

# BELHAVEN UNIVERSITY

Week of Nov 9th

## LUNCH MENU

**Hot & Fresh**  
Blazer Rolls  
*With Freshly made  
Flavored Butters*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>the Classics</b>	Country fried Steak Creamy Mash Potato Fried Okra	Red Beans Red Pepper Rice Fried Okra	Homemade Lasagna Garlic Toast Italian Green Beans	<b>BU Famous Fried Chicken</b> Homestyle Mac & Cheese Seasoned Cabbage	Southern Fried Fish Hush Puppies Turnip Greens Slaw	Cajun Chicken leg Quarters Cheesy Potatoes Slaw	Pizza Casserole Fresh cooked pasta Capri Veggies
<b>Healthy edge</b>	BBQ Baked Chicken French Fries Corn on the cob	Sweet & Sour Chicken Red Pepper Rice Stir Fried Veg	Italian Baked Fish Quinoa & Mixed Vegetables Great Northern Beans	Southern Baked Chicken Turnip Greens Rice and Gravy	Southwest chicken French Fries Baked Beans	<b>Weekend Brunch</b> Scrambled Eggs Smoked Bacon Southern Cheese Grits Cheese Ravioli in Italian tomato sauce	
<b>Veggie venue</b>	Vegetarian Lasagna	Black Bean, Rice and salsa Veggie Wraps	Roasted Vegetables with Red Quinoa	Vegetarian Wraps	Pesto Roasted Veggies Over Brown Rice	Black bean Burgers	
<b>Menu Action Station</b>	Tossed Chicken Wings Assorted Sauces Franks' Hot Sauce & Sweet Chili Sauce	PIZZA, PIZZA, PIZZA Assorted Fresh Pizzas Bread Stick & Marinara Sauce	Chicken Caesar wrap Sliced Chicken breast Romaine Lettuce Crispy Croutons & Parm Cheese	Baked cod filet Pineapple salsa on sourdough bun	BLAZER Burger Bar Your choice of toppings Chili, Caramelized onions, bacon, cheese etc.	<b>Available at Every meal</b> <i>Deli designs</i> <i>Garden gourmet</i> <i>simply Sweet</i> <i>Soups &amp; spuds</i> <i>cerealBOX</i>	
<b>GRILLE ETC</b>	French Fry of the Day	French Fry of the Day	French Fry of the Day	French Fry of the Day	French Fry of the Day		

## DINNER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>the Classics</b>	Breakfast for Dinner! Applewood Bacon Country Pleasin' Sausage Fluffy Scrambled Eggs	Chicken Parm Marinara Sauce Buttered Noodles Sweet Peas	Beer Battered Steak Fritters Herb Mashed Potato Brown Gravy	Frito Chili Pie Steamed Rice Bahama Veg	Hand Breaded Chicken Tenders Curly French Fries Creamy Cole Slaw	Breaded Shrimp Poboy with comeback sauce French Fries	Chicken Sandwich French Fries
<b>Healthy edge</b>	Basil Rubbed Baked Chicken Roasted Potatoes Steamed Squash	Cheese Tortellini with roasted Veg	BBQ Meatballs Tossed noodles Whole baby carrots	Mississippi Pot Roast Mashed Potatoes Glazed Carrots	Tuscan Baked Chicken Vegetable Blend	Chicken Alfredo Pasta Garlic Bread sticks	Beef and Rice Casserole Bahama Veggies
<b>Veggie venue</b>	Parmesan Sautéed Vegetables	Spinach Ravioli	Broccoli Cheddar Quiche	Four Cheese Penne Pasta	Cajun Red Beans Seasoned rice		
<b>GRILLE ETC</b>	Chicago DOG Day ASSORTED TOPPINGS Chili, onions, Kraut etc. Spicy Brown Mustard French Fry of the Day	Pasta-bilities Grilled Chicken or Shrimp Bowtie or Penne Pasta Alfredo, Marinana and Creamy Tomato Sauces	FAKE Wendy's Homestyle Chicken Sandwich Crinkle Cut Fries Lettuce, Sliced tomatoes and French Fry of the Day	Bake POTATO Bar Cheese Sauce Broccoli, Chili, Bacon, grilled chicken strips etc. French Fry of the Day	PIZZA, PIZZA, PIZZA Assorted Fresh Pizzas Bread Stick & Marinara Sauce French Fry of the Day	<b>Available at Every meal</b> <i>Deli designs</i> <i>Garden gourmet</i> <i>simply Sweet</i> <i>Soups &amp; spuds</i> <i>cerealBOX</i>	

Menu subject to change

Baked or Grilled chicken will be available for Lunch & Dinner