

## OCCIDENTAL COLLEGE MARKETPLACE - HEALTHIER CHOICES AND ALTERNATIVES

### Breakfast Items - Omelet and Grill Station

Assorted fresh vegetables      Egg whites  
 Vegetarian sausage patty  
 Olive oil is used; may order without oil  
 Multi-grain waffle mix  
 Turkey bacon      Egg white & veggie breakfast burrito  
*Sat/Sun only:*      Multi-grain pancakes  
 Soy crumbles, chicken sausage, lean breakfast steak

### Pasta Station

Assorted fresh vegetables  
 Bay shrimp, grilled chicken breast, tofu  
 Marinara sauce  
 Whole wheat pasta      Rice Pasta (GF)  
 Pasta may be ordered w/o olive oil or nonstick spray  
 Sml portion from salad bar may be used for toppings

**M&W lunch:** Stir-fry to order

**Wed. Dinner:** *Organic Baked & Sweet Potato Bar with local produce/lean meat chili, veggie chili*

**Friday lunch:** *Specialty bars with healthy selections*

**Sunday Dinner:** *Spaghetti bar with marinara or lean bolognese, choice of pasta incl. wheat & GF*

### Grill Station

Frying oil: trans-fat free      Organic French fries  
 Marinades: olive & canola oils      Salmon filet  
 Grilled chicken breast      Vegan hot dog  
 Organic chicken breast      Grilled asparagus  
 Grass-fed New York steak      Garden burger  
 Natural Angus burger      Whole wheat buns  
 Organic vegetables      Organic brown rice  
 Grilled zucchini      Corn tortillas  
 Steamed broccoli  
 Stir-fry vegetables

**Tuesday Rotating Dinner Bars:**      *Fajita*

*Stir-fry      Southwestern      Mediterranean*

**Thursdays**      *All Organic Dinner w/local veggies*

### Pizza Station

Whole wheat/GF/rice crust (by request)  
 Custom pizzas by request

**Occasionally on weekdays:**

*Panini Sandwiches with lean fillings*

*Grilled chicken breast, tiger shrimp or vegetarian tostadas*

*Assorted wraps* stuffed with grilled chicken breast or  
 grilled vegetables; whole wheat tortillas by request

*Vegetarian burritos* stuffed with grilled vegetables,  
 house-made beans (pinto, black or Mayocoba),  
 brown rice & whole wheat tortilla by request

**Sun. Dinner:** *Taco Bar, lean gr. beef, ww tortilla available*

### Grab & Go

Whole fresh fruits (including organic & local)  
 Sandwiches on whole wheat, 6 & 12 grain breads  
 Fat free Greek yogurt      Baby carrot packs  
 Apple slice packs      Rice pudding (GF)      Hummus

### Snacks:

Trail mix, nuts, energy bars, raisins, Nutella  
 rice cakes, Mrs. May's Naturals, pop chips,  
 Baked chips, apple chips, Nana's cookies (GF)  
 organic cookies & crackers, Sensible chips

### Freezer

Non-fat frozen gelato, soy ice cream  
 Amy's frozen vegetarian entrees

### Cereals

Hot oatmeal with fruit & nut toppings - daily  
 Cream of wheat, grits & cream of rice (GF) - rotated  
 Cold: Cheerios, Total Raisin Bran, GrapeNuts.  
 Wheaties, Low-Fat Granola, Kashi, Rice Twice  
 Special K-Red Berries, Crispix

### Homestyle

Vegan option each lunch & dinner  
 Many organic ingredients used  
 See website for complete entrée selections

### Salad Bar

Various fresh vegetables prepared daily  
 Assorted fresh fruits      Many local items  
 Assorted salad greens, including organic  
 Organic carrots, tofu, cherry tomatoes  
 Other organic fruits and vegetables rotated  
 Low fat, fat free, low calorie, organic dressings  
 Olive oil, red wine vinegar, balsamic vinegar  
 Chunk light tuna in water  
 Low fat cottage cheese      Fresh salsa

### Specialty Salads

Various fresh made salads, change daily:  
 Organic, local, vegan, healthy items featured

### Soups

Meat & vegetarian selections change daily  
 Chicken soups-made w/ grilled chicken breast  
 Beef soups - made with lean roast beef  
 Gluten-free selection daily (M-F)  
 McDougall's all natural soups (GF)

### Deli Station

Oliver's all-natural artisan breads (M-F)  
 Fresh baked whole wheat & Bavarian rolls  
 Potato bun (no egg)      Tortilla wraps  
 Gluten-free bread & bagels  
 Tuna salad made with low fat mayonnaise  
 Low salt turkey      Chicken breast  
 Baked tofu      Soy cheese - no caseine  
 Shiitake mushrooms      Low-fat mayonnaise

### Bakery

Low fat or soy yogurt & fruit parfait  
 Fresh fruit cups  
 Whole wheat pita pockets  
 Whole wheat tortillas  
 Whole wheat English muffins  
 Low fat muffins      Sugar free cookies  
**House-made:** banana bread, zucchini bread, coffee cake,  
 cakes, tarts, fresh fruit desserts  
 Vegan pastries: cookies, brownies, muffins  
 angel food cake, gluten free desserts

### Fountain Beverages

Crystal Light  
 Fresh brewed Tazo black iced tea

### Merchandise Refrigerator:

Organic milk, Lact-aid milk, soy milk, rice milk  
 Fresh juices, organic & diet beverages  
 Unsweetened iced green tea  
 Assorted low fat, lite, fat free and organic yogurts  
 RW Knudsen all natural sodas  
 Low fat cream cheese      String cheese