Friday Breakfast
**Meat:** Fried Egg & American Cheese on Sourdough  
**Vegan:** Mediterranean Tofu Scramble  
*With Shredded Breakfast Potatoes and Mixed Fruit Salad*

Saturday Breakfast
Continental Breakfast  
*With Cream Cheese Danish, Cheerios, 2% Milk, Yogurt Parfait and Whole Fruit*

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

Monday Breakfast
Continental Breakfast  
*With Cream Cheese Danish, Cheerios, 2% Milk, Yogurt Parfait and Whole Fruit*

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

Wednesday Breakfast
Continental Breakfast  
*With Cream Cheese Danish, Cheerios, 2% Milk, Yogurt Parfait and Whole Fruit*

Thursday Breakfast
**Meat:** Southwest Breakfast Hash  
**Vegan:** Bowl Tofu Chilaquiles  
*With Breakfast Papas Bravas and Mixed Fruit Salad*

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**Friday Lunch**

**Meat:** Soy Ginger Salmon  
**Vegan:** Teriyaki Tofu w/ Red Bell Peppers & Onions  
*With Asian Style Sautéed Green Beans and Asian Black Quinoa & Cabbage Slaw*

**Saturday Lunch**

**Meat:** Bosnian Ground Beef Burek  
**Vegan:** Spinach & Feta Burek  
*With Lemon Mustard Seed Rice and Roasted Honey Carrots & Beets*

**Sunday Lunch**

**Meat:** Grilled Lab Kefta on Local Pita  
**Vegan:** Shawarma Style Tofu  
*With Edamame Hummus and Za’atar Spiced Cualiflower Quinoa Salad*

**Monday Lunch**

**Meat:** Roasted Latin Spiced Chicken Thighs  
**Vegan:** Chorizo Spiced Potato & Black Bean Hash  
*With Bravas Yukon Gold Potatoes and Escabeche de Zanahorias y Cebolla*

**Tuesday Lunch**

**Meat:** Roasted Murgh Tikka Masala  
**Vegan:** Tofu Tikka Masala  
*With Sabut Masoor Dal and Makai Pulao*

**Wednesday Lunch**

**Meat:** Nahari  
**Vegan:** Masala Curry Tofu  
*With Subzi Pulao and Sataras*

**Thursday Lunch**

**Meat:** Gai Yang - Grilled Thai Style Chicken  
**Vegetarian:** Malaysian Coconut Curry Tofu  
*With Pineapple Fried Rice and Stir Fried Bok Choy & Broccoli*

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Friday Dinner
Meat: Roasted Latin Spiced Chicken Thighs
Vegan: Tomato Salsa Quinoa Stuffed Bell Pepper
*With Grilled Zucchini & Squash w/ Tomatoes and Latin Spiced Black Beans*

Saturday Dinner
Meat: African Lamb Cachupa
Vegan: Potato & Chickpea Wat
*With Steamed Brown Rice and Sautéed Snow Peas & Carrots*

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

Monday Dinner
Meat: Smoked Beef Inside Round
Vegan: Sautéed Squash, Kale, & Oyster Mushrooms
*With Roasted Potato Wedges and Steamed Green Beans*

Tuesday Dinner
Meat: Roasted Cajun Chicken Thighs
Vegan: Foraged Mushroom Ragout
*With Roasted Butternut Squash and Herbed Quinoa*

Wednesday Dinner
Meat: Roasted Chipotle Lime Chicken Breasts
Vegan: Red Pepper & Quinoa Stuffed Tomatoes
*With Warm Lemon, Navy Bean, & Chard Salad and Roasted Acorn Squash*

Thursday Dinner
Meat: Braised Red Chicken w/ Collards & Potatoes
Vegetarian: Stewed Chipotle Chickpea Tostada
*With Squash, Red Bell Pepper & Pumpkin Seeds and Black Bean, Corn & Quinoa Salad*

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