### Monday, November 6

**WAKIN’ UP**
- Egg White and Turkey Quesadilla

**SOUPER SOUPS**
- Lamb Chili
- Chicken Noodle
- Vegetable Barley Soup

**CHEF’S TABLE**
- Chicken Scarpariello

**VEGETARIAN**
- Stuffed Shells

**RAMON NOODLE**
- Chefs Choice

**SIDES**
- Creamy Polenta
- Green Beans with Sun Dried Tomato

**DELI**
- BBQ Pulled Chicken and Cheddar Wrap

**PIZZA VILL**
- White Pie with Spinach
- Spinach Calzone
- Prosciutto Stromboli

**GRILL**
- Buffalo Chicken Meatball Hero

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### Tuesday, November 7

**WAKIN’ UP**
- Egg Sausage and Home Fries Burrito

**SOUPER SOUPS**
- Chipotle Turkey Chili
- Cream Of Broccoli
- Kale, Bean and Wheat Berry

**CHEF’S TABLE**
- Hoisin Ginger Glazed Cod

**VEGETARIAN**
- Hoisin Ginger Glazed Tofu

**CARVERY**
- Sofrito Roasted Pork

**SIDES**
- Sesame Rice
- Stir Fried Vegetables

**DELI**
- Genoa Salami, Mozzarella and Cherry Pepper

**PIZZA VILL**
- Caesar Salad
- Mushroom Calzone
- Meat Lovers Stromboli

**GRILL**
- Chicken Cheese Steak

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### Wednesday, November 8

**WAKIN’ UP**
- Cranberry Stuffed French Toast

**SOUPER SOUPS**
- Pork and Black Bean Chili
- Turkey Pot Pie
- Butternut Squash and Roasted Apple

**CHEF’S TABLE**
- Old Fashion Meat Loaf

**VEGETARIAN**
- Vegetable Meatloaf

**CARVERY**
- Smoked BBQ Brisket

**SIDES**
- Mashed Potato
- Roasted Broccoli and Carrots

**DELI**
- Capicola, Salami, Provolone Olive Tapenade

**PIZZA VILL**
- Kale and Prosciutto
- Meatball Calzone
- Vegetable Stromboli

**GRILL**
- Chicken Fried Steak Sandwich

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### Thursday, November 9

**WAKIN’ UP**
- Ricotta Mozzarella and Parmesan Omelet

**SOUPER SOUPS**
- Beef and Ale Chili
- Manhattan Clam Chowder
- Cream of Mushroom

**CHEF’S TABLE**
- Lamb Stew

**VEGETARIAN**
- Lentil and Rice Stuffed Eggplant

**CARVERY**
- NY Strip Steak, Port Wine Demi

**SIDES**
- Roasted Potato
- Roasted Cauliflower and Kale

**DELI**
- Grilled Eggplant Fontina and Roasted Peppers Panini

**PIZZA VILL**
- Hawaiian Pizza
- Ham Calzone
- Pepperoni Stromboli

**GRILL**
- Bratwurst with Apple Bacon Sauerkraut

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### Friday, November 10

**WAKIN’ UP**
- Spanish Frittata

**SOUPER SOUPS**
- Chicken Chili
- Beef Barley
- Curried Cauliflower

**CHEF’S TABLE**
- Pork Chop with Cherry Peppers

**VEGETARIAN**
- Ravioli with Vegetable Ragu

**RAMON NOODLE**
- Chefs Choice

**SIDES**
- Kale Couscous
- Steamed Broccoli with Lemon Oil

**DELI**
- Black Forest Ham, Brie and Pear Panini

**PIZZA VILL**
- Mexican Pie
- Pepperoni Calzone
- Sausage Stromboli

**GRILL**
- Chicken Wings

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Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

Printed at the TC Business Services Center
Café Menu

Managed by CulinArt Group, the café at Teachers College is open Monday-Thursday 8AM-11AM and 11:30AM-2:30PM Friday till 5pm. Director of Dining Services Martin Weil/Executive Chef Mike D’Abundo

EAT WELL  500-CALORIES-OR-LESS  GLUTEN FREE  VEGETARIAN  VEGAN

MENU SUBJECT TO CHANGE