



EATS

SPRING 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 menu, we feature a main option for each meal as well as two additional options. 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.

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: March 7-13 & April 4-10

Day	Lunch (Option #1)	Dinner (Option #1)	(Option #2)	(Option #3)
SUN	Grilled Pork Chop Mashed Potatoes & Gravy Steamed Carrots Dinner Roll w/ Butter Asian Salad w/ Ginger Dressing Carrot Cake w/ Buttercream	Meatballs in Red Sauce Over Penne Marinara Parmesan Cauliflower Garlic Breadstick House Salad w/ Italian Dressing Red Velvet Layer Cake	From the Grill... Cheeseburger Doritos Applesauce Snack Cake Bottled Water	Hot Box Lunch Buffalo Wings Celery & Blue Cheese Hand Fruit Cookies Bottled Water
MON	Lemon Rosemary Chicken Stuffed Shells Florentine Fresh Seasoned Vegetables Garlic Toast House Made Caesar Salad Chocolate Cream Pie	Grilled Bratwurst w/ Sauerkraut Steamed Red Potatoes Roasted Broccoli Florets Dinner Roll w/ Butter Greek Salad Strawberry Pie	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 Stroganoff Buttered Egg Noodles Grilled Seasonal Vegetables Garlic Breadstick Mixed Green Salad w/ Ranch Apple Crisp	Honey Ginger Chicken Jasmine Rice Steamed Carrots Dinner Roll w/ Butter Spinach w/ Bacon Dressing Brownie Caramel Cheesecake	Freshens at Tuck... Buffalo Bowl Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Beef & Cheddar Potato Chips Hand Fruit Cookies Bottled Water
WED	Jamaican Jerk Chicken Basmati Rice Fresh Grilled Vegetables Dinner Roll w/ Butter Tomato Salad w/ Feta Strawberry Shortcake	BBQ Sausage Link Potato Pierogis Steamed Vegetable Medley Corn Muffin 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	Country Fried Steak Mashed Potatoes w/ Gravy Seasoned Green Beans Garlic Toast Spinach Salad w/ Vinaigrette NY Style Cheesecake	Tuscan Chicken Wild Rice Grilled Seasoned Vegetables Dinner Roll w/ Butter House Salad w/ Blue Cheese Banana Toffee Cake	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	Grilled Shrimp Tortellini Alfredo Saut�ed Spiced Zucchini Dinner Roll w/ Butter Greek Salad Lemon Meringue Pie	Grilled Cajun Pollock Roasted Sweet Potatoes Buffalo'd Cauliflower Garlic Toast Caesar Salad Decadent Chocolate Cake	Freshens at Tuck... Mexican Bowl Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Tuna Croissant Potato Chips Hand Fruit Cookies Bottled Water
SAT	Grilled Ham Steak w/ Pineapple Red Potatoes w/ Onions Roasted Yellow Squash Garlic Bread Stick Italian Antipasto Salad Apple Crumb Cake	Oven Roast Turkey Mashed Potatoes w/ Gravy Buttered Peas & Carrots Dinner Roll w/ Butter Seasonal Fruit Salad Coconut Cream Pie	From the Grill... Chicken Sandwich Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Ham & Cheese Potato Chips Hand Fruit Cookies Bottled Water

Weeks of: March 14-20 & April 11-17

Day	Lunch (Option #1)	Dinner (Option #1)	(Option #2)	(Option #3)
SUN	Meatballs in Marinara Over Spaghetti Roasted Vegetables Garlic Breadsticks Asian Salad w/ Ginger Dressing Carrot Cake w/ Buttercream	Chicken Cordon Blue Buttered Mashed Potatoes Sweet Yellow Corn Dinner Roll w/ Butter House Salad w/ Italian Dressing Red Velvet Layer Cake	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 Tips Egg Noodles w/ Gravy Roasted Carrots Biscuit w/ Butter House Made Caesar Salad Chocolate Cream Pie	Brown Ale Braised Chicken Cheese Pierogis Steamed Green Beans Dinner Roll w/ Butter Greek Salad Strawberry Pie	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	Parmesan Meat Sauce Layered Meat Lasagna Steamed Broccoli Garlic Bread Mixed Green Salad w/ Ranch Apple Crisp	BBQ Baby Back Ribs Steamed Red Potatoes Mixed vegetables Corn Muffin w/ Butter Spinach w/ Bacon Dressing Brownie Caramel Cheesecake	Freshens at Tuck... Buffalo Bowl Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Beef & Cheddar Potato Chips Hand Fruit Cookies Bottled Water
WED	Turkey Pot Pie Over Biscuit Corn Cobbett Corn Bread w/ Butter Tomato Salad w/ Feta Strawberry Shortcake	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	Italian Sausage Cheese Ravioli w/ Marinara Roasted Yellow Squash Garlic Bread House Salad w/ Blue Cheese Banana Toffee Cake	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	Grilled Salmon a la Orange Garlic mashed Potatoes Cheesy Cauliflower Dinner Roll w/ Butter Greek Salad Lemon Meringue Pie	Shrimp Lo-Mein Fried Rice Mixed Asian Vegetables Garlic Toast Caesar Salad Decadent Chocolate Cake	Freshens at Tuck... Mexican Bowl Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Tuna Croissant Potato Chips Hand Fruit Cookies Bottled Water
SAT	Sweet & Sour Chicken Vegetable Fried Rice Sesame Green Beans Spring Roll Italian Antipasto Salad Apple Crumb Cake	Honey Glazed Ham Scalloped Potatoes Steamed Carrots Dinner Roll w/ Butter Seasonal Fruit Salad Coconut Cream Pie	From the Grill... Chicken Sandwich Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Ham & Cheese Potato Chips Hand Fruit Cookies Bottled Water

Week of: March 21-27 & April 18-24

Day	Lunch (Option #1)	Dinner (Option #1)	(Option #2)	(Option #3)
SUN	Beef Bolognese Marinara Buttered Rigatoni Grilled Vegetables Garlic Toast Asian Salad w/ Ginger Dressing Carrot Cake w/ Buttercream	Chicken Marsala Spaghetti Marinara Roasted Vegetables Garlic Bread House Salad w/ Italian Dressing Red Velvet Layer Cake	From the Grill... Cheeseburger Doritos Applesauce Snack Cake Bottled Water	Hot Box Lunch Buffalo Wings Celery & Blue Cheese Hand Fruit Cookies Bottled Water
MON	Citrus Herb Chicken Lyonnais Potatoes Steamed Carrots & Broccoli Corn Muffin w/ Butter House Made Caesar Salad Chocolate Cream Pie	Pork Chops w/ Chimichurri Roasted Red Potatoes Steamed Broccoli Dinner Roll w/ Butter Greek Salad Strawberry Pie	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	Grilled Chicken Tenders Roasted Potatoes Sautéed Zucchini Biscuit w/ Butter Mixed Green Salad w/ Ranch Apple Crisp	Grilled Kielbasa Scallion Potatoes Whole Yellow Corn Corn Muffin w/ Butter Spinach w/ Bacon Dressing Brownie Caramel Cheesecake	Freshens at Tuck... Buffalo Bowl Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Beef & Cheddar Potato Chips Hand Fruit Cookies Bottled Water
WED	Roast Pork Loin Baked Potato w/ Sour Cream Glazed Carrots Dinner Roll w/ Butter Tomato Salad w/ Feta Strawberry Shortcake	General Tso's Chicken Vegetable Lo Mein Asian Vegetables Spring Roll Vegetable Crudité 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	Roast Turkey Breast Mashed Potatoes & Gravy Sautéed Squash Biscuit w/ Butter Spinach Salad w/ Vinaigrette NY Style Cheesecake	Grilled Pork Loin Baked Potato w/ Sour Cream Roasted Carrots Dinner Roll w/ Butter House Salad w/ Blue Cheese Banana Toffee Cake	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	Lemon Parsley Salmon Brown Rice Grilled Vegetables Dinner Roll w/ Butter Greek Salad Lemon Meringue Pie	Tomato Basil Cod Herb Roasted Potato Wedges Lemon Broccoli Dinner Roll w/ Butter Caesar Salad Decadent Chocolate Cake	Freshens at Tuck... Mexican Bowl Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Tuna Croissant Potato Chips Hand Fruit Cookies Bottled Water
SAT	Swedish Meatballs Buttered Egg Noodles Steamed Green Beans Dinner Roll w/ Butter Italian Antipasto Salad Apple Crumb Cake	Chicken Parmesan Rigatoni Marinara Roasted Cauliflower Garlic Bread Seasonal Fruit Salad Coconut Cream Pie	From the Grill... Chicken Sandwich Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Ham & Cheese Potato Chips Hand Fruit Cookies Bottled Water

Weeks of: March 28-April 3 & April 25-30

Day	Lunch (Option #1)	Dinner (Option #1)	(Option #2)	(Option #3)
SUN	Spicy Asian Orange Chicken Gingered Carrots Seasoned Vegetable Lo Mein Spring Roll (Vegetarian) Asian Salad w/ Ginger Dressing Carrot Cake w/ Buttercream	Student's Choice Baked Meatloaf Mashed Potatoes & Brown Gravy Whole Seasoned Green Beans Dinner Roll w/ Butter House Salad w/ Italian Dressing Red Velvet Layer Cake	From the Grill... Cheeseburger Doritos Applesauce Snack Cake Bottled Water	Hot Box Lunch Buffalo Wings Celery & Blue Cheese Hand Fruit Cookies Bottled Water
MON	BBQ Rotisserie Chicken 3 Cheese Macaroni & Cheese Seasoned Mixed Vegetables Dinner Roll & Butter House Made Caesar Salad Chocolate Cream Pie	Cheese Ravioli w/ Sauce Italian Sausage & Peppers Sautéed Spinach Garlic Bread Greek Salad Strawberry Pie	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	Cheesy Ziti Bake Meat Sauce w/ Marinara Roasted Seasonal Vegetables Garlic Toast Mixed Green Salad w/ Ranch Apple Crisp	Chicken Pot Pie w/ Pastry Crust, Side of Seasoned Broccoli Biscuit w/ Butter Spinach w/ Bacon Dressing Brownie Caramel Cheesecake	Freshens at Tuck... Buffalo Bowl Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Beef & Cheddar Potato Chips Hand Fruit Cookies Bottled Water
WED	Dijon Encrusted Pork Loin Scalloped Potatoes Herb Style Mixed Vegetables Bread Stick w/ Butter Tomato Salad w/ Feta Strawberry Shortcake	Chicken Parmesan Baked Pasta Glazed Baby Carrots Garlic Bread Vegetable Crudité 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	Grilled Seasoned Chicken Bites In a Spicy Fettucine Alfredo Steamed Peas & Carrots Garlic Bread Spinach Salad w/ Vinaigrette NY Style Cheesecake	Tender BBQ Baby Back Ribs Baked Potato w/ Sour Cream Sautéed Zucchini Dinner Roll & Butter House Salad w/ Blue Cheese Banana Toffee Cake	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	Grilled Atlantic Salmon Long Grain Rice Honey Lemon Carrots Dinner Roll w/ Butter Greek Salad Lemon Meringue Pie	Shrimp Scampi Angel Hair Pasta Roasted Mixed Vegetables Garlic Toast Caesar Salad Decadent Chocolate Cake	Freshens at Tuck... Mexican Bowl Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Tuna Croissant Potato Chips Hand Fruit Cookies Bottled Water
SAT	Chunky Italian Red Sauce Cheesy Lasagna Wedge Seasoned Broccoli Florets Garlic Bread Stick Italian Antipasto Salad Apple Crumb Cake	Seasoned Italian Chicken Breast Garlic-Mashed Potatoes & Gravy Sautéed Green Beans Dinner Roll & Butter Seasonal Fruit Salad Coconut Cream Pie	From the Grill... Chicken Sandwich Doritos Applesauce Snack Cake Bottled Water	Deluxe Box Lunch Ham & Cheese Potato Chips Hand Fruit Cookies Bottled Water