Houses:

• Sigma Pi

Status: Approved

Start Date: 2020-09-14

Monday, September 14th

BREAKFAST

LUNCH

Kelbassi sandwhiches

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

LUNCH

Caprese chicken sandwhiches

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

LUNCH

Pork millenaise sandwhiches

Breaded pork cutlet, cucumber tomato relish, brioche bun Roasted butternut squash **DINNER**

Sicilian pizzas

Assorted pizzas Bacon parmesean Brussel sprouts Composed vinaigrette salad

Thursday, September 17th

BREAKFAST

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

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

LUNCH

DINNER

Upstate fall chili

Cheddar jalapeño cornbread Roasted root veg

Houses:

• Sigma Pi

Status: Approved

Start Date: 2020-10-05

Monday, October 5th

BREAKFAST

LUNCH

Grilled Chicken sandwhiches

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 aoili 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

Bbg, 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 franchaise

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

ritatta

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

LUNCH

DINNER

Lemon pepper chicken or salmon

Arugula and Farro salad Roasted broccolini and shallots

Houses:

• Sigma Pi

Status: Approved

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 sandwhiches

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

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

BREAKFASTLUNCH

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

Houses:

• Sigma Pi

Status: Approved

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

BREAKFASTLUNCH 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

Houses:

• Sigma Pi

Status: Approved

Start Date: 2020-11-16

Monday, November 16th

BREAKFAST

LUNCH

Chicken sandwhiches

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

BREAKFASTLUNCH

Fish fry Friday

Breaded haddock, seared lemon remoulade, pickled slaw Waffle fries

DINNER

DINNER

Herded turkey or ham

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

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

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.

