



2021 FALL TERM DELIVERY MENU

Quarantine & Isolation Students

Hello!

On behalf of everyone at Pitt-Johnstown and Chartwells, we wish you the best during your period of quarantine/isolation and we are here to support you. If there is anything we can do to make your dining experience more pleasant during this time, please let us know. You can email us directly at upjmeals@pitt.edu or submit your comments and suggestions online at:

www.dineoncampus.com/upj/feedback.

Hot meals will be delivered to you twice daily:

- Lunch deliveries will occur between 12 and 1 p.m.
- Dinner deliveries will occur between 5 and 6 p.m.

Daily breakfast will be delivered with your evening meal and includes: Cereal, Fresh Fruit, and Bagel w/ Cream Cheese, Muffin & Butter, Peanut Butter & Jelly Sandwich, Milk, Juice, and Water.

As you will see from the attached menus, we feature a main option for each meal as well as two additional options. Please note each menu is based on specific weeks. Option 1, which is served with double portions of a chef-prepared entrée, vegetable and starch, 2 bottles of water, a double salad, and dessert (a deluxe dessert will be served with the evening meal), will be delivered to you automatically, unless you would like to request Option 2 or Option 3, instead. **To request one of those options, please notify Chartwells via email (upjeats@gmail.com) by 5 p.m. the day before you wish to have your meal switched (i.e., 5 p.m. Tuesday for the Wednesday meals).** Be sure to indicate which option you are choosing for which meal. If you have any questions about the menu, you can text Chartwells at 814-250-3055. Please note that due to national shortages of certain items, the menus are subject to change.

If you have a food allergy, please contact us immediately so we can accommodate your dietary needs.

Thank you!

Your Pitt-Johnstown Dining Services Team

Weeks of: Sept. 5-11; Oct. 3-9; Oct. 31-Nov.6; Nov. 28-Dec. 4

Day	Lunch (Option #1)	Dinner (Option #1)	(Option #2)	(Option #3)
SUN	Roast Turkey Garlic and Herb Olive Oil Mashed Potatoes with Gravy and Fresh Green Beans Greek Salad	Stuffed Shells Marinara Italian Rubbed Chicken Rosemary Carrots House Salad with Italian	From the Grill... Cheeseburger Doritos Applesauce Snack Cake Bottled Water	Hot Box Lunch Buffalo Wings Celery & Blue Cheese Hand Fruit Cookies Bottled Water
MON	Braised Beef in Tomato Cheese Tortellini Marinara Roasted Vegetables House Made Caesar Salad	Boneless Wings with Sweet Lime Chili Sauce Vegetable Lo Mein Sesame Green Beans Vegetable Egg Roll Fresh Fruit Cup	Subway at Tuck... 6" Italian Cold Cut Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Grilled Chilled Chicken Potato Chips Hand Fruit Cookies Bottled Water
TUE	Chicken Pot Pie with Puff Pastry Crusted Oven Roasted Potatoes Steamed Mixed Vegetables House Salad with Ranch	Rustic Pork Chop Chimichurri Alfredo Pasta Steamed Broccoli Garlic Bread Spinach Salad with Vinaigrette	Freshens at Tuck... Buffalo Bowl Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Beef & Cheddar Potato Chips Hand Fruit Cookies Bottled Water
WED	Barbeque Ribs Baked Potato with Sour Cream and Butter Roasted Brussel Sprouts Tomato Salad w/ Feta	Yankee Pot Roast Potato Wedges Broccoli Au Gratin Dinner Roll w/ Butter Vegetable Crudit�e Lemon Cake	Tu Tacos at Tuck... Pork Tacos Deluxe Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Turkey & Provolone Potato Chips Hand Fruit Cookies Bottled Water
THU	BBQ Chicken Macaroni & Cheese Buttered Green Beans Garlic Toast Spinach Salad w/ Vinaigrette NY Style Cheesecake	Pierogis with Sauteed Onions Grilled Chicken Breast Mixed Vegetables Medley House Salad w/ Blue Cheese	Subway at Tuck... 6" BMT Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Egg Salad & Watercress Potato Chips Hand Fruit Cookies Bottled Water
FRI	Swedish Meatballs Buttered Egg Noodles Yellow Squash with Red Onions Greek Salad	Country Fried Steak with Gravy and Mashed Potatoes Roasted Yellow Sweet Corn House Caesar Salad	Freshens at Tuck... Mexican Bowl Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Tuna Croissant Potato Chips Hand Fruit Cookies Bottled Water
SAT	Belgium Waffles Syrup and Butter Cups Breakfast Sausage Patties Fresh Fruit Cup	Baked Meat Lasagna Wilted Baby Spinach Garlic Bread Stick House Salad with Italian	From the Grill... Chicken Sandwich Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Ham & Cheese Potato Chips Hand Fruit Cookies Bottled Water

Notes:

- **Daily breakfast** (delivered with the evening meal): Includes Cereal, Fresh Fruit, and Bagel w/ Cream Cheese, Muffin & Butter, Milk, Juice, and Water.
- Each Option #1 Meal is served with double portions of entr ee, accompaniments, 2 bottles of water, a large salad, and selection of daily dessert.
- Those not selecting Option #1 may select Option #2 or Option #3 by e-mailing dining services upjeats@gmail.com before 5:00 p.m. the day before you wish to have your meal switched.
- The menu cycle allows for a 4-week rotation so be sure you have the correct menu for the correct week.
- As always, students with food allergies are provided with meals that conform to their dietary needs

NOTE – Menu is subject to change due to product availability

Weeks of: Sept. 12-18; Oct. 10-16; Nov. 7-13; Dec. 5-11

Day	Lunch (Option #1)	Dinner (Option #1)	(Option #2)	(Option #3)
SUN	Roast Turkey Garlic and Herb Olive Oil Mashed Potatoes with Gravy and Fresh Green Beans Greek Salad	Barbeque Pierogi Baked Kielbasa with Peppers and Onions Wilted Lemon Spinach Mixed Green Salad with Ranch	From the Grill... Cheeseburger Doritos Applesauce Snack Cake Bottled Water	Hot Box Lunch Buffalo Chicken Fingers Celery & Blue Cheese Hand Fruit Cookies Bottled Water
MON	Jamaican Jerk Pork Roast Coconut and Pineapple Rice Sautéed Green Beans with Onions and Tomatoes House Made Caesar Salad	Herb Roasted Chicken Breast with Marinara Pasta Primavera Orange Glazed Carrots House Salad w/ Italian Dressing	Subway at Tuck... 6" Italian Cold Cut Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Grilled Chilled Chicken Potato Chips Hand Fruit Cookies Bottled Water
TUE	Beef Pot Roast Chasseur Sauce Sweet Potatoes Italian Spiced Zucchini Mixed Green Salad w/ Ranch	Chicken and Waffles Spicy Maple Syrup Roasted Broccoli Fresh Fruit Salad	Freshens at Tuck... Buffalo Bowl Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Beef & Cheddar Potato Chips Hand Fruit Cookies Bottled Water
WED	Simmered Chicken Stew with Wild Rice Roasted Vegetable Medley Tomato Salad w/ Feta	Pork Chop with Chimichurri Basmati Rice with Peas Steamed Broccoli and Cauliflower Caesar Salad	Tu Tacos at Tuck... Pork Tacos Deluxe Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Turkey & Provolone Potato Chips Hand Fruit Cookies Bottled Water
THU	Baked Meatloaf Garlic Mashed Potatoes Brown Gravy Roasted Corn Spinach Salad w/ Vinaigrette	Four Cheese and Meat Lasagna Garlic Breadstick Fresh Green Beans House Salad w/ Italian Dressing	Subway at Tuck... 6" BMT Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Egg Salad & Watercress Potato Chips Hand Fruit Cookies Bottled Water
FRI	Oven Baked Chicken Thigh Au Gratin Potatoes Roasted Cauliflower Greek Salad	Lemon and Dill Pollock Macaroni and Cheese Sautéed Squash Caesar Salad	Freshens at Tuck... Mexican Bowl Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Tuna Croissant Potato Chips Hand Fruit Cookies Bottled Water
SAT	Brown Sugar and Mustard Glazed Ham Roasted Potatoes Green Beans Fresh Fruit Salad	Penne with Creamy Marinara Seasoned Grilled Chicken Breast Parmesan Roasted Carrots Garlic Bread Stick Italian Antipasto Salad	From the Grill... Chicken Sandwich Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Ham & Cheese Potato Chips Hand Fruit Cookies Bottled Water

Notes:

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Weeks of: Sept. 19-25; Oct. 17-23; Nov. 14-20; Dec. 12-18

Day	Lunch (Option #1)	Dinner (Option #1)	(Option #2)	(Option #3)
SUN	Roast Turkey Garlic and Herb Olive Oil Mashed Potatoes with Gravy and Fresh Green Beans Greek Salad	Baked Penne Pasta with Meatballs Marinara Lemon Parmesan Broccoli Garlic Bread Stick House Salad w/ Italian Dressing	From the Grill... Cheeseburger Doritos Applesauce Snack Cake Bottled Water	Hot Box Lunch Buffalo Wings Celery & Blue Cheese Hand Fruit Cookies Bottled Water
MON	General Tso's Chicken Vegetable Fried Rice Sesame Vegetables Fried Spring Roll Salad Greens with Ginger Vin	Oven Baked Chicken with Parslied Potatoes and Gravy Steamed Green Beans with Butter Greek Salad	Subway at Tuck... 6" Italian Cold Cut Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Grilled Chilled Chicken Potato Chips Hand Fruit Cookies Bottled Water
TUE	Beef Pot Pie Red Potato Wedges Garlic Roasted Broccoli and Cauliflower Mixed Green Salad w/ Ranch	Grilled Kielbasa with Buttered Cabbage and Egg Noodles Roasted Yellow Squash Spinach w/ Bacon Dressing	Freshens at Tuck... Buffalo Bowl Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Beef & Cheddar Potato Chips Hand Fruit Cookies Bottled Water
WED	BBQ Chicken Mashed Potatoes with Gravy Broccoli Au Gratin Tomato Salad w/ Feta	Braised Beef Tips Wild Rice Pilaf Sautéed Spiced Zucchini Vegetable Crudité	Tu Tacos at Tuck... Pork Tacos Deluxe Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Turkey & Provolone Potato Chips Hand Fruit Cookies Bottled Water
THU	Grilled Pork Chops with Gravy Steamed Jasmine Rice Mixed Vegetables Spinach Salad w/ Vinaigrette	Whole Wheat French Toast Sticks Maple Syrup and Butter Roasted Breakfast Potatoes Ham Steak Fresh Fruit Salad	Subway at Tuck... 6" BMT Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Egg Salad & Watercress Potato Chips Hand Fruit Cookies Bottled Water
FRI	Blackened Salmon Macaroni and Cheese Sautéed Zucchini with Tomatoe Greek Salad	Dijon Roasted Pork Loin with Garlic and Rosemary Roasted Sweet Potatoes Wilted Baby Spinach Caesar Salad	Freshens at Tuck... Mexican Bowl Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Tuna Croissant Potato Chips Hand Fruit Cookies Bottled Water
SAT	Brown Sugar and Mustard Glazed Ham Roasted Potatoes Green Beans Fresh Fruit Salad	Chicken Parmesan Spaghetti with Marinara Mixed Vegetables Cheesy Bread Sticks House Salad with Italian Dressing	From the Grill... Chicken Sandwich Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Ham & Cheese Potato Chips Hand Fruit Cookies Bottled Water

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Weeks of: Sept. 26-Oct. 2; Oct. 24-30

Day	Lunch (Option #1)	Dinner (Option #1)	(Option #2)	(Option #3)
SUN	Roast Turkey Garlic and Herb Olive Oil Mashed Potatoes with Gravy and Fresh Green Beans Greek Salad	BBQ Chicken Roasted Potato Wedges Mixed Vegetables Medley House Salad w/ Italian Dressing	From the Grill... Cheeseburger Doritos Applesauce Snack Cake Bottled Water	Hot Box Lunch Buffalo Wings Celery & Blue Cheese Hand Fruit Cookies Bottled Water
MON	Cheddar Pierogis Grilled Chicken with Cream Sauce and Roasted Carrots House Made Caesar Salad	Buttermilk Fried Chicken Mac N cheese Fresh Broccoli Florets Spinach Salad with Vinaigrette	Subway at Tuck... 6" Italian Cold Cut Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Grilled Chilled Chicken Potato Chips Hand Fruit Cookies Bottled Water
TUE	Italian Shredded Beef Basmati with Peas Spicy Green Beans Mixed Green Salad w/ Ranch	Sweet and Sour Pork Vegan Vegetable Fried Rice Asian Blend Vegetables Spring Roll Fresh Fruit Salad	Freshens at Tuck... Buffalo Bowl Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Beef & Cheddar Potato Chips Hand Fruit Cookies Bottled Water
WED	Spiced Pulled Pork Garlic Smashed Potatoes Honey Lemon Carrots Tomato Salad w/ Feta	Meatloaf with Gravy Rosemary Tomato Toasted Potatoes and Peas/Carrots Vegetable Crudit�	Tu Tacos at Tuck... Pork Tacos Deluxe Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Turkey & Provolone Potato Chips Hand Fruit Cookies Bottled Water
THU	Orange Chicken Vegetable Lo Mein Sesame Garlic Broccoli Spring Roll Salad Greens with Ginger Vin	Buttermilk Pancakes Syrup and Butter Cups Ranch Breakfast Potatoes Sausage Patty Fresh Fruit Salad	Subway at Tuck... 6" BMT Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Egg Salad & Watercress Potato Chips Hand Fruit Cookies Bottled Water
FRI	Cajun Grilled Pollock Oven Fried Potatoes Seasoned Yellow Squash Greek Salad	Old Bay Salmon Au Gratin Potatoes Wilted Baby Spinach Caesar Salad	Freshens at Tuck... Mexican Bowl Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Tuna Croissant Potato Chips Hand Fruit Cookies Bottled Water
SAT	Brown Sugar and Mustard Glazed Ham Roasted Potatoes Green Beans Fresh Fruit Salad	Marinated Chicken Breast Pasta Primavera Seasoned Broccoli Mixed Green Salad with Italian	From the Grill... Chicken Sandwich Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Ham & Cheese Potato Chips Hand Fruit Cookies Bottled Water

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