

TWU Main Cafeteria Weekly Rotation

WEEK 1 ROTATION

Sept 1 – 5

Oct 6 – 10

Nov 10 – 14

Dec 15 - 19

WEEK 2 ROTATION

Sept 8 – 12

Oct 13 – 17

Nov 17 – 21

WEEK 3 ROTATION

Sept 15 – 19

Oct 20 – 24

Nov 24 - 28

WEEK 4 ROTATION

Sept 22 – 26

Oct 27 – 31

Dec 1 - 5

WEEK 5 ROTATION

Sept 29 – Oct
3

Nov 3 – 7

Dec 8 - 12

TWU Main Cafeteria

Week 1 Lunch

DAY	CHEF'S FEATURE	GLOBAL STATION	SOUTH ASIAN STATION	ASIAN STATION
MONDAY	Beef Carving Station, Artichoke, Spinach & Rice Casserole Gravy, Yorkshire Pudding, Roasted Vegetables & Roasted Potatoes	Basa with Artichoke Caponata Rosemary Roasted Potato, Green Beans	Aloo Gobi Dahl, Rice, Naan	General Tso's Chicken, Chick N Strips Jasmine Rice
TUESDAY	Beef Pho with Rice Noodle Sprouts, Lime Thai Basil Cilantro, Hoisin, Sambal Sriracha	Kofta (Turkish Meatballs) Turkish Rice, Hummus	Chicken Briyani, Baked Gobi Manchurian, Creamy Potato Curry Naan	Braised Korean Pork Bowl Baby Bok Choy, Korean Spiced Rice Noodle, Rice
WEDNESDAY	Pesto Roasted Turkey, Pesto Tofu Gravy, Spicy Green Bean, Roasted Potato, Arugula Salad	Spicy Eggplant with Chickpeas Persian Rice (Chelo), Flatbread	Potato Vindaloo, Vegan Chicken Curry Rice	Red Thai Coconut Curry Chicken, Tofu Curry Jasmine Rice/, Bok Choy
THURSDAY	Classic Grilled Chicken, Vegan Chicken Fillets Caesar Salad, Garlic Stick, Pilaf Rice	French Beef Stew Steamed Parsley, Potato, Dinner Rolls	Eggplant Curry, Lentil Curry Rice, Naan	Chicken Teriyaki with Bean Sprouts Rice, Condiments
FRIDAY	Fish Tacos, Fried Vegan Chicken Fingers Lemon Rice, Mango Salsa, Slaw	Mujadara (Lentils & Rice with Caramelized Onions) Cucumber Yogurt Salad, Flatbread	Kidney Bean Curry, Tofu Cauliflower Curry Basmati Rice, Naan	Beef & Broccoli Stir Fry, Vegetable Stir Fry with Tofu Steamed Rice

TWU Main Cafeteria

Week 1 Dinner

DAY	CHEF'S FEATURE	GLOBAL STATION	SOUTH ASIAN STATION	ASIAN STATION
MONDAY	Roast Pork Shoulder with Pineapple BBQ, Cauliflower & Quinoa Bowl Country Kitchen Veg, Herbed Potatoes	Chicken Scarpariello Rice Pilaf Seasoned Broccoli	Vegetable Korma Saag, Naan, Rice	Chili Lime Shrimp Pad Thai, Chili Lime Tofu Rice, Noodles
TUESDAY	Braised Beef Brisket, Roasted Vegetables & Cous Cous Stuffed Peppers Gravy, Mashed Potatoes	Joojeh (Saffron Chicken) Persian Rice with Roasted Tomatoes, Salad, Shirazi (Cucumber, Tomato & Onion Salad)	Mango Chicken, Indian Lentil & Egg Curry, Aloo Mutter Naan, Rice	Hunan Noodles with Spicy Ground Pork, Spicy Veggie Ground
WEDNESDAY	Honey Citrus BBQ Drumsticks, BBQ Vegan Chix Pattie Barley Rice Pilaf, Garden Vegetables	Falafel Brown Rice Bowl with Falafel Balls Vegetable Brown Rice, Parsley Tahini Dressing, Tomato Salad	Chicken Masala, Lentil Tangine, Indian Stylr Potatoes Naan, Rice, Chaat Bar	Pork & KimChi Stew, Tofu & KimChi Stew Steam Rice Seaweed Salad
THURSDAY	Honey Roasted Pork Loin, Tofu & Carrot Osso Bucco with Vegan Polenta Roasted Red Potatoes, Brown Sugar Squash	Chicken Shawarma Saffron Rice, Hummus, Pita, Tomatoes, Cucumber & Lettuce	Chili Chicken, Kootu, Korma Tofu with Cauliflower & Spinach Rice, Naan	Imperial Stir-fried rice, Vegetable Stir-fried Rice Spring Rolls with Dip
FRIDAY	Pierogies, Italian Sausage Ragout, Spiced Wild Rice & Chickpea Mash Bowl Cabbage Roll Casserole	Pabellon Criollo, Venezuela Braised Beef Rice Black Beans	Tandoori Chicken, Sambar, Vegan Chickpea Tikka Masala Rice	Beef Rendeng, Tofu Rendeng Rice

TWU Main Cafeteria

Week 2 Lunch

DAY	CHEF'S FEATURE	GLOBAL STATION	SOUTH ASIAN STATION	ASIAN STATION
MONDAY	Carved Roast Turkey, Roasted Potatoes, Root Vegetables, Gravy & Cranberry, Potato Rolls, Wild Rice Dressing with Tofu	Croatian Basa Brudet Steamed Potato & Kale w/ Garlic, Dill Carrots	Croatian Basa Brudet Steamed Potato & Kale w/ Garlic, Dill Carrots	Corn with Feta & Jalapenos, Sriracha Tofu Salsa Roja, Avocado Crema
TUESDAY	Beef Taco Station, Veggie Ground Tacos Full Condiments, Aztec Corn, Mexi Brown Rice	Bangers & Mash Mashed Potatoes, Buttery Peas & Onion Gravyins	Mango Chicken, Aloo Mutter, Curry Lentil Vegetable Pie Naan, Rice	Pork Szechaun Stir-fry, Crispy Szechuan Cauliflower Jasmine Rice
WEDNESDAY	Tex Mex Chicken Breast Bowl, Tex Mex Vegan Chix Yellow Rice, Sofrito Black Beans, Aztec Corn, Guacamole & Pico	Kuku Sabzi (Herb Fritattata) Pita, Yogurt	Chicken Masala, Lentil Tangine, Potato, Paneer & Pea Curry Naan, Rice	Chicken Masala, Lentil Tangine, Potato, Paneer & Pea Curry Naan, Rice
THURSDAY	Classic Individual Chicken Pot Pies, Veggie Ground Pot Pies Condiments Bar	Russian Beef Stroganoff	Chili Chicken, Kootu, Squash & Eggplant Rogan Josh Rice	Lemon Coconut Curry Chicken, Egg Noodles & Vegan Chicken
FRIDAY	Chicken Marbella, Roasted Vegetable Medley, Portobello Mushroom Stroganoff Seasoned Baby Potatoes	Sabzi Polo (Herb Rice with White Fish), Yogurt, Salad Shirazi	Chicken Briyani, Vegetable Briyani, Pakora Curry Naan	Beef Ramen Noodle Bowl HB Eggs, Bok Choy & Condiments

TWU Main Cafeteria

Week 2 Dinner

DAY	CHEF'S FEATURE	GLOBAL STATION	SOUTH ASIAN STATION	ASIAN STATION
MONDAY	Shepherd's Pie, Vegan Shepherd's Pie Gravy, Sunrise Mixed Vegetables	Swedish Meatballs Mashed Potatoes, Vegetable Medley	Chicken Vindaloo, Mutter Mushroom Rice, Naan	Spicy Shrimp Stir-fry, Spicy Crispy Tofu Steamed Rice
TUESDAY	Maple Chili Glazed Pork Loin, Veggie Ground Chili Brown Sugar Glazed Sweet Potatoes, Ginger Green Beans	Khoresh Bademjam (Eggplant Stew with Beef) Perisan Rice, Salad Shirazi	Roasted Curry Chicken Breast, Vegetable Briyani, Tomato, Spinach & Potato Dal Naan	Chicken Teriyaki Stir-fry, Vegan Chicken Teriyaki Stir-fry Rice
WEDNESDAY	Thyme & Lime Chicken, Black Bean Chili Mac Cilantro Basmati Rice, Fresh Vegetable Medley	Irish Lamb Stew Biscuits	Chicken Kurma, Vegan Bean Curry, Vegetable Curry, Rice, Naan	Beef Lo Mein, Vegetable Lo Mein Soy Roasted Tofu
THURSDAY	Herb Crusted Beef Roast, Baked Portobello Parm Baked Potatoes with Condiments, Peas & Carrots, Gravy	Chicken Coq au Vin Mashed Potato, Garlic Green Bean	Chicken Curry, Tofu Gao Curry, Creamy Lentil & Split Pea Curry Rice, Naan	Hoi Sin Pork Stir-fry, Vegan Chicken Patties Rice
FRIDAY	Butter Chicken, Butter Paneer Naan, Rice	Roasted Fish with Tahini Sauce Persian Rice, Tomato Cucumber Salad	Chaat Bar	Spicy Pork Bibimbap, Tofu Bibimbap Fried Egg, Kim Chi, Pickled Vegetable, Rice

TWU Main Cafeteria

Week 3 Lunch

DAY	CHEF'S FEATURE	GLOBAL STATION	SOUTH ASIAN STATION	ASIAN STATION
MONDAY	Garlic Chicken Thighs, Eggplant Parmesan Rice Pilaf, Roasted Vegetables	Roasted Leg of Lamb Roasted Potato, Mint Gravy, Roasted Vegetable	Chicken Vindaloo, Mutter Mushroom, Aloo Baingan Rice, Naan	Shoyu Ramen with Pork Char Siu, Tofu Char Siu Broccoli, Corn & Bean Sprouts
TUESDAY	Jerk Chicken, Jerk Tofu Berbere Spiced Beans, Joloff Rice, Sautéed Spinach	Khoresh Karafs (Celery Stew with Beef) Persian Rice, Pita	Chicken Curry, Vegetable Briyani, Aloo Patta Gobhi Naan	Vietnamese Style Pork Chops Rice, Condiments
WEDNESDAY	BBQ Pork Butt Roast, Chili Lime Jackfruit BBQ Gravy, Butter Buns, Corn, Spanish Rice	Beef Bourguignon, Tofu Bourguignon Egg Noodles	Chicken Kurma, Vegan Bean Curry, Vegetable Curry Rice, Naan	Chicken Adobo Garlic Rice, Green Beans
THURSDAY	Seafood Alfredo with Fettucine, Tomato & Spinach Bowl Condiments Station, Bread Sticks, Chopped Salad with Vinaigrette	Chicken Paprika Steamed Parsley Potatoes, Braised Red Cabbage	Tofu Gao Curry, Dal Palak, Halal Chicken Curry Rice, Naan	Beef & Mushroom Udon Stir-fry, Tofu & Mushroom Stir-fry Condiment Station
FRIDAY	Butter Chicken, Shahi Paneer Naan, Rice	Basma (Layered Beef & Vegetable Stew) Pickled Vegetables, Flatbread	Chaat Bar	Hunan Noodles with Spicy Ground Pork, Spicy Veggie Meatballs Sautéed Vegetables

TWU Main Cafeteria

Week 3 Dinner

DAY	CHEF'S FEATURE	GLOBAL STATION	SOUTH ASIAN STATION	ASIAN STATION
MONDAY	Sockeye Salmon Fillet, Roasted Maple Tofu Dijon Cream Sauce, Wild Rice Medley, Mixed Fresh Vegetables	Tumeric Rice with Meatballs Tomato & Cumber Salad, Mast-o Khair	Coconut Curry Chicken, Lentil Coconut Curry, Garlic Tofu Rice, Naan	Chicken & Broccoli Stir-fry, Fried Vegan Chick Patties Rice
TUESDAY	Pot Roast, Mushroom Chili Baked Potato Gravy, Rolls, Yukon Gold Mashed Potatoes, Parsley Baby Carrot	Sancocho (Latin American Stew) Steam Rice, Crusty Dinner Rolls	Tandoori Chicken, Tandoori Tofu Moong Dal, Rice, Naan	Ground Pork Lettuce Wraps Rice & Condiments Station
WEDNESDAY	Chicken Cacciatora, Linguine, Mushroom Cacciatora Zucchini & Tomatoes	Dizi (Persian Lamb & Chickpea Stew) Pita, Mast-o Khair	Garlic Chicken, Eggplant Bhurta, Chili Tofu Rice, Naan	Mee Goreng, Tofu Goreng Rice
THURSDAY	Honey Glazed Ham Scalloped Potatoes, Peas & Carrots, Sweet Ham Gravy, Rolls, Tabouleh with Garbanzo Beans	Harissa Armenian Farro & Chicken Pita, Pickled Vegetables	Chicken Curry, Vegetable Briyani, Methi Paneer Naan	Sesame Chicken Noodle Bowl, Sesame Tofu Noodle Bowl
FRIDAY	Roasted Herb Chicken Thigh, Vegetable Paella Plate Cheddar Cheese Mashed Potato, Roasted Broccoli	African Beef Pilau Tomato Cucumber & Onion Salad	Chicken Tikka Masala, Aloo Gobhi Pulao Rice, Madras Cabbage & Peas, Naan	Shrimp Pad Thai, Tofu Pad Thai, Thick Rice Noodles, Condiments

TWU Main Cafeteria

Week 4 Lunch

DAY	CHEF'S FEATURE	GLOBAL STATION	SOUTH ASIAN STATION	ASIAN STATION
MONDAY	BBQ Pork Mac N Cheese, Spinach & Cheese Enchiladas Breadsticks, Green Peas, Condiments Station	Lamb Shawarma Saffron Rice, Hummus, Pita, Tomato, Lettuce, Cucumber	Coconut Curry Chicken, Lentil Coconut Curry, Vegetable Curry Rice, Naan	Ginger Beef Stir-Fry, Vegan Chix Strips Jasmine Rice
TUESDAY	Blackened Tilapia Fish Tacos, Blackened Veg Chix Taco Mango Salsa, Slaw, Spanish Rice, Shredded Lettuce, Cheese	Peri Peri Chicken Rosated Potato Wedges, Vegetables	Tandoori Chicken, Tandoori Tofu, Aloo Palak Rice, Naan	Mongolian Pork, Bok Choy Stir-fry, Chili Lime Jackfruit Plate Jasmine Rice
WEDNESDAY	BBQ Pork Ribs, Corn Bread, BBQ Tofu Potato Salad, Corn on the Cob	Shrimp And Chorizo Jambalaya Mixed Green Salad	Garlic Chicken, Eggplant Bhurta, Achari Bhindi (Okra) Rice, Naan, Chaat Bar	Asian Style Roasted Pork Loin Rice, Bok Choy, Condiments
THURSDAY	Roasted Herb & Garlic Chicken Breast, Herb & Garlic Vegan Chick Roasted Tomato Jam, Rice Pilaf, Mixed Fresh Vegetables	Kalam Polo (Cabbage Rice with Meatballs) Yogurt, Salad Shirazi	Vegetable Briyani, Chole Masala, Halal Chicken Curry Naan	Kung Pao Chicken, Kung Pao Tofu Jasmine Rice
FRIDAY	Cod Fish & Chips, Bean & Cheese "Nachos" Coleslaw, Lemon Wedges, Ketchup	Pollo al Ajillo (Drumsticks) Spanish Roasted Potatoes, Vegetable Medley	Chicken Tikka Masala, Tawa Paneer Pulao Rice, Madras Caggabe & Peas, Naan	Pollo al Ajillo (Drumsticks) Spanish Roasted Potatoes, Vegetable Medley

TWU Main Cafeteria

Week 4 Dinner

DAY	CHEF'S FEATURE	GLOBAL STATION	SOUTH ASIAN STATION	ASIAN STATION
MONDAY	Greek Lemon Chicken Roasted Greek Potato Wedges, Greek Salad, Pita Bread & Tzatziki	Beef Kafta Med. Greens Mix, Tzatziki, Pita	Roasted Curried Chicken, Coconut Spinach Curry, Paneer Masala Rice, Naan	General Tao's Pork, Fried Tofu Jasmine Rice
TUESDAY	Turkey Breast Country Kitchen Vegetables, Cranberry Sauce & Gravy, Whipped Potatoes, Rolls	Firecracker Salmon Quinoa & Peas	Chicken Vindaloo, Potato & Pea Vindaloo, Korma Tofu Rice, Naan	Grilled Lemongrass Chicken Bok Choy, Rice
WEDNESDAY	Crispy Baked Pork Chops, Penne with Sweet Pea Pesto Baked Potato, Vegetable Medley, Apple Sauce & Mushroom Cream	Meatballs & Spaghetti Caesar and Garlic Stick	Chicken Curry, Tofu 65, Chana Saag Rise, Naan	Honey Garlic Chicken, Honey Garlic Tofu Jasmine Rice
THURSDAY	Smoky Slow Roasted Beef Brisket Maple Baked Beans, Corn Bread, Green Beans, Gravy	Saj Ichi (Stir-fried Beef with Vegetables) Cous Cous, Herb Salad	Chicken Ragonjosh, Chickpea Curry, Khatte Meethe Baingan Rice, Naan	Chicken 65, Tofu 65 Rice
FRIDAY	Homestyle Lasagna, Vegetable Lasagna Garlic Bread Sticks, Caesar Salad, Condiments	Ukranian Braised Pork Mashed Potato, Dinner Roll	Chicken Vindaloo, Lentil Curry, Saad Tofu Rice, Naan	Beef & Broccoli Stir-fry, Black Bean Stir-fry Rice

TWU Main Cafeteria

Week 5 Lunch

DAY	CHEF'S FEATURE	GLOBAL STATION	SOUTH ASIAN STATION	ASIAN STATION
MONDAY	Slow-roasted Beef, Farro Stuffed Pepper Peppercorn Sauce, Whipped Potatoes, Roasted Broccoli, Potato Rolls	Lemon Oregano Salmon, Tomato, Olive & Feta Topping, Quinoa, Mixed Vegetables	Roasted Curried Chicken, Coconut Spinach Curry Dal, Rice, Naan	5 Spice Roasted Turkey Thigh, 5 Spice Tofu Noodles, Sauce
TUESDAY	Smokehouse Beef Chili, Veggie Chili Potato Wedges, Steamed Corn, Condiments	Adas Polo (Lentil Rice) with Ground Beef Yogurt, Salad Shirazi	Potato & Pea Vindaloo, Punjabi Dum Aloo, Halal Chicken Curry Rice, Naan	Vietnamese Caramelized Chicken, Vegan Chicken Sticky Rice
WEDNESDAY	Pork Shoulder Pot Roast, Broccoli & Cheddar Quiche Grilled Apples, Roasted Cauliflower Rice, Roasted Whole Potatoes, Pork Gravy	Pique Macho (Beef Diced) French Fries, Hard Boiled Eggs	Chicken Saag, Tofu Curry, Kale Garlic Dal Rice, Naan	Szechuan Chicken Stir-fry, Tofu Stir-fry Noodles
THURSDAY	Sun-dried Tomato & Lemon Basa Herbed Basmati Rice, Braised Cabbage, Cream Sauce, Lemon Wedges	Kalam Polo (Cabbage Rice with Meatballs) Yogurt, Salad Shirazi	Chicken Ragonjosh, Chickpea Curry, Dahi Aloo Rice, Naan	Beef Bulgogi Kim Chi, Rice, Sesame Seeds
FRIDAY	Butter Chicken, Butter Paneer Rice, Naan, Chaat Bar	Chicken Musakhan (Roasted Chicken with Onions & Sumac) Rice Pilaf & Herb Salad	Chaat Bar	Beef Stir-fry with Peppers, Mushrooms & Onions Black Bean Sauce, Rice, Tofu

TWU Main Cafeteria

Week 5 Dinner

DAY	CHEF'S FEATURE	GLOBAL STATION	SOUTH ASIAN STATION	ASIAN STATION
MONDAY	Baked Penne with Italian Sausage, Vegan Italian Sausage Bake Breadsticks, Chopped Lettuce & Vegetable Salad, Mixed Vegetables	Saffron Roasted Chicken Tagine (Thighs) Cous Cous, Vegetables	Palak Chicken, Chana Masala, Saag Naan, Rice	Shrimp Fried Rice, Egg Fried Rice Condiments
TUESDAY	Honey Roasted Pork Loin, Stuffed Portobellos Roast Potatoes, Baked Beans, Corn Ragout, Honey Glaze Gravy, Apple Sauce	Beef Hard Taco Bar	Mango Chicken, Aloo Mutter, Gobhi Corn Masala Naan, Rice, Chaat Bar	Korean BBQ Chicken, Chapchae Rice
WEDNESDAY	Pesto Chicken Cacciatore Style, Spaghetti Fresh Tomatoes with Basil & Balsamic, Breadsticks, Carrot Osso Buco	Khoresh Karafs (Celery Stew with Beef) Perisan Rice, Pita	Lentil Tangine, Palak Chole, Halal Chicken Naan, Rice	Beef Udon Noodle Stir-fry, Vegetable Udon Bok Choy
THURSDAY	Pineapple & Sugar Glazed Ham, Spinach Canneloni Scalloped Potatoes, Green Peas	Sayadieh (Rice with Spiced Fish) Tahini Dressing, Sumac-Onion Salad	Chili Chicken, Kootu, Vegetable Curry Rice	Shoyu Ramen Bar with Chicken Karaage, Soy Egg, Nori Condiments
FRIDAY	Chicken A La King, Mushroom A La King Biscuit, Mixed Vegetable Medley, Rice	Romanian Pork & Potato Stew Rice, Dinner Rolls	Chaat Bar	Red Curry Pork, Roasted Curry Tofu Rice