### Food 4 Thought

**Monday**

**Breakfast**
- The Skinny Burrito: Egg Whites, Turkey Sausage, Cheese and a blend of Roasted Vegetables in a Tortilla and Pressed Panini Style.
  - $4.75

**Soup**
- Beef n Mushroom Barley
  - $4.00

**Scoop n Bake**
- Baked Rigatoni Italiano: Meatballs and Italian Sausage in a Tomato Basil Sauce with Onions, Peppers, Garlic and Herbs. Topped with three Cheeses
  - $4.25

**Panini**
- Maple Mustard Ham & Swiss: Sliced Ham and Swiss Cheese Grilled on a Whole Wheat Ciabatta with Maple Mustard, Arugula, Caramelized Onions and Tomatoes. Served with Chips
  - $6.95

**Tuesday**

**Breakfast**
- The Classic Burrito: Salsa, sour cream, scrambled egg, cheddar cheese and choice of bacon or sausage in a tortilla pressed Panini style
  - $5.50

**Soup**
- Blount’s Shrimp and Roasted Corn Chowder
  - $4.25

**Exhibition**
- Sesame Chicken: Crispy Chicken tossed in a Sesame Ginger Sauce with Beans, Onions, Broccoli and Red Peppers. Served over Jasmine Rice.
  - $7.20

**Panini**
- The Roxie: Grilled Chicken, Fresh Avocado, Cheddar Cheese, Bacon and Blue Cheese Dressing. Served on your Choice of Roll or Wrap.
  - $6.95

**Wednesday**

**Breakfast**
- Meat lovers Burrito: Ham, bacon & Chili, scrambled egg, shredded sharp cheddar and oven roasted peppers in a tortilla pressed Panini style.
  - $5.50

**Soup**
- Blount’s Chicken Poblano
  - $4.25

**Sushi**
- Assorted Fresh Sushi
  - MARKET

**Panini**
- The Pilgrim: Roast Turkey with House Made Herb Stuffing, Cranberry Mayo and Leaf Lettuce on your choice of Roll or Wrap.
  - $6.95

**Thursday**

**Breakfast**
- The Greek Veggie Burrito: Baby Spinach, Caramelized Onion, Diced Tomato, and Eggs. Topped w/ Feta in a Fresh Tortilla and Pressed
  - $5.50

**Soup**
- Roast Sirloin Barley
  - $4.00

**Exhibition**
- Chicken Jambalaya: Southern Spiced Chicken Thighs Roasted and simmered with Turkey Sausage, Onions, Peppers and Tomatoes over Rice.
  - $7.20

**Panini**
- Blue Boy Chicken and Apple Panini: Sliced Roasted Chicken on a Ciabatta Roll with Crumbled Blue Cheese, Sliced Apples and light Ranch Dressing. Served with Chips
  - $6.95

**Friday**

**Breakfast**
- TGIF Burrito: Three Eggs, potato hash & crispy bacon with melted provolone, garlic & tomato Aioli Sauce in a in a tortilla pressed Panini style.
  - $5.50

**Soup**
- Blount’s New England Clam Chowder
  - $4.25

**Scoop n Serve**
- Beef Bourguignon: Slow Cooked Tender Beef and Vegetable in a Burgundy Wine Sauce over Egg Noodles with a Crisp French Roll.
  - $4.25

**Panini**
- The Plymouth: White Meat Chicken Salad tossed with sliced Grapes, Cheddar Cheese and Mixed Greens on your choice of Roll or Wrap.
  - $6.95

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**Café Hours**
- Monday through Thursday: 7:30am - 8:00pm
- Fridays till 3:00
- Closed Weekends

**Menu subject to change**

**Vegetarian Selection**
- V

**Vegan Selection**
- VV

**Healthy Balance Selection**
- HB

**Gluten Free Selection**
- GF

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**Consuming raw or undercooked meats, seafood and eggs may increase your risk of food borne illness.**

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Please contact John Thomas, The Café Manager at:
617.636.0965

Got Catering?
Visit us online at:
Tufts.Catertrax.com

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Jan. 22nd - 26th