Friday Breakfast
Kosher Bagel w/ Lox & Cream Cheese
With Kosher Mixed Fruit Salad and Kosher Apple Cobbler Parfait

Saturday Breakfast
Continental Breakfast
With Hard-Boiled Eggs, Cheerios, 2 % Milk, Fruit Cup and Whole Fruit

Sunday Breakfast
Kosher Egg & Cheese Muffin
With Kosher Mixed Fruit Salad and Kosher Apple Cobbler Parfait

Monday Breakfast
Continental Breakfast
With Hard-Boiled Eggs, Cheerios, 2 % Milk, Fruit Cup and Whole Fruit

Tuesday Breakfast
Kosher Fried Egg Sandwich
With Kosher Mixed Fruit Salad and Kosher Apple Cobbler Parfait

Wednesday Breakfast
Continental Breakfast
With Hard-Boiled Eggs, Cheerios, 2 % Milk, Fruit Cup and Whole Fruit

Thursday Breakfast
Kosher Cheddar Cheese Omelet
With Kosher Mixed Fruit Salad and Kosher Apple Cobbler Parfait

Reach us at isolationdining@email.wustl.edu
Friday Lunch
**Meat:** French Dip Sandwich
**Vegan:** Portobello French Dip
*With Potato Salad and Baby Spinach Garden Salad*

Sunday Lunch
**Meat:** Salmon w/ Olives Tomato Relish
**Vegan:** Breaded Eggplant w/ Olives Tomato Relish
*With Roasted Parmesan Potatoes and Ratatouille*

Monday Lunch
**Meat:** Sweet & Sour Chicken Lo Mein
**Vegan:** Tofu Sweet & Sour Vegetable Lo Mein
*with Vegetable Spring Roll and Thai Cucumber & Tomato Salad w/ Tamari*

Tuesday Lunch
**Meat:** Ground Turkey Tacos
**Vegan:** Tofu and Mushrooms Soft Tacos
*With Chili Rice w/ Black Beans & Corn and Grilled Chipotle Spiced Zucchini*

Wednesday Lunch
**Meat:** Salisbury Steak
**Vegan:** Match Meat Salisbury Steak
*With Rosemary Roasted Potatoes and Glazed Caramelized Carrots w/ Shallots*

Thursday Lunch
Cheese Vegetable Lasagna
*With Garlic Cheese Bread and Arugula & Sunflower Seed Salad*

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Sunday Dinner
**Meat:** Roasted Cajun Turkey Breast  
**Vegan:** Zucchini & Bell Pepper Gumbo  
*With Cilantro Brown Rice and Roasted Garlic Broccoli*

Monday Dinner
**Meat:** Blackened Salmon  
**Vegan:** Adobo Tofu w/ Bell Peppers & Onions  
*With Roasted Butternut Squash and Roasted Parmesan Red Potatoes*

Tuesday Dinner
**Meat:** Seared Lemon Pepper Tilapia  
**Vegan:** Roast Acorn Squash w/ Black Bean Filling  
*With Whole Grain Macaroni & Cheese and Steamed Corn on the Cob*

Wednesday Dinner
**Meat:** Baked Caribbean Jerk Salmon  
**Vegan:** Red Potato & Chickpea Tagine  
*With Pineapple Coconut Brown Rice and Sevillan Roasted Carrots*

Thursday Dinner
**Meat:** Beef Meatloaf  
**Vegan:** Portobello Mushroom Schnitzel  
*With Whipped Spiced Sweet Potatoes and Peas & Carrots*

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