

WYNDHAM GRAB & GO

DINING SERVICES

AT BRYN MAWR COLLEGE

Monday 10/5

Tuesday 10/6

Wednesday 10/7

Thursday 10/8

Friday 10/9

LUNCH

LUNCH

LUNCH

LUNCH

LUNCH

* = VEGETARIAN

V = VEGAN

Δ = PREPARED WHEAT
FREE

Chicken Caesar Salad
Grilled Zucchini Caprese
Smoked Paprika Quino
with Spinach & Garbanzo
Vegan Hummus ΔV
Tossed Mixed Salad
Fresh Baked Cookies
also...chips,
fresh fruit & water!

Spinach Salad
Quinoa
with shiitake, truffle & tofu
Turkey & Ham
with garlic mayo
sandwich *
Vegan Hummus ΔV
Tossed Mixed Salad ΔV
Dark Fudge Brownies
also...chips,
fresh fruit & water!

Greek Salad
Alma de Cuba Quinoa
South Philly
Italian Hoagie
Vegan Hummus ΔV
Tossed Mixed Salad
Fresh Baked Cookies
also...chips,
fresh fruit & water!

Quinoa Vegetable
Tabouli Salad
Harvest Butternut
Squash Quinoa
Jalapeno BBQ
Beef Sandwich
Vegan Hummus ΔV
Tossed Mixed Salad
Rice Krispy Treats
also...chips,
fresh fruit & water!

Asian Noodle Salad
Wild Mushroom
Quinoa Salad
Sicilian Tuna
Salad Sandwich
Vegan Hummus ΔV
Tossed Mixed Salad
Fresh Baked Cookies
also...chips,
fresh fruit & water!

DINNER

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Monday- Friday
Lunch
Noon-1pm
Dinner
5.30pm-6.30pm

Caribbean Tilapia Δ
Jollof Rice VΔ
Fried Fresh Plantains
Cabbage & Carrots VΔ
Grilled Chicken Breast Δ
Curried Potatoes &
Chick Peas VΔ
Assorted Rolls*
Coconut Cake
with Rum Sauce *

Argentine Beef Δ
Hominy Stew
with Quiquirimichi V
Grilled Chicken Breast Δ
Grilled Eggplant VΔ
White Rice VΔ
Assorted Rolls*
Oreo Cream Pie*

Chicken & Dumplings V
Roast Turkey Breast
with Demi Glace
Grilled Chicken Breast Δ
White Rice VΔ
Whipped Yukon
Gold Potatoes*Δ
Herbed Bread Dressing*
Steamed Spinach VΔ
Assorted Rolls*
Sweet Potato Pie *

Braised Brisket
with Taso Gravy
Cauliflower Etouffee
with Andouille Sausage V
Grilled Chicken Breast Δ
White Rice VΔ
Haricot Verts
Assorted Rolls*
Oreo Cream Pie*

Farfalle
with Vegan Meatballs
& Blush Sauce V
Italian Sausage Lasagna
Grilled Chicken Breast Δ
Oven Roasted
Vegetables VΔ
White Basmati Rice VΔ
Assorted Rolls*
Pound Cake*

LUNCH

LUNCH

LUNCH

LUNCH

LUNCH

Chicken Caesar Salad
Grilled Zucchini Caprese
Fresh Baked Cookies

Spinach Salad
Turkey & Ham
with garlic mayo sandwich *
Dark Fudge Brownies

Greek Salad
South Philly
Italian Hoagie
Fresh Baked Cookies

Quinoa Vegetable
Tabouli Salad
Jalapeno BBQ
Beef Sandwich
Rice Krispy Treats

Asian Noodle Salad
Sicilian Tuna
Salad Sandwich
Fresh Baked Cookies

GRAB
&
GO
mobile

Monday-Friday
Lunch @ Upper Park Noon
Lunch @ Brecon 12.20pm
Lunch @ Taylor Drive 12.40pm