Friday Breakfast
Fried Egg & American Cheese on Sourdough
With Mediterranean Tofu Scramble and Shredded Breakfast Potatoes

Saturday Breakfast
Continental Breakfast
with Whole Fruit

Sunday Breakfast
Buttermilk Pancakes
Southwest Tofu, Mushroom & Spinach Wrap
With Scrambled Eggs and Mixed Fruit Salad

Monday Breakfast
Continental Breakfast
with Whole Fruit

Tuesday Breakfast
Spinach & Tomato Egg Bites
Tofu, Potato, Red Pepper & Spinach Scramble
With Breakfast Potatoes w/ Garlic & Paprika and Mixed Fruit Salad

Wednesday Breakfast
Continental Breakfast
With Whole Fruit

Thursday Breakfast
Southwest Breakfast Hash Bowl
Tofu Chilaquiles
With Breakfast Papas Bravas and Mixed Fruit Salad

Reach us at isolationdining@email.wustl.edu
Friday Dinner
Meat: Machli Curry
Vegan: Pindi Chana
With Aloo Gobi and Kachumber Tomato Relish

Saturday Lunch
Meat: North African Lamb Stew
Vegan: Ethiopian Tofu & Black Lentil Stew
With Steamed African Yellow Rice w/ Raisins and Ethiopian Green Beans

Sunday Lunch
Meat: Grilled Lamb Kefta on Local Pita
Vegan: Shawarma Style Tofu
With Edamame Hummus and Za’atar Spiced Cauliflower Quinoa Salad

Monday Lunch
Meat: Korean Soy BBQ Chicken Leg Quarters
Vegan: Korean Baby Corn, Mushrooms & Tempeh
With Garlic Fried Brown Rice and Steamed Ginger Broccoli

Tuesday Lunch
Meat: Roasted Murgh Tikka Masala Chicken
Vegan: Tofu Tikka Masala
With Sabut Masoor Dal and Makai Pulao

Wednesday Lunch
Meat: Hominy & Ground Chicken Hopi Stew
Vegan: Black Bean Enchilada
With Native American Corn & Zucchini Pudding and Native American Succotash

Thursday Lunch
Meat: Achiote Chicken Enchilada
Vegetarian: Black Bean Enchilada
With Cilantro Lime Brown Rice and Ranchero Pinto Beans

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**Friday Dinner**
**Meat:** Braised Red Chicken w/ Collards & Potatoes  
**Vegan:** Tomato Salsa Quinoa Stuffed Bell Pepper  
*With Black Bean, Corn, & Quinoa Salad and Roasted Spaghetti Squash*

**Saturday Dinner**
**Meat:** Peppercorn & Garlic Rubbed Beef  
**Vegan:** Stewed Chipotle Chickpea Tostada  
*With Cajun Potatoes w/ Onion & Peppers and Sautéed Snow Peas, Broccoli & Cauliflower*

**Sunday Dinner**
**Meat:** Peri Peri Chicken Leg Quarters  
**Vegan:** Charred Cauliflower Steaks w/ Chimichurri  
*With Quinoa Tabbouleh and Sevillan Roasted Carrots*

**Monday Dinner**
**Meat:** Roasted Beef  
**Vegan:** Smoked Tomato & Shiitake Estofado  
*With Roasted Potatoes & Parsnips and Roasted Brussels Sprouts*

**Tuesday Dinner**
**Meat:** Smoked BBQ Chicken Breasts  
**Vegan:** Red Pepper & Quinoa Stuffed Tomatoes  
*With Grilled Lemon Oregano Marinated Leeks and Std Green Beans, Tomatoes, & Peppers*

**Wednesday Dinner**
**Meat:** Roasted Lemon Pepper Chicken Breast  
**Vegan:** Black Bean & Sweet Potato Stew  
*With Cajun Potatoes w/ Onions & Peppers and Butternut Squash w/ Wilted Kale & Chard*

**Thursday Dinner**
**Meat:** Lebanese Grilled Chicken Hashweh  
**Vegetarian:** Vegetable Paella  
*With Herbed Quinoa and Sautéed Shallot & Garlic Green Beans*

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