

IDEAS for custom meal combinations - Custom Meal Ordering Form

NOTE: These combo ideas are for a variety of allergen restriction needs. Before choosing foods, review full ingredients for any product listed according to your specific needs. See footnote below for additional options.

BREAKFAST Ideas

1. Regular Eggs to Order

- a. Whole egg (how many), egg whites.
- b. Scrambled, over easy, hardboiled.
- c. Butter, oil, salsa, other spice seasonings.

2. Tofu Scramble (from firm, organic tofu)

- a. Broccoli, peppers, mushroom, onion, tomato.
- b. Oil, salsa, other spice seasoning.
- c. Vegan cheese, American cheese, or no cheese.

3. Omelet

- a. Whole egg or egg whites.
- b. Broccoli, peppers, mushroom, onion, tomato.
- c. Oil, salsa, other spice seasoning.
- d. Bacon, pork or chicken sausage, firm tofu, black beans.
- e. American cheese, Cheddar cheese, vegan cheese, or no cheese.

Sides for Breakfast

1. Potatoes

- a. Roasted diced potatoes, potato shreds.
- b. salsa, other spice seasoning.

2. Protein

- a. Bacon, chicken sausage, pork sausage, hardboiled egg.

LUNCH/DINNER Ideas

1. Burrito Bowl or Wrap

- a. White or brown rice, quinoa, or a wrap (GF wrap or regular wheat).
- b. Black beans, plain chicken, shaved steak, shrimp, GF-breaded chicken tenders.
- c. Lettuce, tomato, onion, plain corn, jalapeno corn, green peppers.
- d. Cheddar cheese, vegan cheese, (or no cheese).
- e. Guacamole, sour cream, salsa.

2. Garden Salad Bowl

- a. Mixed greens, iceberg lettuce or spinach.
- b. Tomatoes, cucumber, carrots, broccoli, red and green peppers, onions, mushrooms.
- c. Plain chicken, hardboiled egg, bacon crumbles, black beans.
- d. Mozzarella or cheddar cheese, shredded vegan cheese, (or no cheese).

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Please note – many items like yogurt, diced fruit, GF dairy/egg free pancakes in the dining hall, corn tortilla chips, salad dressing and more can be requested on site from back up pan of items that have not come in contact with the self-service line. Ask for a supervisor who will obtain the items for you using a separate utensil and a clean plate.

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3. Deli Sandwich

- a. Bread, roll or wrap (GF or wheat).
- b. Deli turkey or ham.
- c. American cheese, cheddar cheese, vegan cheese (or no cheese).
- d. Lettuce, tomato, dill pickles.
- e. Condiments – mayonnaise, mustard
- f. Potato chips, corn chips, pretzels

4. Grill Sandwich

- a. Beef burger, chicken tenders, GF black bean burger, grilled cheese.
- b. GF bun or bread, wheat bread or roll.
- c. Bacon, lettuce, tomato, dill pickles.
- d. American or cheddar cheese, vegan cheese (or no cheese).
- e. Condiments – mayonnaise, ketchup.

5. Stir Fry Plate

- a. Brown rice, white rice, quinoa, rice noodles.
- b. Chicken, shrimp, shaved beef, firm tofu, egg.
- c. Broccoli, carrots, onions, red and green peppers, tomato, spinach.
- d. GF tamari soy sauce, pineapple.

6. Pasta Bowl

- a. Rice noodles or regular wheat pasta.
- b. Chicken, shrimp, shaved beef, tofu, egg.
- c. Broccoli, carrots, onions, red and green peppers, tomato, spinach, garlic, zucchini.
- d. Marinara sauce, olive oil, pesto sauce, specify GF Alfredo as Parmesan, cream, black pepper.
- e. Shredded cheddar or Mozzarella, vegan cheese (or no cheese).

7. Pizza

- a. Regular French bread or pita for crust, or as available: GF cauliflower pizza crust (10 inch).
- b. Marinara, olive oil, balsamic vinegar, pesto, hot sauce, GF Alfredo: Parmesan, cream, black pepper.
- c. Chicken, pepperoni, diced ham, bacon.
- d. Broccoli, spinach, onions, red and green peppers, mushroom, pineapple.
- e. Shredded cheddar cheese, mozzarella cheese, vegan cheese, (or no cheese).
- f. Salsa, other spice seasoning.

Sides

1. Vegetables - Roasted or steamed (broccoli, carrots, green beans, cauliflower, zucchini).

2. Starch

- a. Brown rice, white rice, quinoa
- b. Baked white or sweet potato, baked French fries.

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