

Dining Hall Inspiration



**Student
Well-Being**

MCDONALD CENTER | GROW Peer Leaders

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Entrees

Vegetarian Pasta and "Meat"balls

Ingredients

Noodles of Choice (Pasta)

Tomato Sauce (Pasta)

Veggie Burger (Grill)

Steamed Vegetables (Homestyle)

Instructions

Add pasta and sauce to your bowl and head over to the grill. Crumble up a veggie burger to make the "meat"balls. Add steamed vegetables, like broccoli, and enjoy!.



Veggie and Chicken Stir Fry

Ingredients

Grilled Chicken (Grill)

Eggs (Omelette Station)

Spinach (Omelette Station)

Your choice of vegetables (Homestyle or Salad Bar)

Instructions

At the omelette station, drizzle the bottom of a warm pan with olive oil. Add the chicken, spinach and other vegetables, and allow them to cook. Once the spinach has wilted down, add the eggs. Mix all ingredients together as the eggs cook. Finally, top it off with a small amount of soy sauce. Mix well and enjoy!



Sandwiches and Wraps

BMT Sandwich

Ingredients

Whole Grain Bread (Bagel Station)

Mozzarella (Salad Bar)

Balsamic Vinegar (Salad Bar)

Tomato Slices (Sandwich Station)

Instructions

Grab a piece of whole grain bread, add a thick layer of mozzarella cheese, and send it through the toaster by the sandwich station. When it comes out, add some sliced tomatoes and a dash of balsamic vinegar.



Lettuce Wraps

Ingredients

Rice (Asian)

Large lettuce leaves (Sandwich Bar)

Source of protein (Grill or Salad Bar)

Beans (Salad Bar)

Shredded cheese (Salad Bar)

Mustard or other dressing (Condiment Section or Salad Bar)

Instructions

Take a few large lettuce leaves and add a small bed of rice, your meat of choice (if desired), beans, and shredded cheese. Top it off with mustard or dressing. Load any additional desired toppings in the lettuce shell (like a taco), and enjoy!



Toasted Chicken Hummus Wrap

Ingredients

Large tortilla (Sandwich Bar)

Regular or red pepper hummus (Salad Bar)

Veggies (Salad Bar)

Grilled Chicken (Grill)

Pesto (Pasta Station)

Instructions

Spread a thin layer of hummus across the tortilla. Fill the tortilla with chicken and veggies of your choosing. Add a squirt of pesto, and wrap it all up.

Place your tortilla on the panini press until fully toasted. Enjoy!



Salads and Bowls

Chicken Teriyaki Bowl

Ingredients

Brown rice (Asian)

Teriyaki sauce (Asian)

Grilled chicken (Grill)

Steamed broccoli (Homestyle)

Garlic powder (Spice rack)

Instructions

Fill a bowl about a quarter of the way with brown rice. Add grilled chicken from the grill section and steamed broccoli from the vegetable station. Top off the dish with teriyaki glaze and garlic powder. Mix and enjoy!



Comfort Food Bowl

Ingredients

Grilled Chicken (Grill)

Steamed Broccoli (Homestyle)

Mashed Potatoes (Homestyle)

Gravy (Homestyle)

Corn (Homestyle)

Shredded Cheese (Salad Bar)

Instructions

Combine ingredients together in a bowl. To better melt the cheese, pop the bowl in the microwave for about 30 seconds. Enjoy!.



Cowboy Caviar

Ingredients

Black beans (Salad Bar)
Bell peppers (Salad Bar)
Tomatoes (Salad Bar)
Onions (Salad Bar)

Chili powder (Spice Rack)
Garlic powder (Spice Rack)

Corn (Homestyle)

Instructions

Chop bell peppers into bite-size pieces. Mix all ingredients in a bowl. To top it off, add chili powder and garlic powder from the spice rack, as well as salt (if desired).



Mediterranean Quinoa Salad

Ingredients

(salad bar)

Quinoa

Black olives

Feta cheese

Bell peppers

Tomatoes

Onions

Cucumbers

Olive oil

Instructions

Begin with a thin layer of quinoa. From the salad bar, add black olives, feta cheese, bell peppers, tomatoes, onions, and cucumbers. Top it off with a drizzle of olive oil and mix all ingredients together.



Taco Salad

Ingredients

Lettuce (Salad Bar)

Black Beans (Salad Bar)

Chicken (Grill)

Mexican Rice (Pan-American)

Salsa or Pico de Gallo (Pan-American)

Cheese (Pan-American)

Sour cream or guacamole (Pan-American)

Instructions

Fill a large bowl with lettuce and add black beans from the Salad Bar. Add toppings from the Pan-American station, being careful not to add too much cheese, sour cream, or guacamole!



Breakfasts

Power Chipotle Breakfast Scramble

Ingredients

3-4 egg whites (Omelette Station)
Tomatoes (Omelette Station)
Bell peppers (Omelette Station)
Mushrooms (Omelette Station)
Onions (Omelette Station)
Cholula hot sauce (Omelette Station)

Ground flax seed (Salad Bar)

Turmeric (Spice Rack)
Red pepper flakes (Spice Rack)

Instructions

Scramble 3-4 egg whites at the omelette station. Add vegetables and hot sauce, as desired. Finish off the dish with ground flax seed, turmeric, and/or red pepper flakes.



Sweet Potato Toast

Ingredients

Baked sweet potato (Homestyle)

Feta cheese (Salad Bar)

Pumpkin seeds (Salad Bar)

Instructions

Cut a baked sweet potato in half. Grill the potato on a panini press until it is slightly crispy. Sprinkle feta and pumpkin seeds on top.



Yogurt Parfait

Ingredients

Yogurt (Salad or Sandwich Bar)
Granola (Salad or Sandwich Bar)
Apple Slices (Salad Bar or Fruit)
Flax Seeds (Salad Bar)

Banana (Fruit)

Cinnamon (Toaster)

Instructions

Grab your yogurt and granola from the and the banana and apple slices. Sprinkle on some cinnamon for flavor and flax seeds for omega-3 fatty acids.



Desserts

The Little Sundae

Ingredients

Nutella and/or peanut butter (Bagel Station)

Soft-serve vanilla ice cream (Ice Cream Station)

Hot fudge, chocolate sauce, caramel sauce (Ice Cream Station)

Instructions

Grab a disposable peanut butter cup, and add a small amount of nutella and/or peanut butter to the bottom. Add a swirl of soft-serve ice cream. Top it all off with a drizzle of the sauce of your choosing..



Coffee Sundae

Ingredients

Coffee (Drinks)

Frozen Yogurt (Ice Cream Station)

Instructions

Grab a coffee cup from the drinks station and take it to the frozen yogurt machine. Hold down the lever for about two seconds for a portion of frozen yogurt.

Fill the rest of the cup with coffee. Yum!

