## Menu for week of July 23rd to July 27th

Managed by CulinArt Group, the café at Teachers College is open Monday through Friday for Breakfast: 8:00AM to 11:00AM and Monday through Thursday for Lunch: 11:30AM to 2:30PM and Friday for Lunch: 11:30AM to 5:00 PM

Director of Dining Services: Martin Weil | Executive Chef Mike D’Abundo
Phone: 212.678.3168 | Email: MWeil@culinartinc.com

### WAKIN’ UP

<table>
<thead>
<tr>
<th>Monday 07.23</th>
<th>Tuesday 07.24</th>
<th>Wednesday 07.25</th>
<th>Thursday 07.26</th>
<th>Friday 07.27</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg White and Turkey Bacon Quesadilla*</td>
<td>Vegetable Breakfast Burrito*</td>
<td>Tofu and Black Ban Eggless Burrito</td>
<td>Smoked Salmon and Scallion Omelet</td>
<td>Tofu and Black Bean Eggless Burrito</td>
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<tr>
<td>Chicken and Red Bean Chili</td>
<td>Beef White Bean Chili</td>
<td>Beef and White Bean Chili</td>
<td>Chorizo and Black Bean Chili</td>
<td>Beef and White Bean Chili</td>
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<tr>
<td>Beef Barley</td>
<td>Cajun Clam Chowder</td>
<td>Beef and Vegetable Soup</td>
<td>Beef and Vegetable Soup</td>
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<tr>
<td>Pea and Mint Soup</td>
<td>Old Fashion Tomato</td>
<td>Grandma’s Lentil Soup</td>
<td>Cream of Broccoli</td>
<td>Carrot Ginger</td>
</tr>
</tbody>
</table>

### SOUPER SOUPS

- Chicken and Red Bean Chili
- Beef Barley
- Pea and Mint Soup
- Chorizo and Black Bean Chili
- Cream of Broccoli
- Carrot Ginger

### CHEF’S TABLE

- Ham, Guacamole, Chipotle-Cilantro Slaw
- Cajun Clam Chowder
- Old Fashion Tomato
- Meatballs with Sun Dried Tomato Spread
- Roast Beef with Creamy Spinach Spread
- Smoked Turkey, Bacon, Provolone with Sun Dried Tomato Spread

### VEGETARIAN SIDES

- Lasagna, Yellow Rice Pilaf, Roasted Broccoli
- Jerk Chicken, Fried Plantain, Curried Green Beans
- Roast Beef with Creamy Spinach Spread
- Beef Stew, Mashed Potato, Vegetable Medley
- Five Spice Chicken, Fried Rice, Vegetable Stir Fry

### CARVERY

- Ham and Turkey, Cheddar Cheese
- Roast Turkey, Cranberry Sauce, Mashed Potato, Green Beans
- Roast Chicken, Mashed Potato, Green Beans
- Roast Turkey, Stuffing, Garnet Sweet Potato, Mixed Vegetables
- Smoked Turkey, Bacon, Provolone with Sun Dried Tomato Spread

### UPMARKET DELI

- Ham, Guacamole, Chipotle-Cilantro Slaw
- Tofu, Lettuce and Tomato
- Roast Beef with Creamy Spinach Spread
- Beef Stew, Mashed Potato, Vegetable Medley
- Five Spice Chicken, Fried Rice, Vegetable Stir Fry

### PIZZA VILLAGGIO

- Lasagna, Yellow Rice Pilaf, Roasted Broccoli
- Jerk Chicken, Fried Plantain, Curried Green Beans
- Roast Beef with Creamy Spinach Spread
- Beef Stew, Mashed Potato, Vegetable Medley
- Five Spice Chicken, Fried Rice, Vegetable Stir Fry

### CITY GRILL

- Lasagna, Yellow Rice Pilaf, Roasted Broccoli
- Jerk Chicken, Fried Plantain, Curried Green Beans
- Roast Beef with Creamy Spinach Spread
- Beef Stew, Mashed Potato, Vegetable Medley
- Five Spice Chicken, Fried Rice, Vegetable Stir Fry

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

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