

# WYNDHAM GRAB & GO

# DINING SERVICES

AT BRYN MAWR COLLEGE

Monday 9/28

Tuesday 9/29

Wednesday 9/30

Thursday 10/1

Friday 10/2

## LUNCH

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\* = VEGETARIAN

V = VEGAN

Δ = PREPARED WHEAT  
FREE

Pesto Chicken Salad Δ  
Spicy Vegan  
Korean BLT V  
Green Bean, Almond  
Quinoa Salad VΔ  
Vegan Hummus ΔV\*  
Tossed Mixed Salad ΔV\*  
Selection of Cookies\*  
also...chips,  
fresh fruit & water!

Mandarin Orange  
Spinach Salad VΔ  
Mediterranean  
Quinoa Salad VΔ  
Balsamic Chicken  
Salad Sandwich  
Vegan Hummus ΔV\*  
Tossed Mixed Salad ΔV\*  
Magic Cookie Bars  
also...chips,  
fresh fruit & water!

Chef Salad Δ  
Quinoa  
with Tahini, Lemon,  
& Asparagus VΔ  
Ultimate Mozzarella  
Sandwich  
with fresh tomatoes & basil\*  
Vegan Hummus ΔV  
Tossed Mixed Salad ΔV\*  
Fresh Baked Cookies  
also...chips,  
fresh fruit & water!

Calabria Cauliflower  
Salad VΔ  
Creole Kale  
Quinoa Salad VΔ  
Eastern European  
Turkey Club Sandwich  
Vegan Hummus ΔV  
Tossed Mixed Salad ΔV\*  
Rocky Road Brownies  
also...chips,  
fresh fruit & water!

Spinach Salad  
with fresh berries \*Δ  
Cape Cod  
Chicken Sandwich  
Cape Cod  
Quinoa Salad VΔ  
Vegan Hummus ΔV  
Tossed Mixed Salad ΔV\*  
Sweet & Salty  
Rice Krispy Treats  
also...chips,  
fresh fruit & water!

## DINNER

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

Tofu Stir Fry VΔ  
Salmon Teriyaki  
Grilled Chicken Breast Δ  
Sticky Rice ΔV  
Sugar Snap Peas ΔV  
Assorted Rolls\*  
Tossed Mixed Salad  
Dutch Apple Pie\*

Grilled Tuna with Mojo Δ  
Grilled Chicken Breast Δ  
Steamed Spinach  
Brown Rice ΔV  
Fried Plantains  
Assorted Rolls\*  
Tossed Mixed Salad  
Carrot Cake\*

Pulled Jackfruit Sandwich  
with Bourbon BBQ V  
BBQ Chicken Thighs  
Grilled Chicken Breast Δ  
Corn on the Cob\*Δ  
Jasmine Rice ΔV  
Cheddar Mac & Cheese\*  
Assorted Rolls  
Tossed Mixed Salad\*  
Pecan Pie\*

Blended Meatloaf  
Caponata ΔV  
Grilled Chicken Breast Δ  
Brown Rice ΔV  
Haricots Vert ΔV  
Assorted Rolls\*  
Tossed Mixed Salad\*  
Red Velvet Cake\*

Cod with Pepperonata Δ  
Grilled Chicken Breast Δ  
White Basmati Rice ΔV  
Mediterranean Zucchini ΔV  
Assorted Rolls\*  
Tossed Mixed Salad\*  
Cheesecake with Toppings\*

## LUNCH

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Pesto Chicken Salad Δ  
Spicy Vegan  
Korean BLT V  
Selection of Cookies\*

Mandarin Orange  
Spinach Salad VΔ  
Balsamic Chicken  
Salad Sandwich  
Magic Cookie Bars

Chef Salad Δ  
Ultimate Mozzarella  
Sandwich  
with fresh tomatoes & basil  
Fresh Baked Cookies

Calabria Cauliflower  
Salad VΔ  
Eastern European  
Turkey Club Sandwich  
Rocky Road Brownies

Spinach Salad  
with fresh berries \*Δ  
Cape Cod  
Chicken Sandwich  
Sweet & Salty  
Rice Krispy Treats

mobile GRAB & GO

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