

**John Jay Dining Hall – Spring Semester
Gluten Free Menu Items**

Brunch (Week One)

- Chef's Corner
 - Grilled Fish
 - Brown Rice
 - Grilled Chicken
 - Lemon Rice
 - Cajun Skillet
 - Zucchini
 - Snow Peas
 - Roasted Tomato with Garlic
 - Spanish Rice
 - Kidney Beans
 - Green Beans
- Spotlight Special
 - Burger Bar
- Wilma's Grill
 - Scrambled eggs
 - Bacon
 - Ham
- Soups & Salads
 - Salad Bar Daily
- Sauces
 - Marinara Sauce
 - Red Clam Sauce
 - Pesto Alfredo
 - Puttanesca
 - Oil & Garlic
- Chicken Picatta
- Adobo Crusted Pork Loin
- Mashed Potatoes
- Carrots
- Roasted Portobello Mushrooms
- Tuscan Tofu Sizzle
- Steamed Asparagus
- Spotlight Special
 - Roasted Potatoes
 - Corn on the Cob
 - Herb Roasted Salmon
 - Brown Rice
 - Steamed Broccoli
 - Mexican Rice
 - Roasted Zucchini
 - Snapper Vera Cruz
 - Steamed Broccoli
- Wilma's Grill
 - Chicken Breast
 - Turkey Burger
 - Chicken Burger
- Soups & Salads
 - Salad Bar Daily
- Sauces
 - Organic Marinara Sauce
 - Meat Sauce
 - Mushroom
 - Tomato Primavera
 - Puttanesca

Dinner (Week One)

- Chef's Corner
 - Green Beans
 - Chicken Breast
 - Chicken Provencal
 - Mexican Rice
 - Spinach
 - Parsley Potatoes
 - Carrots/ Green Beans
 - Snap Peas
 - Baked Sweet Potatoes

Brunch (Week Two)

- Chef's Corner
 - Grilled Fish
 - Vegetable Jambalaya
 - Spinach & Mushrooms
 - Black Beans
 - Grilled Chicken
 - Minted Carrots
 - Fava Beans
 - Spanish Rice
 - Roasted Potatoes
 - Zucchini Sauté
 - Broccoli
 - Jardinière
 - Basmati Rice
 - Brussel Sprouts
 - Vegetarian Beans
 - Tofu Green Bean Stir Fry
- Wilma's Grill
 - Scrambled eggs
 - Bacon
 - Ham
- Soups & Salads
 - Salad Bar Daily
- Sauces
 - Marinara Sauce
 - Mushrooms
 - Tomato Primavera
- Sautéed Green Beans
- Baked Sweet Potatoes
- Herbed Carrots
- Spotlight Special
 - Steamed White Rice
 - Steamed Broccoli
 - Scallion Rice
 - Stir Fried Bok Choy
 - Pork Scaloppini
 - Neapolitan Eggplant
 - Broccoli with Garlic
 - Dry Rub Fish
 - Cajun Beans
 - Dirty Rice
- Wilma's Grill
 - Chicken Breast
 - Turkey Burger
 - Chicken Burger
- Soups & Salads
 - Salad Bar Daily
 - Tomato Florentine Soup
- Sauces
 - Organic Marinara Sauce
 - Red Clam Sauce
 - Meat Sauce
 - Broccoli and Garlic
 - Tomato Primavera
 - Puttanesca

Dinner (Week Two)

- Chef's Corner
 - Rosemary Chicken
 - White & Wild Rice
 - Maple Glazed Carrots
 - Mashed Potatoes
 - Garlic Green Beans
 - Basmati Rice
 - Spring Vegetable Medley
 - Grilled Chicken with Citrus and Fennel
 - Steamed Broccoli
 - Roasted Red Potatoes
 - Turkey Cacciatore
 - Brown Rice

Brunch (Week Three)

- Chef's Corner
 - Grilled Fish
 - Green Northern Beans
 - Broccoli
 - Baked Potatoes
 - Grilled Chicken
 - Mustard Greens
 - Cannelini Beans
 - Veggie Chili
 - Roasted Tomato with Garlic
 - Jasmine Rice
 - Snow Peas
 - Green Beans
 - Lemon Caper Chicken
 - Green Beans
 - Collard Greens
 - Vegetarian Beans
 - Quinoa with Tofu
 - Creole Chicken
 - Brussel Sprouts
 - Black Beans
- Wilma's Grill
 - Scrambled eggs
 - Bacon
 - Ham
- Soups & Salads
 - Salad Bar Daily
- Sauces
 - Marinara Sauce
 - Meat Sauce
 - Puttanesca

Dinner (Week Three)

- Chef's Corner
 - Broccoli
 - Mashed Potatoes
 - Collard Greens
 - Green Beans
 - Chicken with Shallots and Leeks
 - Tofu Lyonnais
 - Asparagus

- Basmati Rice
- Mediterranean Turkey Filet
- Catalina Vegan Stew
- Steamed Broccoli
- Tropical Grilled Chicken
- Rosemary Garlic Potatoes
- Spring Squash Sizzle
- Cannelini Beans
- Jasmine Rice
- Garlic Green Beans

- Spotlight Special
 - Sautéed Potatoes
 - Brown Rice
 - Red Cabbage
 - Roasted Yukon Gold Potatoes
 - Wild & White Rice
 - Green Beans
 - Miso Salmon
 - Brown Rice
 - Sautéed Bok Choy
 - Scrod with Dill Cream
 - Crispy Red Potatoes

- Wilma's Grill
 - Chicken Breast
 - Turkey Burger
 - Chicken Burger

- Soups & Salads
 - Salad Bar Daily

- Sauces
 - Organic Marinara Sauce
 - Meat Sauce
 - Mushroom
 - Tomato Primavera
 - Puttanesca
 - Oil & Garlic

Brunch (Week Four)

- Chef's Corner
 - Grilled Fish
 - Tomato Basil Sauce
 - Pinto Beans
 - Carrots
 - Grilled Chicken
 - Chipotle Sauce
 - Cajun Beans
 - Snow Peas & Shallots
 - White & Wild Rice
 - Green Beans
 - Vegetarian Beans
 - Roasted Red Potatoes
 - Black Beans with Peppers
 - Broccoli
 - Cabbage, Peppers & Tofu Stir Fry
 - Kidney Beans
 - Spinach
- Wilma's Grill
 - Scrambled eggs
 - Bacon
 - Ham
- Soups & Salads
 - Salad Bar Daily
- Sauces
 - Marinara Sauce
 - Mushroom
 - Tomato Primavera
 - Meat Sauce
- Turkey Cacciatore
- Brown Rice
- Broccoli with Garlic
- Asparagus with Leeks
- Spotlight Special
 - Mashed Potatoes
 - Collard Greens
 - Sole Mueniere
 - Potatoes with herbs
 - White Bean Provencal
 - Steamed Broccoli
 - Sticky Rice
 - Snap Peas with Red Peppers
 - Red Leaf Crowns
 - Vegetarian Briyani Rice
- Wilma's Grill
 - Chicken Breast
 - Turkey Burger
 - Chicken Burger
- Soups & Salads
 - Salad Bar Daily
- Sauces
 - Organic Marinara Sauce
 - Meat Sauce
 - Mushroom
 - Tomato Primavera
 - Puttanesca
 - Oil & Garlic
 - Red Clam

Dinner (Week Four)

- Chef's Corner
 - Oven Fries
 - Broccoli
 - Oven Brownd Potatoes
 - Green Beans
 - Lime Ginger Chicken
 - Roasted Potatoes
 - Saffron Rice
 - Broccoli and Carrots
 - Mexican Rice
 - Sautéed Squash