scrambled  
Eggs • Sausage • Fruit Cup •  
Bottled Water

#### LUNCH

Beef Taco's • Mexi-Rice • Southwest  
Roasted Corn • Spicy Sweet Potato  
Salad • Whole Fruit • Snickerdoodle  
Cookies • Bottled Water

#### DINNER

Baked Pit Ham • Red Beans & Rice  
• Collard Greens • Split Pea Soup •  
Evening Snack • Bottled Water

### WEDNESDAY, MARCH 24TH

#### BREAKFAST

Sausage, Egg, Cheese & Muffin •  
Scrambled Eggs • Bacon • Fruit Cup  
• Bottled Water

#### LUNCH

Tomato Dijon Pot Roast • Roasted  
Garlic Potatoes • Green Beans •  
Tomato Cucumber Salad • Whole  
Fruit • Dessert Bar • Bottled Water

#### DINNER

Beef Goulash • Brown Rice •  
Zucchini & Squash Saute • Chicken  
Soup w/ Brown Rice • Evening  
Snack • Bottled Water

### THURSDAY, MARCH 25TH

#### BREAKFAST

Blueberry Pancakes • Scrambled  
Eggs • Sausage • Fruit Cup •  
Bottled Water

#### LUNCH

Honey BBQ Turkey • Cajun Baked  
Potato • Steam Broccoli • Tossed  
Salad • Whole Fruit • Cookies •  
Bottled Water

#### DINNER

Mojo Grilled Chicken • Pappas  
Rancheras • Garden Vegetables •  
Moroccan Chickpea Soup • Evening  
Snack • Bottled Water

# USF Dining's Isolation Weekly Menu - St. Pete

## MENUS MARCH 22ND-APRIL 18TH

### FRIDAY, MARCH 26TH

#### BREAKFAST

Malted Waffle • Cheese Grits •  
Bacon • Yogurt Parfait • Bottled  
Water

#### LUNCH

Herb Roasted Pork Lion • Grilled  
Red Potatoes • Sautéed Spinach •  
Green Bean Salad • Whole Fruit •  
Snickerdoodle Cookies • Bottled  
Water

#### DINNER

Pork Burrito Bowl • Cilantro Rice •  
Green Chili Calabacitas • Vegetable  
Soup • Evening Snack • Bottled  
Water

### SATURDAY, MARCH 27TH

#### BREAKFAST

French Toast • Scrambled Eggs •  
Sausage • Fruit Cup • Bottled Water

#### LUNCH

Grilled Spicy Lemon Chicken •  
Orange Honey Potatoes • Grilled  
Zucchini Squash • Sweet Apple  
Slaw • Whole Fruit • Dessert Bar •  
Bottled Water

#### DINNER

Grilled Chicken Breast • Baked  
Sweet Potato • Sautéed Zucchini &  
Tomato • Hearty Beef & Vegetable  
Evening Snack • Bottled Water

### SUNDAY, MARCH 28TH

#### BREAKFAST

Chocolate Chip Pancakes •  
Scrambled Eggs • Bacon • Fruit Cup  
• Bottled Water

#### LUNCH

Mixed Grill • Confetti Rice  
• Steamed Mixed Veggies •  
Watermelon Tomato Salad • Whole  
Fruit • Cookies • Bottled Water

#### DINNER

Herb Roasted Pork Lion • Jasmine  
Rice • Chili Roasted Corn • Sweet  
Tomato Soup • Evening Snack •  
Bottled Water

### MONDAY, MARCH 29TH

#### BREAKFAST

Sausage, Egg & Cheese Muffin •  
Oatmeal • Bacon • Yogurt Parfait •  
Bottled Water

#### LUNCH

Blackened Chicken • Brown Rice  
& Quinoa • Balsamic Roasted  
Vegetables • Spicy Citrus Cucumber  
Slaw • Whole Fruit • Cookies •  
Bottled Water

#### DINNER

Roasted Pork Loin • Pappas  
Rancheras • Garlic Roasted Broccoli  
• Black Bean Soup • Evening Snack  
• Bottled Water

# USF Dining's Isolation Weekly Menu - St. Pete

## MENUS MARCH 22ND-APRIL 18TH

### TUESDAY, MARCH 30TH

#### BREAKFAST

French Toast • Scrambled Eggs • Sausage • Fruit Cup • Bottled Water

#### LUNCH

Taco Seasoned Grill Chicken • Spanish Rice • Chili-Roasted Corn • Black Bean Salad • Whole Fruit • Snickerdoodle Cookies • Bottled Water

#### DINNER

Oven Roasted Turkey • Roasted Sweet Potatoes • Zucchini & Tomatoes • Two Bean Chili Soup • Evening Snack • Bottled Water

### WEDNESDAY, MARCH 31ST

#### BREAKFAST

Buttermilk Pancakes • Scrambled Eggs • Bacon • Fruit Cup • Bottled Water

#### LUNCH

Seasoned Roast Beef • Herb Roasted Potatoes • Grilled Zucchini Squash • Green Beans & Tomato • Whole Fruit • Dessert Bar • Bottled Water

#### DINNER

Brazilian Black Bean Roasted Pork • Cilantro Lime Rice • Lemon Broccoli • Sweet Tomato Soup • Evening Snack • Bottled Water

### THURSDAY, APRIL 1ST

#### BREAKFAST

Sausage, Egg & Cheese Croissant • Cheese Grits • Sausage • Fruit Cup • Bottled Water

#### LUNCH

Cajun Roasted Pork Loin • Dirty Rice • Capri Blend Vegetables • Sweet & Spicy Cole Slaw • Whole Fruit • Cookies • Bottled Water

#### DINNER

Grilled Spicy Lemon Chicken • Basmati Rice • Vegetables Balti • Chicken Soup w/ Brown Rice • Evening Snack • Bottled Water

### FRIDAY, APRIL 2ND

#### BREAKFAST

Ham, Egg & Cheese Bagel • Oatmeal • Bacon • Yogurt Parfait • Bottled Water

#### LUNCH

Southwest Grilled Turkey • Sweet Potato Hash w/ Bacon • Zucchini & Squash Saute • Tomato Chickpea Salad • Whole Fruit • Snickerdoodle Cookies • Bottled Water

#### DINNER

Beef & Mushroom Pot Roast • Grilled Red Potatoes • Fresh Asparagus • Vegetable Bean Soup • Evening Snack • Bottled Water

# USF Dining's Isolation Weekly Menu - St. Pete

## MENUS MARCH 22ND-APRIL 18TH

### SATURDAY, APRIL 3RD

#### BREAKFAST

Biscuits & Gravy • Scrambled Eggs •  
Sausage • Fruit Cup • Bottled Water

#### LUNCH

Asian Chicken Lettuce Wrap •  
Lemon Ginger Basmati Rice •  
Stir-Fry Vegetables • Tangy  
Cucumber Salad • Whole Fruit •  
Dessert Bar • Bottled Water

#### DINNER

BBQ Grilled Turkey • Confetti Rice •  
Fresh Green Beans • Hearty Lentil  
& Potato Soup • Evening Snack •  
Bottled Water

### SUNDAY, APRIL 4TH

#### BREAKFAST

Cinnamon French Toast • Scrambled  
Eggs • Bacon • Fruit Cup • Bottled  
Water

#### LUNCH

Mixed Grill • Baked Potato Wedges  
• Ratatouille • Tossed Salad • Whole  
Fruit • Cookies • Bottled Water

#### DINNER

Corned Beef & Cabbage • Garlic  
Roasted Vegetables • Tossed Salad  
• Hearty Beef & Vegetable Soup •  
Evening Snack • Bottled Water

### MONDAY, APRIL 5TH

#### BREAKFAST

French Toast • Oatmeal • Bacon •  
Yogurt Parfait • Bottled Water

#### LUNCH

Montreal Chicken Tenders •  
Confetti Rice • Italian Roasted  
Vegetables • Tomato Cucumber  
Salad • Whole Fruit • Cookies •  
Bottled Water

#### DINNER

Tomato Dijon Pot Roast • Roasted  
Garlic Potatoes • Roasted Carrots  
• Chicken Soup w/Brown Rice •  
Evening Snack • Bottled Water

### TUESDAY, APRIL 6TH

#### BREAKFAST

Breakfast Quesadilla • Scrambled  
Eggs • Sausage • Fruit Cup •  
Bottled Water

#### LUNCH

Grilled Indian Spiced Chicken •  
Turmeric Quinoa & Basmati Rice •  
Channa Masala • Moroccan Carrot  
Salad • Whole Fruit • Brownies •  
Bottled Water

#### DINNER

Montreal Chicken Tenders • Baked  
Shoestring Fries • Steamed Mixed  
Vegetables • Sweet Tomato Soup •  
Evening Snack • Bottled Water



# USF Dining's Isolation Weekly Menu - St. Pete

## MENUS MARCH 22ND-APRIL 18TH

### WEDNESDAY, APRIL 7TH

#### BREAKFAST

Pumpkin Orange Pancake •  
Scrambled Eggs • Bacon • Fruit Cup  
• Bottled Water

#### LUNCH

Mediterranean Pot Roast • Rice  
w/Chickpeas & Raisins • Garlic  
Broccoli • Tuscan White Bean  
Salad • Whole Fruit • Dessert Bar •  
Bottled Water

#### DINNER

Seasoned Roast Beef •  
Orange Honey Roasted Potatoes •  
Grilled Vegetables • Hearty Lentil  
& Potato • Soup • Evening Snack •  
Bottled Water

### THURSDAY, APRIL 8TH

#### BREAKFAST

Blueberry Buttermilk Pancake •  
Cheese Grits • Sausage • Fruit Cup  
• Bottled Water

#### LUNCH

Chicken Souvlaki • Lemon Ginger  
Basmati Rice • California Blend  
Vegetables • Quinoa Tabbouleh •  
Whole Fruit • Cookies • Bottled  
Water

#### DINNER

Beef Harissa Rice Bowl • Rice w/  
Chickpeas & Raisins • Lemon  
Broccoli • Moroccan Chickpea Soup  
• Evening Snack • Bottled Water

### FRIDAY, APRIL 9TH

#### BREAKFAST

Ham, Egg & Cheese Bagel •  
Oatmeal • Bacon • Yogurt Parfait •  
Bottled Water

#### LUNCH

Pork Chili Verde • Arroz Rojo •  
Cumin Roasted Cauliflower • Spicy  
Sweet Potato Salad • Whole Fruit •  
Brownies • Bottled Water

#### DINNER

BBQ Grilled Turkey • Baked Potato  
Wedges • Zucchini & Tomatoes •  
Black Bean Soup • Evening Snack •  
Bottled Water

### SATURDAY, APRIL 10TH

#### BREAKFAST

French Toast • Scrambled Eggs •  
Sausage • Fruit Cup • Bottled Water

#### LUNCH

Maple Glazed Roast Turkey •  
Roasted Red Potato • Collard  
Greens w/Bacon • Texas Slaw •  
Whole Fruit • Dessert Bar • Bottled  
Water

#### DINNER

Baked Chipotle Orange Chicken •  
Roasted Sweet Potato • Green Chili  
Calabacitas • Hearty Beef Vegetable  
Soup • Evening Snack • Bottled  
Water

# USF Dining's Isolation Weekly Menu - St. Pete

## MENUS MARCH 22ND-APRIL 18TH

### SUNDAY, APRIL 11TH

#### BREAKFAST

Chocolate Chip Pancakes •  
Scrambled Eggs • Bacon • Fruit Cup  
• Bottled Water

#### LUNCH

Grilled Ancho Lime Steak •  
Mexi-Rice • Green Chili Calabacitas  
• Chimichurri Potato Salad • Whole  
Fruit • Cookies • Bottled Water

#### DINNER

Pulled Pork • Yellow Rice •  
Seasoned Black Beans • Cuban  
Split Pea Soup • Evening Snack •  
Bottled Water

### MONDAY, APRIL 12TH

#### BREAKFAST

Malted Belgium Waffle • Scrambled  
Eggs • Bacon • Yogurt Parfait •  
Bottled Water

#### LUNCH

Mixed Grill • Sweet Potato Hash  
w/ Bacon • Grilled Green Beans •  
Cucumber Tomato Salad • Cookies •  
Bottled Water

#### DINNER

Chicken & Veggie Stir Fry •  
Seasoned Rice • Steamed Summer  
Vegetable Blend • Vegetable Soup •  
Evening Snack • Bottled Water

### TUESDAY, APRIL 13TH

#### BREAKFAST

Bacon, Egg & Cheese Biscuit •  
Scrambled Eggs • Sausage • Fruit  
Cup • Bottled Water

#### LUNCH

BBQ Roasted Turkey Breast • Cajun  
Rice • Roasted Beets & Carrots •  
Lexington Slaw • Snickerdoodle  
Cookies • Bottled Water

#### DINNER

Mixed Grill • Yellow Basmati Rice •  
Steamed Broccoli • Vegetable Bean  
Soup • Evening Snack • Bottled  
Water

### WEDNESDAY, APRIL 14TH

#### BREAKFAST

Buttermilk Pancakes • Scrambled  
Eggs • Sausage • Fruit Cup •  
Bottled Water

#### LUNCH

Rotisserie Chicken • Herb Roasted  
Potatoes • Zucchini & Tomatoes •  
Pickled Cucumber & Mint • Dessert  
Bar • Bottled Water

#### DINNER

Seasoned Roast Beef • Roasted  
Garlic Potatoes • California Blend  
Vegetables • Two Bean Chili Soup •  
Evening Snack • Bottled Water

# USF Dining's Isolation Weekly Menu - St. Pete

## MENUS MARCH 22ND-APRIL 18TH

### THURSDAY, APRIL 15TH

#### BREAKFAST

Breakfast Taco • Scrambled Eggs • Bacon • Fruit Cup • Bottled Water

#### LUNCH

Ancho Beef Chili • Confetti Rice • Southwest Green Beans • SW Quinoa & Corn Salad • Cookies • Bottled Water

#### DINNER

Latin Spiced Pork Roast • Black Beans with Rice & Bacon • Steamed Yellow Squash • Roasted Corn & • Potato Soup • Evening Snack • Bottled Water

### FRIDAY, APRIL 16TH

#### BREAKFAST

French Toast • Scrambled Eggs • Sausage • Yogurt Parfait • Bottled Water

#### LUNCH

Chicken w/ Cacciatore • Bacon, Chickpea & Tomato Penne • Balsamic Roasted Vegetables • Italian Lentil Salad • Snickerdoodle Cookies • Bottled Water

#### DINNER

Rotisserie Chicken • Cajun Brown Rice • Fresh Zucchini • Chicken Soup w/ Brown Rice • Evening Snack • Bottled Water

### SATURDAY, APRIL 17TH

#### BREAKFAST

Blueberry Buttermilk Pancakes • Scrambled Eggs • Bacon • Fruit Cup • Bottled Water

#### LUNCH

Carolina Pork BBQ • Dirty Rice • Sautéed Zucchini & Tomato • Spicy Citrus Cucumber Slaw • Dessert Bar • Bottled Water

#### DINNER

Grilled Kielbasa • Roasted Sweet Potatoes • Bavarian Cabbage • Lentil & Potato Soup • Evening Snack • Bottled Water

### SUNDAY, APRIL 18TH

#### BREAKFAST

Biscuits & Gravy • Scrambled Eggs • Bacon • Fruit Cup • Bottled Water

#### LUNCH

Grilled Chicken Bruschetta • White Rice • Lemon Garlic Broccoli • Tossed Salad • Cookies • Bottled Water

#### DINNER

Chipotle Pork w/ Pineapple • Cilantro Lime Brown Rice • Green Beans Gremolada • Vegetable Soup w/ Brown Rice • Evening Snack • Bottled Water