Z-6 DINING HALL

MONDAY’S MENU

MRS. ANNIE’S HOME COOKING

BREAKFAST
- Scrambled Eggs
- Grits
- Breakfast Potatoes
- Smoked Bacon
- Turkey Sausage Patties
- Oatmeal
- French Toast Sticks
- Biscuits w/ Sausage Gravy

LUNCH
- Vegetable Paella
- Roasted Turkey w/ Cranberry Glaze
- Whole Wheat Pasta w/ Chickpea Sauce
- Seasoned Spaghetti Squash
- Spiced Carrot Fritters
- Oven Roasted Potato Wedges

DINNER
- Chicken & Mushroom Tetrazzini
- Parmesan Baked Tilapia
- Egg Noodles
- Sautééd Butternut Squash & Kale
- Cider-Glazed Brussel Sprouts
- Quinoa Brown Rice

EXHIBITION STATION

BUILD YOUR OWN BUDDHA BOWL - LUNCH & DINNER
Create a delicious vegetarian treat! Add plenty of your favorite veggies, and complete your meal-in-a-bowl with a drizzle of dressing.

SALAD BAR
- Fresh Garden Salad packed with leafy greens and toppings of your choosing.

PIZZA STATION
- Pepperoni Pizza
- Cheese Pizza
- Veggie Pizza
- Gluten Free Tuscan Pizza
- Garlic Bread

GRILL STATION

BREAKFAST
- Made-to-order pancakes & french toast with assorted toppings.
- Bacon, Egg, & Cheese Breakfast Wrap
- Sausage Egg, & Cheese Breakfast Wrap

LUNCH & DINNER
- Hamburgers
- Grilled Cheese
- French Fries
- Loaded Mediterranean Veggie Wrap
- Black Bean & Turkey Burgers

DESSERTS
- Assorted Cookies
- Strawbwrry Short Cake Cups
- Peanut Butter Cup Pie
- Apple Enchilada
- Soft Serve Ice Cream
- Ice Cream Cups
- Novelty Ice Cream Bars

SOUP STATION
- Quinoa Vegetable Soup
- Yucatan-Style Chicken & Lime Soup

• If you have severe allergies to specific foods, please ask to speak to management at either of our dining halls. Our managers and chefs will work to accommodate your dietary needs.
• Ingredients available at the various made-to-order and self-serve stations are subject to change based upon availability.
Z-6 DINING HALL  TUESDAY’S MENU

MRS. ANNIE’S HOME COOKING

BREAKFAST
Scrambled Eggs
Grits
Breakfast Potatoes
Pork Sausage Patties
Turkey Sausage Links
Oatmeal
Biscuits with Pepper Gravy

LUNCH
Alfredo Cheese Tortellini w/ Peas, Bratwurst, Peppers & Onions
Aloo Matar (Indian Peas & Potatoes in Tomato Sauce)
Spanish Rice
Squash Casserole
Garlic Bok Choy

DINNER
Salisbury Steak
Baked Salmon w/ Sausage, Tomato, Cream Sauce
Bakes Potato Casserole
Parmesan Risotto
Zuchini & Sweet Corn Soufflé
Creamed Spinach

EXHIBITION STATION

SHRIMP & GRITS BAR - LUNCH & DINNER
Whether you like a buttery classic or want to spice it up with a Cajun flair, the Shrimp & Grits Bar is a great addition to any meal.

SALAD BAR
Fresh Garden Salad packed with leafy greens and toppings of your choosing.

PIZZA STATION
Pepperoni Pizza
Cheese Pizza
Veggie Pizza
S’mores Dessert Pizza
Garlic Knots

GRILL STATION

BREAKFAST
Made-to-order pancakes & french toast with assorted toppings.
Bacon, Egg, & Cheese Breakfast Wrap
Sausage Egg, & Cheese Breakfast Wrap

LUNCH & DINNER
Hamburgers
Grilled Cheese
French Fries
Fish Tacos
Black Bean & Turkey Burgers

DESSERTS
Assorted Cookies
Chocolate Lasagna Cake
Lemon Eclair Cake
Cinnamon Apple Crumb Cake
Soft Serve Ice Cream
Ice Cream Cups
Novelty Ice Cream Bars

SOUP STATION
Crean Of Asparagus Soup
Vegetable Beef Soup

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Z-6 DINING HALL

WEDNESDAY’S MENU

MRS. ANNIE’S HOME COOKING

BREAKFAST
- Scrambled Eggs
- Grits
- Shredded Hash Browns
- Pork Sausage Links
- Turkey Bacon
- Oatmeal
- Biscuits w/ Sausage Gravy

LUNCH
- Fried Chicken
- Chopped Sirloin w/ Onion Gravy
- Baked Chicken
- Spicy Collard Greens
- Glazed Carrots
- Macaroni & Cheese
- Garlic Mashed Potatoes

DINNER
- Fried Chicken
- Roast Beef w/ Gravy
- Black Eyed Peas
- Creamed Spinach
- Macaroni & Cheese
- Garlic Mashed Potatoes

EXHIBITION STATION

BUILD YOUR OWN WRAP - LUNCH & DINNER
Build a delicious deli sandwich wrap with an array of fresh proteins, vegetables, and sauces!

SALAD BAR
Fresh Garden Salad packed with leafy greens and toppings of your choosing.

PIZZA STATION
- Pepperoni Pizza
- Cheese Pizza
- Veggie Pizza
- Meat Lover’s Pizza
- Garlic Bread

GRILL STATION

BREAKFAST
- Made-to-order pancakes & french toast with assorted toppings.
- Bacon, Egg, & Cheese Breakfast Wrap
- Sausage Egg, & Cheese Breakfast Wrap

LUNCH & DINNER
- Hamburgers
- Grilled Cheese
- French Fries
- All Beef Hotdogs
- Homemade Ranch Chips
- Black Bean & Turkey Burgers

DESSERTS
- Assorted Cookies
- Strawberry Doughnut Shortcake
- Pineapple Upside Down Cake
- Mini Cupcakes
- Peach Cobbler
- Corn Muffins
- Soft Serve Ice Cream
- Ice Cream Cups
- Novelty Ice Cream Bars

SOUP STATION
- Moroccan Lentil Soup
- Cream Of Chicken Soup

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# MRS. ANNIE’S HOME COOKING

## BREAKFAST
- Scrambled Eggs
- Grits
- Shredded Hash Browns
- Pork Sausage Links
- Turkey Bacon
- Oatmeal
- Biscuits w/ Pepper Gravy

## LUNCH
- Chicken Bolognese
- Beef Stroganoff
- Linguine Noodles
- Vegetarian Lima Beans
- Italian-Cut Vegetable Blend
- Fried Cauliflower

## DINNER
- Louisiana-Style Spare Ribs
- Meatless Eggplant Parmesan
- Bakes Beans
- Corn on the Cob
- Roasted Sweet Potatoes
- Cajun-Spiced Broccoli

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# EXHIBITION STATION

## FRENCH TOAST BAR - LUNCH & DINNER

Who says French Toast is just for breakfast? Pile on the sauces and toppings to enjoy this treat all afternoon!

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# SALAD BAR

Fresh Garden Salad packed with leafy greens and toppings of your choosing.

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# PIZZA STATION

- Pepperoni Pizza
- Cheese Pizza
- Veggie Pizza
- Sausage Pizza
- Garlic Bread

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# GRILL STATION

## BREAKFAST
- Made-to-order pancakes & french toast with assorted toppings.
- Bacon, Egg, & Cheese Breakfast Wrap
- Sausage Egg, & Cheese Breakfast Wrap

## LUNCH & DINNER
- Hamburgers
- Grilled Cheese
- French Fries
- Cuban Sandwiches
- Black Bean & Turkey Burgers

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# DESSERTS

- Assorted Cookies
- Snickerdoodle Cheesecake Bars
- Cinnamon Apple Crumb Cake
- Rice Krispie Chocolate Cake
- Soft Serve Ice Cream
- Ice Cream Cups
- Novelty Ice Cream Bars

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# SOUP STATION

- Roasted Carrot & Apple Soup
- Manhattan Clam Chowder

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**Mrs. Annie’s Home Cooking**

**Breakfast**
- Scrambled Eggs
- Grits
- Breakfast Potatoes
- Smoked Bacon
- Turkey Sausage Patties
- Oatmeal
- Biscuits w/ Sausage Gravy

**Lunch**
- Fried Fish
- Sliced Turkey Marsala
- Rosemary Roasted Red Potatoes
- Braised White Cabbage
- Southern Green Beans
- Corn Fritters

**Dinner**
- Fried Fish
- Sliced Turkey Marsala
- Rosemary Roasted Red Potatoes
- Braised White Cabbage
- Southern Green Beans
- Corn Fritters

**Exhibition Station**

**Greek Gyro Bar - Lunch & Dinner**

Gyros are tasty and popular Greek-American sandwiches that you don’t need to be able to pronounce to enjoy! These sandwiches are made with thinly-sliced seasoned meat and placed in a pita or flatbread, traditionally topped with onion, tomato, and Tzatziki sauce.

**Salad Bar**

Fresh Garden Salad packed with leafy greens and toppings of your choosing.

**Grill Station**

**Breakfast**
- Made-to-order pancakes & french toast with assorted toppings.
- Bacon, Egg, & Cheese Breakfast Wrap
- Sausage Egg, & Cheese Breakfast Wrap

**Lunch & Dinner**
- Hamburgers
- Grilled Cheese
- French Fries
- Corn Dogs
- Black Bean & Turkey Burgers

**Desserts**

- Assorted Cookies
- Carrot Cake w/ Cream Cheese Frosting
- Caramel Pecan Chocolate Dessert
- Nutella Brownies
- Soft Serve Ice Cream
- Ice Cream Cups
- Novelty Ice Cream Bars

**Pizza Station**

Pepperoni Pizza
Cheese Pizza
Veggie Pizza
Buffalo Chicken Pizza
Garlic knots

**Soup Station**

Chipotle Sweet Potato Chowder
Chicken Noodle Soup

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