



## Fall 2021 Overlook Menu Cincinnati State and Technical College

### **Available Everyday**

#### **Sandwiches and Wraps**

- Turkey Club Wrap with Bacon
- Savory Chicken Salad on Croissant
- Ham and Cheddar on Pretzel Bun
- Bacon, Lettuce, and Tomato on Whole Wheat Bread (DF)
- Roast Beef and Gouda Wrap
- Peanut Butter and Jelly (V, DF)

#### **Salads**

- Chicken Caesar Salad with Parmesan and Croutons
- Chef Salad with Hard Boiled Egg (GF)
- House Salad with Cheddar Cheese and Croutons (V)
- All American Potato Salad (V, GF, DF)
- Seasonal Fruit Salad (Vegan, GF)
- Italian Pasta Salad (Vegan, GF)

#### **Seasonal Grain Bowl**

#### **Assorted House Made Soups, Stews, and Chili**

#### **Fresh Made and Rotating Blue Plate Specials**

#### **Grab and Go Items**

##### Assorted Bagged Chips:

- Pretzels
- Popcorn
- Plain Lays
- BBQ Lays
- Sour Cream and Onion Lays
- Cheddar Sun Chips
- Classic Doritos
- Kettle Chips

##### Pre-Packaged Snacks:

- Bagged Trail Mix
- Granola Bars

##### Desserts:

- Assorted Candy Bars
- Assorted Jumbo Cookies
  - Chocolate Chip
  - Triple Chocolate
  - M&M
  - Peanut Butter
  - Sugar
  - Oatmeal Raisin

## **Featuring Additional Seasonal Selections Weekly, Including:**

### **Sandwiches and Wraps**

- Egg Salad Sandwich on Whole Wheat Bread
- Italian Hero on Baguette with Oil and Vinegar
- Roast Beef and Caramelized Onion Ciabatta
- Buffalo Chicken Wrap
- Barbecue Chicken Wrap with Bacon and Cheddar
- Chipotle Turkey Ciabatta
- Cranberry Turkey Croissant
- California Chicken Wrap with Avocado
- Grilled Vegetable Wrap with Quinoa and Feta (V)

### **Salads**

- Southwest Chopped Salad with Chicken (GF)
- Harvest Salad with Apples, Cranberries, Walnuts, Feta, Apples, and Chicken (GF)
- Spinach Salad with Bacon, Blue Cheese, and Hard Boiled Egg (GF)
- Waldorf Salad with Apple, Grapes, Walnuts, Sunflower Seeds, Quinoa, Cranberries (Vegan, GF)
- Antipasti Salad with Tomato, Cucumber, Chickpea, Olives, Pepperoncini, and Feta (V, GF)

### **Grain Bowls**

- Crunchy Thai Grain Bowl with Edamame, Peanuts, and Soy Lime Vinaigrette (Vegan, GF)
- Southwest Grain Bowl with Chicken, Black Bean and Corn Salsa, and Cheddar Cheese (GF)
- Mediterranean Grain Bowl with Chicken, Cucumber, Feta, and Tomatoes (GF)

### **Soups**

- Beef and Bean Chili (GF)
- Chicken Noodle (DF)
- Creamy Tomato Basil (GF)
- Taco Soup (DF, GF)
- Ham and Bean (GF, DF)
- French Onion (GF)
- Loaded Potato (GF)
- Beef and Barley (DF)
- Vegetable (Vegan, GF)
- Sweet Potato Carrot Ginger (Vegan, GF)

### **Snacks**

#### **Pastries:**

- Danish
- Jumbo Muffins

#### **Protein Boxes:**

- Fruit, Cheese, and Cracker Box (V)
- Hard Boiled Egg, Cheese, Nut Mix (V)

#### **Dips:**

- Hummus and Pita Chips (Vegan)
- Yogurt and Granola Parfaits (V, GF)
- Crudite and Ranch (V, GF)
- 7 Layer Dip and Tortilla Chips (V, GF)