

Campus: Cornell University

- Houses:**
- Sigma Pi

Status: Approved

Start Date: 2020-09-14

Monday, September 14th

BREAKFAST	LUNCH	DINNER
	Kelbassi sandwiches	Spiedie marinated flank steak/chicken
	Sauerkraut and creamy Dijon mustard Warm German potato salad	Loaded baked potato bar Grilled corn half cobb, drawn butter

Tuesday, September 15th

BREAKFAST	LUNCH	DINNER
	Caprese chicken sandwiches	Taco Tuesday
	Fresh tomato, melted mozzarella and pesto mayonnaise Tri-color pasta salad with late summer veggies	Fish/chicken tacos with condiment bar Citrus cabbage slaw Braised red beans and rice

Wednesday, September 16th

BREAKFAST	LUNCH	DINNER
	Pork millenaise sandwiches	Sicilian pizzas
	Breaded pork cutlet, cucumber tomato relish, brioche bun Roasted butternut squash	Assorted pizzas Bacon parmesean Brussel sprouts Composed vinaigrette salad

Thursday, September 17th

BREAKFAST	LUNCH	DINNER
	Traditional corn beef Reubens	Bbq meatloaf or chicken
	Sauerkraut,Swiss cheese, Russian dressing Cajun fries	Herb mashed potatoes Green beans almandine

Friday, September 18th

BREAKFAST	LUNCH	DINNER
	Tuna melts	Pork/chicken schnitzel
	Albacore tuna, grilled tomato, American cheese Bacon broccoli salad	Breaded and fried pork/chicken Caramelized onion and bacon spaetzel Warm kale salad
BREAKFAST	LUNCH	DINNER

Saturday, September 19th

Sunday, September 20th

BREAKFAST	LUNCH	DINNER
Sunday brunch		Upstate fall chili
Sausage pepper and onion egg scramble Hash browns Mixed berry and granola parfait		Cheddar jalapeño cornbread Roasted root veg

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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 sandwiches

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

BREAKFASTLUNCHDINNER

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 sandwhich, 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

BREAKFASTLUNCHDINNER

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



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.)





Dinners will be prepared from scratch and may include items such as:

- *Baked or broiled fresh fish, chicken kabobs, flank steaks, seared salmon, vegetable kabobs, shrimp scampi, pork au gratin, balsamic chicken breasts, turkey roasts, pork loins, “grill outs” with gourmet stuffed burgers, grilled fish tacos, etc.*
- *Risotto, rice pilaf, dauphinoise potatoes, baked sweet potatoes, roasted root vegetables, orzo pasta, roasted butternut squash, cauliflower “mashed potatoes” oven roasted broccoli, pasta bakes (sides) sautéed greens, freshly steamed English peas, au gratin potatoes, baked eggplant, lentils, quinoa, roasted Yukon potatoes, etc.*
- *Gourmet salads such as arugula, raspberry, and roasted walnut salad, infused whipped butters and oils, seasonal vegetable medleys, beans (fava, lima, etc.)*
- *Delicious dessert offerings twice weekly such as cherry cheesecakes, red velvet cake, “build-your-own” root beer floats, banana split buffet, lemon bars, homemade ice cream, cookies, dark chocolate cakes, gourmet cupcakes, etc.*

Salad Bar

A fully stocked salad bar may include, but not limited to:

- *Homemade salads i.e. tuna, chicken and egg, pasta salad or quinoa salad*
- *Vegetarian protein Items such as tofu, cottage cheese, hard-boiled eggs*
- *Roasted vegetables, marinated vegetables or marinated tofu options*
- *Dips and condiments i.e. mayo, mustard, oils, vinegars, scratch dressings*
- *Fresh salad toppings, croutons, bacon bits, sliced nuts, etc.*
- *Hard boiled eggs, beans, legumes and grains*
- *Assorted breads for sandwiches*
- *Fresh cut seasonal vegetables*
- *Fresh cut seasonal fruit*
- *Fresh salad greens*



Snacks

Should your Chapter select the option for GHC to provide snacks, they may include, but are not limited to:

- *Mac and Cheese Cups, Kind Bars, Pop Tarts, Granola Bars, String Cheese, Cereal, Breakfast bars, assorted grab-and-go chips, dips, pretzels, Goldfish, Jello cups, pudding cups, beef sticks, yogurt cups, Greek yogurt cups, peanut butter, jelly, honey, hot tea, hot cocoa, coffee, creamer, sparkling water, infused waters,*
- *Applesauce, whole fresh fruit, cut fruit salad, sliced deli meats and cheeses, assorted breads and rolls, mayo, mustard, Miracle Whip, hot sauce, Sriracha, chips and salsa, hummus, freshly baked cookies and cakes, bagels, cream cheeses, crackers, ice cream bars, etc.*

**All proposed services contained within this document are subject to equipment availability.*