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.

Soup
Blount’s Caribbean Jerk Chicken

Scoop n Serve
Oven Fried Chicken: Choose a Breast or a Thigh with one other piece. Served with Garlic Mashed, Gravy, Dinner Roll and Cole Slaw.

Panini
Cranberry Turkey: Thin n Trim Turkey Breast with Cranberry Mayo, Swiss Cheese, Arugula and Caramelized Onions on a Ciabatta Roll.

Tuesday

**Breakfast**
The Classic Burrito: Salsa, Sour Cream, Scrambled Egg, Cheddar Cheese and Choice of Bacon or Sausage in a Tortilla Pressed Panini Style.

Soup
Turkey Cacciatore Stew

Exhibition Lo Meina: Choose from Chicken, Shrimp or Tofu with Bok Choy, Broccoli, Carrot, Celery, Onions, Snap Peas and Bell Peppers, tossed with Noodles.

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

Wednesday

**Breakfast**
Meat lovers Burrito: Ham, Bacon, Scrambled Eggs, Shredded Sharp Cheddar and Fire Roasted Peppers in a Tortilla Pressed Panini Style.

Soup
Blount’s Chicken Poblano

Assorted Sushi
Fresh Sushi from Boston’s own Sushi Sushi Market

Panini
Chicken Caesar BLT Wrap: Grilled Chicken, Romaine, Tomato, Bacon, Imported Parmesan and Caesar Dressing. Your choice of Wrap.

Thursday

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

Soup
Blount’s Butternut Squash and Apple Soup

Exhibition Pad Thai: Stir Fried Chicken or Tofu with Egg, Bean Sprouts, Snap Peas, Carrot, Celery, Onions and Scallions in a Savory Sauce over Rice Noodles.

Panini
Turkey Avocado: Thin and Trim Turkey Breast with Sliced Avocado, Tomato, Cheddar Cheese, Red Onions and Honey Mustard on Fresh Baked Ciabatta

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

Soup
Blount’s New England Clam Chowder

Scoop n Serve
Shrimp Tortelloni: Sautéed Shrimp with Fresh Vegetables and Basil in a Spiced Red Sauce with Stuffed Tortelloni and Raviolis.

Panini
Tuna Florentine: Albacore Tuna Salad, Baby Spinach and Swiss. Grilled on a Fresh Baked Ciabatta Roll or Wrap.

---

Please contact Stephen Peterson,
The Café Manager at: 617.636.4861

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

---

Before placing your order, please inform your server if a person in your party has a food allergy.

Café Hours
Monday through Thursday
7:30am - 7:00pm
Friday’s
7:30 – 3:00pm
Closed Weekends

V = Vegetarian Selection
VV = Vegan Selection
HB = Healthy Balance Selection
GF = Gluten Free Selection

---

Consuming raw or undercooked meats, seafood and eggs may increase your risk of food borne illness. 2000 calories a day is used for general nutrition advice, but calorie needs vary. Addition nutrition information available upon request.