Friday Breakfast
Shredded Breakfast Potatoes
*With Mixed Fruit Salad*

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

Sunday Breakfast
Scrambled Eggs *With Mixed Fruit Salad*

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

Tuesday Breakfast
Breakfast Potatoes w/ Garlic & Paprika
*With Mixed Fruit Salad*

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

Thursday Breakfast
Breakfast Papas Bravas
*With Mixed Fruit Salad*

Reach us at isolationdining@email.wustl.edu
Friday Lunch
Meat: Grilled Cumin & Crushed Pepper Tilapia
Vegan: Baked Southwest Tofu
With Sautéed Garlic Lemon Asparagus and Cilantro Lime Brown Rice

Saturday Lunch
Meat: Korean Soy BBQ Chicken Leg Quarters
Vegan: Sesame Ginger Tofu Stir Fry
With Vegetable Fried Rice, Sautéed Snow Peas & Carrots

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

Monday Lunch
Meat: Tandoori Murgh
Vegan: Matar Paneer
With Chana Dal and Sautéed Chickpeas w/ Spinach & Peppers

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

Wednesday Lunch
Meat: African Lamb Cachupa
Vegan: African Tofu Cachupa
With Saveillan Roasted Carrots and Quinoa Tabbouleh

Thursday Lunch
Meat: Roasted Murmese Curry Chicken
Vegan: Coconut Curry Lentil Stew
With Steamed Brown Rice and Sautéed Snow Peas & Carrots

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Friday Dinner
Meat: Roasted Lemon Pepper Chicken
Vegan: *Chipotle Black-eyed Peas & Chickpeas*  
*With Cilantro Brown Rice and Sevillan Roasted Carrots*

Saturday Dinner
Meat: Roasted Cilantro Lemon Lamb
Vegan: *Red Pepper & Quinoa Stuffed Tomatoes*  
*With Roasted Mustard Yukon Potatoes and Warm Lemon, Navy Bean & Chard Salad*

Sunday Dinner
Meat: Peppercorn & Garlic Rubbed Beef
Vegan: *Charred Cauliflower Steaks w/ Chimichurri*  
*With Brown Rice Pilaf and Sautéed Garlic Broccoli*

Monday Dinner
Meat: Chicken Vindaloo
Vegan: Aloo Gobi  
*With Chana Dal and Steamed Basmati Rice*

Tuesday Dinner
Meat: North African Lamb Stew
Vegan: African Red Potato & Chickpea Tagine  
*With Steamed African Yellow Rice & Raisins and Moroccan Spiced Carrots*

Wednesday Dinner
Meat: Braised Goat Machaca
Vegan: Potato & Chickpea Wat  
*With Herbed Quinoa and Stewed Tomatoes w/ Okra*

Thursday Dinner
Meat: Grilled Lemon Basil Chicken Breast
Vegan: Smoked Tomato & Shiitake Estofado  
*With Roasted Potatoes & Parsnips and Roasted Brussels Sprouts*

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