

# USF Dining's Isolation Weekly Menu - Tampa



## October 4-October 31 Menu

	LUNCH	DINNER OPTION A	DINNER OPTION B
MONDAY OCT. 4	<p>Turkey &amp; Cheddar Variety Frito Lay Chips Macaroni Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Baked Pit Ham Baked Sweet Potato Fresh Whole Green Beans Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Chicken With Piccata Sauce Seasoned Rice Garlic Broccoli Baked Mac &amp; Cheese Garden Salad Bottled Water</p>
TUESDAY OCT. 5	<p>Ham &amp; Swiss Variety Frito Lay Chips Potato Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>BBQ Roast Turkey Breast Safrito Black Beans &amp; Rice Seasoned Fresh Zucchini Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Beef Stroganoff Creamy Mashed Potatoes Garden Vegetables Baked Mac &amp; Cheese Garden Salad Bottled Water</p>
WEDNESDAY OCT. 6	<p>Italian Sub Variety Frito Lay Chips Pasta Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Grilled Ancho Lime Steak Cilantro-Lime Brown Rice Zucchini &amp; Tomatoes Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Thai Red Curry Chicken Jasmine Rice Roasted Root Vegetables Baked Mac &amp; Cheese Garden Salad Bottled Water</p>
THURSDAY OCT. 7	<p>Turkey &amp; Cheddar Variety Frito Lay Chips Macaroni Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Baked Chipotle-Orange Chicken Confetti Rice Steamed Fresh Broccoli Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Mixed Grill Yellow Rice Southwestern Succotash Baked Mac &amp; Cheese Garden Salad Bottled Water</p>

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FRIDAY OCT. 8	<p>Ham &amp; Swiss Variety Frito Lay Chips Potato Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Grilled Chicken Bruschetta Steamed Red Potatoes Broccoli and Red Pepper Stir Fry Mix Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Baked Cod Fish Cilantro Lime Rice Seasoned Steamed Green Beans Baked Mac &amp; Cheese Garden Salad Bottled Water</p>
SATURDAY OCT. 9	<p>Italian Sub Variety Frito Lay Chips Pasta Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Jerk Chicken Arroz Rojo Chili-Roasted Corn Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Jerk Chicken Arroz Rojo Chili-Roasted Corn Baked Mac &amp; Cheese Garden Salad Bottled Water</p>
SUNDAY OCT. 10	<p>Turkey &amp; Cheddar Variety Frito Lay Chips Macaroni Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Grilled Spicy Lemon Chicken Basmati Rice With Peas Cumin-Spiced Grilled Carrots Baled Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Grilled Spicy Lemon Chicken Basmati Rice With Peas Cumin-Spiced Grilled Carrots Baled Mac &amp; Cheese Garden Salad Bottled Water</p>
MONDAY OCT. 11	<p>Ham &amp; Swiss Variety Frito Lay Chips Potato Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Honey BBQ Chicken Roasted Sweet Potatoes Squash and Kale Stir-Fry Mix Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>General Tso's Chicken Seasoned Rice Fresh Whole Green Beans Baled Mac &amp; Cheese Garden Salad Bottled Water</p>

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TUESDAY OCT. 12	Italian Sub Variety Frito Lay Chips Pasta Salad Variety Pack Cookies Fruit Bottled Water	Baked Chipotle-Orange Chicken Roasted Red Potatoes Steamed Yellow Squash Baked Mac & Cheese Garden Salad Bottled Water	Roasted Pork Loin Ranchero Sauce Cilantro Lime Rice Baked Mac & Cheese Garden Salad Bottled Water
WEDNESDAY OCT. 13	Turkey & Cheddar Variety Frito Lay Chips Macaroni Salad Variety Pack Cookies Fruit Bottled Water	Seasoned Roast Beef Roasted Garlic Potatoes Roasted Beets and Carrots Baked Mac & Cheese Garden Salad Bottled Water	Butter Chicken Basmati Rice With Peas California Blend Vegetables Baked Mac & Cheese Garden Salad Bottled Water
THURSDAY OCT. 14	Ham & Swiss Variety Frito Lay Chips Potato Salad Variety Pack Cookies Fruit Bottled Water	Montreal Chicken Tenders Confetti Brown Rice Steamed Fresh Broccoli Baked Mac & Cheese Garden Salad Bottled Water	Grilled BBQ Pork Chops Mashed Sweet Potatoes Broccoli & Red Pepper Stir-Fry Baked Mac & Cheese Garden Salad Bottled Water
FRIDAY OCT. 15	Italian Sub Variety Frito Lay Chips Pasta Salad Variety Pack Cookies Fruit Bottled Water	Chipotle Pork with Pineapple Salsa Spanish Rice Grilled Seasoned Vegetables Baked Mac & Cheese Garden Salad Bottled Water	Homestyle Tilapia Herb Roasted Red Potatoes Steamed Mixed Vegetables Baked Mac & Cheese Garden Salad Bottled Water

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	LUNCH	DINNER OPTION A	DINNER OPTION B
SATURDAY OCT. 16	<p>Turkey &amp; Cheddar Variety Frito Lay Chips Macaroni Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Seasoned Roast Beef Yellow Rice Zucchini &amp; Tomatoes Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Seasoned Roast Beef Yellow Rice Zucchini &amp; Tomatoes Baked Mac &amp; Cheese Garden Salad Bottled Water</p>
SUNDAY OCT. 17	<p>Ham &amp; Swiss Variety Frito Lay Chips Potato Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Rotisserie-Style Chicken Cajun Rice Roasted Butternut Squash Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Rotisserie-Style Chicken Cajun Rice Roasted Butternut Squash Baked Mac &amp; Cheese Garden Salad Bottled Water</p>
MONDAY OCT. 18	<p>Turkey &amp; Cheddar Variety Frito Lay Chips Macaroni Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Blackened Chicken Balsamic Glazed roasted Carrots Honey Orange Roasted Potatoes Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Chicken with Marsala Sauce Seasoned Rice Italian Vegetable Blend Baked Mac &amp; Cheese Garden Salad Bottled Water</p>
TUESDAY OCT. 19	<p>Ham &amp; Swiss Variety Frito Lay Chips Potato Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Grilled Ancho Lime Steak Capri Blend Vegetable Seasoned Rice Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Crispy Baked Chicken Scalloped Potatoes Broccoli &amp; Cauliflower Baked Mac &amp; Cheese Garden Salad Bottled Water</p>

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WEDNESDAY OCT. 20	Italian Sub Variety Frito Lay Chips Pasta Salad Variety Pack Cookies Fruit Bottled Water	Grilled Ancho-Lime Chicken Grilled Zucchini Squash Herb roasted Red Potatoes Baked Mac & Cheese Garden Salad Bottled Water	Country-Style Meatloaf Hearty Mashed Potatoes Roasted Beets & Carrots Baked Mac & Cheese Garden Salad Bottled Water
THURSDAY OCT. 21	Turkey & Cheddar Variety Frito Lay Chips Macaroni Salad Variety Pack Cookies Fruit Bottled Water	Cajun Roasted Pork Loin Brussels Sprouts & Carrots Cajun Rice Baked Mac & Cheese Garden Salad Bottled Water	Crispy Pollock Confetti Rice Seasoned Fresh Zucchini Baked Mac & Cheese Garden Salad Bottled Water
FRIDAY OCT. 22	Ham & Swiss Variety Frito Lay Chips Potato Salad Variety Pack Cookies Fruit Bottled Water	Southwestern Grilled Turkey Zucchini & Yellow Squash Saute Spanish Rice Baked Mac & Cheese Garden Salad Bottled Water	Fish and Chips Spinach Lentil Fritters Green Beans Gremolada Baked Mac & Cheese Garden Salad Bottled Water
SATURDAY OCT. 23	Italian Sub Variety Frito Lay Chips Pasta Salad Variety Pack Cookies Fruit Bottled Water	Montreal Chicken Confetti Rice Grilled Seasoned Vegetables Baked Mac & Cheese Garden Salad Bottled Water	Montreal Chicken Confetti Rice Grilled Seasoned Vegetables Baked Mac & Cheese Garden Salad Bottled Water

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SUNDAY OCT. 24	<p>Turkey &amp; Cheddar Variety Frito Lay Chips Macaroni Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Herb Baked Chicken Baked Sweet Potato Zucchini &amp; Yellow Squash Saute Baled Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Herb Baked Chicken Baked Sweet Potato Zucchini &amp; Yellow Squash Saute Baled Mac &amp; Cheese Garden Salad Bottled Water</p>
MONDAY OCT. 25	<p>Ham &amp; Swiss Variety Frito Lay Chips Potato Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Baked Chipotle-Orange Chicken Southwest Roasted Corn Confetti Rice Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Grilled Japanese BBQ Pork Herb Roasted Red Potatoes Vegetable Medley Baled Mac &amp; Cheese Garden Salad Bottled Water</p>
TUESDAY OCT. 26	<p>Italian Sub Variety Frito Lay Chips Pasta Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Spice-Rubbed Pork Loin Brussels Sprouts &amp; Carrots Red Beans &amp; Rice Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Thai Chicken Curry Basmati Rice Green Beans &amp; Almonds Baked Mac &amp; Cheese Garden Salad Bottled Water</p>
WEDNESDAY OCT. 27	<p>Turkey &amp; Cheddar Variety Frito Lay Chips Macaroni Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Beef Goulash Cauliflower Brown Rice Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Pork Cutlet w/Gravy Hearty Mashed Potatoes Ginger Honey Glazed Carrots Baked Mac &amp; Cheese Garden Salad Bottled Water</p>

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THURSDAY OCT. 28	<p>Ham &amp; Swiss Variety Frito Lay Chips Potato Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Grilled Ancho-Lime Chicken Papas Rancheras Southwest Green Beans Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Hearty Beef Stew Seasoned Rice Grilled Vegetables Baked Mac &amp; Cheese Garden Salad Bottled Water</p>
FRIDAY OCT. 29	<p>Italian Sub Variety Frito Lay Chips Pasta Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Blackened Chicken Yellow Rice Zucchini &amp; Yellow Squash Saute Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Baked Montreal Cod Steakhouse Potatoes Garden Vegetables Baked Mac &amp; Cheese Garden Salad Bottled Water</p>
SATURDAY OCT. 30	<p>Turkey &amp; Cheddar Variety Frito Lay Chips Macaroni Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Grilled Chicken Bruschetta Confetti Rice California Blend Vegetables Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Grilled Chicken Bruschetta Confetti Rice California Blend Vegetables Baked Mac &amp; Cheese Garden Salad Bottled Water</p>
SUNDAY OCT. 31	<p>Ham &amp; Swiss Variety Frito Lay Chips Potato Salad Variety Pack Cookies Fruit Bottled Water</p>	<p>Rotisserie-Style Chicken Sofrito Black Beans &amp; Rice Seasoned Fresh Zucchini Baked Mac &amp; Cheese Garden Salad Bottled Water</p>	<p>Rotisserie-Style Chicken Sofrito Black Beans &amp; Rice Seasoned Fresh Zucchini Baked Mac &amp; Cheese Garden Salad Bottled Water</p>

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