

Campus: Cornell University

Houses:

- Sigma Pi

Status: Approved

Start Date: 2020-09-14

Monday, September 14th

BREAKFAST

Apple cinnamon french toast
 Sausage pepper and onion egg scramble
 Hash browns
 Mixed berry and granola parfait

LUNCH

Kelbassi sandwiches
 Saurkraut and creamy Dijon mustard
 Warm German potato salad

DINNER

Spiedie marinated flank steak/chicken
 Loaded baked potato bar
 Grilled corn half cobb,
 drawn butter

Tuesday, September 15th

BREAKFAST

Apple cinnamon french toast
 Sausage pepper and onion egg scramble
 Hash browns
 Mixed berry and granola parfait

LUNCH

Caprese chicken sandwiches
 Fresh tomato, melted mozzarella and pesto
 mayonnaise
 Tri-color pasta salad with late summer
 veggies

DINNER

Taco Tuesday
 Fish/chicken tacos with condiment bar
 Citrus cabbage slaw
 Braised red beans and rice

Wednesday, September 16th

BREAKFAST

Apple cinnamon french toast
 Sausage pepper and onion egg scramble
 Hash browns
 Mixed berry and granola parfait

LUNCH

Pork millenaise sandwiches
 Breaded pork cutlet, cucumber tomato relish,
 brioche bun
 Roasted butternut squash

DINNER

Sicilian pizzas
 Assorted pizzas
 Bacon parmesan
 Brussel sprouts
 Composed vinaigrette salad

Thursday, September 17th

BREAKFAST

Apple cinnamon french toast
 Sausage pepper and onion egg scramble
 Hash browns
 Mixed berry and granola parfait

LUNCH

Traditional corn beef Reubens
 Saurkraut, Swiss cheese, Russian
 dressing
 Cajun fries

DINNER

Bbq meatloaf or chicken
 Herb mashed potatoes
 Green beans
 almandine

Friday, September 18th

BREAKFAST

Apple cinnamon french toast
 Sausage pepper and onion egg scramble
 Hash browns
 Mixed berry and granola parfait

LUNCH

Tuna melts
 Albacore tuna, grilled tomato, American
 cheese
 Bacon broccoli salad

DINNER

Pork/chicken schnitzel
 Breaded and fried pork/chicken
 Caramelized onion
 and bacon spaetzel
 Warm kale salad

BREAKFASTLUNCH

DINNER

Saturday, September 19th

Sunday, September 20th

BREAKFAST

Sunday brunch
 Sausage pepper and onion egg scramble
 Hash browns
 Mixed berry and granola parfait

LUNCH

Kelbassi sandwiches
 Saurkraut and creamy Dijon mustard
 Warm German potato salad

DINNER

Upstate fall chili
 Cheddar jalapeño cornbread
 Roasted root veg

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Start Date: 2020-10-05

Monday, October 5th

BREAKFAST

LUNCH

Grilled Chicken sandwiches

Bacon, lettuce, tomato, cheese, and pickles Bbq rubbed potatoe wedges Chipotle ranch

DINNER

Stuffed pork/chicken

Sundried tomatoes, spinach, provolone, dried cranberries Creamy polenta Garlic tomato parmesean sauce Sautéed broccolini

Tuesday, October 6th

BREAKFAST

LUNCH

Ham or turkey pin wheels

Lettuce, tomato, onion, avacado, sundried tomato aoli Salt and pepper fries

DINNER

Taco tuesday

Chicken or chorizo tacos, taco bar with all the fixins, 7 layer bean dip with homemade tortilla chips, charred corn and black bean salad.

Wednesday, October 7th

BREAKFAST

LUNCH

Rodeo cheeseburgers

Bbq, onion rings, cheddar Tri color pasta salad with fall vegetables

DINNER

Upstate new york night

Chicken or pork wings, celery, carrots, blue cheese dressing and assorted sauces Loaded baked potatoe bar Bang bang roasted cauliflower

Thursday, October 8th

BREAKFAST

LUNCH

Chicken or steak quesadillas

Qesadilla toppings bar Fiesta corn

DINNER

Steak night

NY strips steaks, mashed potatoe bar, lemon and shallot roasted asparagus

Friday, October 9th

BREAKFAST

LUNCH

Meatball parm hoagies

Marinara, mozzarella, parmesean Italian farro salad

DINNER

Chicken piccata or haddock franchise

Floured chicken or egg battered haddock White wine lemon butter sauce Sun dried tomato pesto pasta Composed salad

BREAKFASTLUNCH

DINNER

Saturday, October 10th

Sunday, October 11th

BREAKFAST

Sunday funday

Fall vegetable and corn beef hash Blueberry lemon pancakes Pepperoni, broccoli,tomato, and onion fritatta

LUNCH

DINNER

Lemon pepper chicken or salmon

Arugula and Farro salad Roasted broccolini and shallots

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Start Date: 2020-10-26

Monday, October 26th

BREAKFAST

LUNCH

NY Deli day

Pastrami on rye, pickled peppers, Swiss cheese Pickled vegetables Salt and pepper fries

DINNER

Meatloaf night

Beef and pork or turkey meatloaf Whiskey smoked bbq glaze Zucchini carrot casserole Composed salad

Tuesday, October 27th

BREAKFAST

LUNCH

Patty melts

8oz burger, Swiss cheese,Caramalized onions and mushrooms Sweet potatoe fries

DINNER

Popular demand night

Homemade pork and beef glumbkies, rice Butter beans, carrots and corn Blueberry pierogi

Wednesday, October 28th

BREAKFAST

LUNCH

Santa fè chicken sandwichies

Grilled Marinated chicken, bbq sauce, cheddar, bacon and pico de gallo Chips and queso

DINNER

Asian night

Healthy bourbon chicken Porkand vegetable lo mein Vegetable fried rice Butters broccoli

Thursday, October 29th

BREAKFAST

LUNCH

Beef on weck

Kimmel weck roll, sliced beef French onion soup

DINNER

Ramen

Pork or chicken Ramen, 6 min egg, nori, bok choi, scallions Pork pot stickers with citrus ponzu Stir fry veg

Friday, October 30th

BREAKFAST

LUNCH

Wrap and soup day

Italian wedding soup, chicken, meatballs, orzo, parmesean Steak ceaser wraps

DINNER

Sunday gravy on Friday.

Braised sausage, meatballs and pork in a homemade marinara sauce over pasta Composed salad Garlic bread

BREAKFAST**LUNCH** **DINNER**

Saturday, October 31st

Sunday, November 1st

BREAKFAST

Sunday funday

Bacon egg and cheese on a whole grain miffin with special sauce Fresh cut fruit salad French toast sticks

LUNCH

DINNER

Irish night

Shepards pie, ground beef and pork, mashed potatoes Ruben egg rolls Sauted carrots and corn Composed salad

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Start Date: 2020-11-02

Monday, November 2nd

BREAKFAST

LUNCH

El pollo loco

Blackened chicken sandwich, hard roll, avacado, cilantro aioli, angry onions Spiced waffle fries Bang bang sauce

DINNER

Roast pork or stuffed chicken

Brined and roasted pork Chicken, arugula pesto, provolone, sundried tomato Mushroom cranberry rice pilaf Sauted broccolini

Tuesday, November 3rd

BREAKFAST

LUNCH

Breakfast Barnyard burger bonanza

8 oz patty, Maple slab bacon, American cheese, fried egg, caramalized onions, siracha mayonnaise

DINNER

Taco Tuesday

Ham and cheese or beef and cheese empanadas Vegetarian Spanish rice Mexican street carrots

Wednesday, November 4th

BREAKFAST

LUNCH

Chicken finger day

Hand breaded tenders, original or spicy Assorted dipping sauces Composed cobb salad

DINNER

Asian night

Mandarin orange chicken Firecracker shrimp Stirfry vegetables Pork fried rice

Thursday, November 5th

BREAKFAST

LUNCH

Popular demand lunch

Chipotle chicken or steak quesadillas Quesadilla toppings bar Composed salad

DINNER

Barbecue night

Smoked St. Louis ribs or chicken quarters 4 cheese south west macaroni and cheese Balsamic cucumber tomato salad

Friday, November 6th

BREAKFAST

LUNCH

Turkey burgers

Dry rubbed 7oz patty, guacamole, pico de gallo, cheddar, lettuce Black beans and rice

DINNER

Tuscan bowls

Chicken, shrimp, or sausage Tuscan orzo jambalaya Composed salad Grilled asparagus

BREAKFAST

LUNCH

DINNER

Saturday, November 7th

Sunday, November 8th

BREAKFAST

LUNCH

Sunday Funday

Green onion, broccoli, and spinach, quiche Bamana and Nutella waffles Bacon or breakfast sausage

DINNER

Carved roast sunday

Turkey or ham with gravy Sausage cranberry cornbread stuffing Roasted green beans and carrots

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Start Date: 2020-11-16

Monday, November 16th

BREAKFAST



LUNCH

Chicken sandwichies

Cornell marinated chicken, white BBQ, bacon and cheese on a hard roll Cajun tater tots

DINNER

Drunken flank steak or chicken

Whiskey, soy, brown sugar marinade Herbed mashed potatoes Seasonal vegetables

Tuesday, November 17th

BREAKFAST



LUNCH

Southwest burgers

8 oz patty, Chipotle aioli, avocado relish, angry onions, lettuce and tomatoes Sweet potato fries

DINNER

Taco salad bar

Chorizo and black beans or carne asada Guacamole, pico, cilantro, corn, lettuce, queso fresco Steamed rice Roasted carrots

Wednesday, November 18th

BREAKFAST



LUNCH

Turkey Reubens

Saur kraft, Russian dressing and Swiss cheese Zucchini fries with garlic mayo

DINNER

Asian night

Orange chicken or sweet and sour pork Stir fry mix vegetables Vegetable fried rice

Thursday, November 19th

BREAKFAST



LUNCH

California turkey burgers

Cheddar, bacon, lettuce tomato, avocado, cilantro aioli Sweet potato fries

DINNER

Italian night

Chicken parm or pork millenaise Cucumber tomatoes relish Basil pesto pasta Composed salad

Friday, November 20th

BREAKFAST



LUNCH

Fish fry Friday

Breaded haddock, seared lemon remoulade, pickled slaw Waffle fries

DINNER

Herded turkey or ham

Rodemary, thyme and sage turkey Maple pit ham Gravy Chive mashed potatoes Buttered steamed veg

BREAKFAST **LUNCH** **DINNER**

Saturday, November 21st

Sunday, November 22nd

BREAKFAST

Sunday funday

Maple brown sugar oatmeal Bacon egg and cheese scramble English muffins Yogurt with berries and granola

LUNCH

DINNER

Grillin and chillin

Grilled salmon or chicken Rice pilaf with fall vegetables Composed salad



PROPOSED MEAL SERVICES

Breakfast (items will vary by day and availability)

- Assorted cereals, bagels, English muffins, breads
- Butter, jams & jellies, peanut butters, Nutella
- Assorted fresh cut seasonal fruit and berries
- Milk, assorted juices, and cream
- Dried fruits, berries, nuts, granolas
- Greek and traditional yogurts

Lunch (items will vary by day and availability)

Lunch will include a heavily stocked salad bar with healthy, nutritional offerings as well as a variety of infused waters. All salad bar items will be fresh and stocked daily.



Lunches will be full of variety and emphasize nutritional recipes showcasing:

- Pasta salads, tortilla wraps, gourmet sliced deli meats and cheeses on sandwiches, fresh fruit parfaits, homemade dips and sauces, gourmet mustards and relishes, freshly prepared vegetable crudité trays, homemade soups with freshly baked crostini, marinated vegetables and LTO (lettuce, tomato, onion) trays, gourmet mac & cheeses, meatball subs, caprese tomato & avocado melts.
- Homemade salsas, vegetable salads, flatbread pizzas and sandwiches, chowders, chilis, bread bowls, pasta bakes, gourmet tacos and sandwiches such as “Hawaiian Chicken,” gyros, 3 cheese grilled cheese, kale chips, quinoa salads, Buddha bowls, minimally processed and antioxidant rich foods

Dinner (items will vary by day and availability)

Dinner items will reflect a variety of Chapter House favorites and new recipes showcased by Greek House Chefs. Chapter member requests and input via the app will be used to create the menu by your Greek House Chef.

Dinner will include a heavily stocked salad bar with healthy, nutritional offerings. Chefs will offer dinners with 2 entrée options i.e. vegetarian and protein.

Chapter Dinners will be served as Chapter desires as agreed upon by both parties (plated, family style, etc.)



