Week 2 – October 8 - 12

Monday
Entrée: Pasta w/Pesto & Vegetable/Grilled Chicken Breast
Vegetable: Roasted Sweet Potato/Seasonal Vegetable Blend
Sides: Garlic Parmesan Bread/Marinated Balsamic Tomato
Soup: Carrot/Black Bean

Tuesday
Entrée: Grilled Fish w/Tomato Jam/Mojo Pork Chunks
Vegetable: Sautéed Potato/Seasonal Vegetable Blend
Sides: Moros Style Rice & Beans/Roasted Sweet Plantain
Soup: Chili/Broccoli & Cheese

Wednesday
Entrée: BBQ Chicken/BBQ Beef Brisket
Vegetable: Loaded Baked Potato/Seasonal Vegetable Blend
Sides: Baked Beans/Corn on the Cob
Soup: Carrot/Chicken & Vegetable

Thursday
Entrée: Beef Vaca Frita/Shrimp Creole
Vegetable: Garlic White Rice/Seasonal Vegetable Blend
Sides: Sweet Plantains/Side Salad
Soup: Broccoli & Cheese/Tomato Basil

Friday
Entrée: Baked Seafood Stew/Herb Grilled Chicken Breast w/Onions
Vegetable: Dirty Rice/Seasonal Vegetable Blend
Sides: Sautéed Garbanzo Beans/Side Salad
Soup: White Bean/Chicken & Vegetable

Week 3 – October 14- 18

Monday
Entrée: Roasted Mojo Chicken Leg Quarters/BBQ Meatloaf
Vegetable: Roasted Stuffed Sweet Potato/Seasonal Vegetable Blend
Sides: Garlic Mashed Potato/Seasoned Dirty Rice
Soup: Roasted Chicken & Vegetable/Green Split Pea

Tuesday
Entrée: Mojo Marinated Palomilla Steak w/Onions & Peppers/Grilled White Fish w/Tomato Pesto
Vegetable: Seasonal Vegetable Blend/Lemon Oregano Garlic Potato
Sides: Island Yellow Rice/Tostones/Sweet Plantains
Soup: Cream of Potato/Classic Black Bean

*Daily special includes: 1 entrée, 2 sides - $7 + tax, menu items may be substituted based on availability.
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**Wednesday**

**Entrée:** Pasta, Tomato Sauce, Parmesan, Ricotta/Classic Meatballs

**Vegetable:** /Seasonal Vegetable Blend/Broccoli w/Garlic

**Sides:** Garden Side Salad/Garlic Parmesan Bread/Vegetable Ziti Pasta

**Soup:** Butternut Squash/Orzo & Spinach

**Thursday**

**Entrée:** Basil Pesto Marinated Chicken Breast/Roast Chicken Thighs

**Vegetable:** Seasonal Vegetable/Squash & Zucchini

**Sides:** Chimichurri Potato/Seasoned Yellow Rice

**Soup:** Black Bean/Beef & Vegetable

**Friday**

**Entrée:** Sea Salt Skirt Steak/Roasted Pork Loin

**Vegetable:** Diced Butternut Squash w/Cranberry/Loaded Baked Potato

**Sides:** Mixed Green Salad/Choice of the Day

**Soup:** Butternut Squash/Carrot

**Week 4 – October 21-25**

**Monday**

**Entrée:** Fajita Style Chicken Strips/Lemon & Herb Fish Filet

**Vegetable:** Dirty Rice/Seasonal Vegetable

**Sides:** Sweet Plantains/Side Salad

**Soup:** Lentil/Butternut Squash

**Tuesday**

**Entrée:** Teriyaki Chicken Chunks/Pork Stir Fry

**Vegetable:** Vegetable Brown Rice/Seasonal Vegetable

**Sides:** Vegetable Fried Rice/Egg Roll

**Soup:** Vegetable/Red Bean

**Wednesday**

**Entrée:** Pasta Bolognese/Pesto Marinated Chicken Breast

**Vegetable:** Caprese Salad/Seasonal Vegetable

**Sides:** Roasted Garlic Parmesan Bread

**Soup:** Lentil/Potato Cheese

**Thursday**

**Entrée:** Sautéed Beef w/Onion & Peppers/Tomato, Roasted Chicken Thighs

**Vegetable:** Island Yellow Rice/Seasonal Vegetable

**Sides:** Mixed Green Salad/Tostones

**Soup:** Butternut Squash/Tomato Basil

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Friday

Entrée: Grilled Fish Filet w/Cilantro Sauce/Mojo Grilled Chicken Breast
Vegetable: Roasted Seasoned Potato Wedges/Seasonal Vegetable
Sides: Cesar Salad/Sweet Plantains
Soup: Garbanzo/Chicken & Rice

Week 5 – October 28 - 31

Monday

Entrée: Classic Style Beef Stew w/Vegetable/Chicken Milanesa w/Ham Cheese & Tomato Sauce
Vegetable: Seasonal Vegetable/ Black Beans
Sides: Island Yellow Rice/ Salad Seasonal
Soup: Spinach & Pasta/Green Split Pea

Tuesday

Entrée: Chicken Fricassee/Chicken Vaca Frita
Vegetable: Roasted Garlic Potato/Seasonal Vegetable Blend
Sides: Sweet Plantains/Side Salad
Soup: Garbanzo/Potato & Cheese

Wednesday

Entrée: Fish Filet/Diced Tomato, Capers and Lemon/Tomato & Red Wine Brisket
Vegetable: Corn & Peppers/Seasonal Vegetable Blend
Sides: Tostones w/Pico de Gallo/Rice Pilaf
Soup: Green Split Pea/Lemon Chicken Orzo

Thursday

Entrée: Grilled Chicken Breast w/Mustard Glaze/Beef Strips w/Peppers & Onions
Vegetable: Roasted Sweet Potato/Seasonal Vegetable Blend
Sides: Sautéed Peppers & Onions/Basil Pesto Tomato
Soup: Butternut Squash/Garbanzo

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