



Concordia St. Paul Week of Oct 6th

Specials Served in Union

Monday

Taco Salad W/16 soda \$4.50

Tuesday

Grilled Chicken Flatbread Combo \$5.75

Wednesday

Grilled Chicken Flatbread Combo \$5.75

Dining Center Hours

Monday - Wednesday

11:00am - 1:00pm

5pm-7pm

Thursday - Sunday

Dinner Only in the Dining Hall

5 - 7

For Fall Break

Union Hours

Monday-Wednesday

11:30am-9:00pm

www.balancemindbodysoul.com

Monday

BREAKFAST SPECIAL-Pancake Bar

COPPER POT-Chicken Rice

LUNCH ENTREE- Sloppy Joe Sandwiches with Fries

LUNCH EXHIBITION- Spaghetti with Olives and Tomatoes

DINNER ENTREE'S- Roast Chicken with Mashed Potatoes

DINNER EXHIBITION- Ravioli Tossed with Basil Pesto Sauce

DINNER DELI- Black and Blue Snackwich

Tuesday

BREAKFAST SPECIAL- Omelet Bar

COPPER POT- Black Bean Turkey Chili

LUNCH ENTREE- Hot Dog Bar

LUNCH EXHIBITION- Shrimp Creole with Rice

DINNER ENTREE'S- Roasted Turkey with Stuffing and Gravy

DINNER EXHIBITION- Penne Pasta Tossed with Arrabiata Sauce

DINNER DELI- Black and Blue Snackwich

Wednesday

BREAKFAST SPECIAL-Breakfast Sandwich

COPPER POT- Vegetable Beef

LUNCH ENTREE- Beef Stroganoff with Egg Noodles

LUNCH EXHIBITION- Frito Taco Turkey Pie

DINNER ENTREE'S- Hamburger Bar with French Fries

DINNER EXHIBITION- Crispy Orange Chicken Stir fry with Rice

DINNER DELI- Italian Panini

Thursday

DINNER ENTREE'S- Chicken Patty Sandwich with Onion Rings

DINNER EXHIBITION- Spaghetti and Meatballs

DINNER DELI- Italian Panini

Friday

DINNER ENTREE- Lasagna with Garlic bread

DINNER EXHIBITION- Pierogie Bar

Saturday

DINNER SPECIAL- Chicken Nuggets with French Fries

DINNER EXHIBITION - Pretzel Bar

Sunday

DINNER ENTREE-Grilled Chicken Sandwich with Cilantro Rice

DINNER Expo- Beef Mushroom Sautee with Potatoes

