



located in Mills Dining Hall

My Kitchen is now open not only for students to cook their own meals but also for private parties!

Host your next party or gathering in My Kitchen and let Sodexo demonstrate how to make your meal while you and your guests watch! You could also invite your own Guest Chef to demonstrate how your meal is cooked. There is a 20 person guest minimum to hold a private party in My Kitchen.

If you don't think you will have enough guests to meet the minimum requirement for a private party we do have demonstrations from our Chefs on Campus in My Kitchen every Monday and Wednesday that you can invite your guests to and not have to worry about payment (besides the door price) or minimums.

Please review the lunch and dinner menus from the links above. The Three Spoon Menus are included in the meal plan while the other two are a more upscale option for an additional fee that can be put on your declining balance or billed to a department. One entrée from the menu of your choice will be demonstrated and prepared for each guest for your event.

If students are going to pay for their meal in My Kitchen with their meal plan the Student Guest List Form, found above, must be filled out and returned to the Catering Department.

Sodexo Catering must have your menu selections and Student Guest List (if using the meal plan) at least one week prior to your event or your event is subject to cancellation. Our office is located in the Hunt Student Union in the Dining Services office. If we don't have your menu choices and guests list on time, your event is subject to cancellation.

To reserve My Kitchen and discuss menu details please contact Kimala Clark, Sodexo Catering, at 607-436-3934 or by e-mail to Kimala.Clark@oneonta.edu. We ask that you give us at least two weeks prior notice for bookings.

Thank you and we look forward to working with you!



Three Spoon Menu

Three Spoon Lunch Menu

(No additional cost from door price of Dining Hall)
Lunch includes a choice of Salad, Entrée and Dessert

Salad Selections

House Tossed Salad

Mixed Greens with cucumbers, tomatoes, croutons & your choice of dressings.

Caesar Salad

Romaine Lettuce, parmesan cheese and croutons served with creamy Caesar dressing.

Entrée Selections

Roasted Eggplant Panini Sandwich

Roasted Eggplant and Red Onion Topped with Tomato and Mozzarella Cheese Grilled on Panini Press to Perfection.

Buffalo Chicken Wrap

Grilled Chicken Tossed with Red Hot Sauce Served in a Flour Tortilla with Bleu Cheese Crumbles, Tomatoes, Celery, Romaine Lettuce and Ranch Dressing.

Fried Haddock Sandwich

Beer battered deep-fried Haddock served on a Kaiser roll with a homemade tartar sauce, lettuce and tomato.

Hot Philly Beefsteak Sandwich

Thinly Sliced Beef with Sautéed Red Onions, Green Peppers, Topped with Provolone Cheese Served on a Warm French Steak Roll.

Dessert Selections

Assorted Freshly Baked Cookies
Frosted Brownies
Marble Brownies
Raspberry Ribbon Brownies

Three Spoon Dinner Menu

(No additional cost from door price of Dining Hall)
Dinner includes a choice of Salad, Soup Du Jour, Entrée and Dessert

Salad Selections

House Tossed Salad

Mixed Greens with cucumbers, tomatoes, croutons & your choice of dressings.

Caesar Salad

Romaine Lettuce, parmesan cheese and croutons served with creamy Caesar dressing.

Soup Du Jour

Entrée Selections

Pasta Primavera

Penne Pasta tossed with vegetables and our specialty vodka sauce topped with toasted pine nuts and served with breadsticks

Grilled Balsamic Breast of Chicken

Skinless boneless chicken breast marinated in a light balsamic vinaigrette, grilled and served over rice pilaf

Baked Cajun Catfish

Catfish filet seasoned with a kick and baked to perfection served with wild rice

Beef Stroganoff

Braised Beef and Sautéed Mushrooms in a Brown Sauce served over a bed of egg noodles topped with a dollop of sour cream

Dessert Selections

Freshly Baked Apple Pie

Carrot Cake

Assorted Cupcakes

Lemon Bars

**Four Spoon Menu****Four Spoon Lunch Menu**

\$5 added cost from the door price of the Dining Hall
Lunch includes a choice of Salad, Entrée and Dessert

Salad Selections

Fresh Fruit Plate

Sliced kiwi, mango, pineapple and strawberries topped with mint...with sweet yogurt dipping sauce.

Chicken Fajita Salad

Mixed greens, marinated chicken breast sliced to perfection with sautéed peppers and onions, tomatoes, cheddar cheese.

Entrée Selections

Tomato, Mozzarella, Basil Panini

Fresh tomato, mozzarella and basil pressed on sourdough bread.

Captain's Chicken Sandwich

Grilled chicken breast topped with tomato, fresh oregano, bacon and aged cheddar cheese on a toasted

Kaiser roll.

Tilapia and Asparagus Wrap

Pan seared Tilapia with asparagus, red bell peppers, mixed greens and boison cheese on a whole wheat wrap.

Beef Stew En Croute

Braised Beef, carrots, potatoes and onions in a brown sauce served in a bread bowl.

Dessert Selections

Chocolate and Vanilla Mousse

Chocolate Cream Pie

Oreo Dream Bar

Lemon Parfait

Four Spoon Dinner Menu

\$10 added cost from the door price of the Dining Hall

Dinner includes a choice of Appetizer, Soup, Salad, Entrée and Dessert

Appetizer Selections

Smoked Gouda and roasted red pepper quesadilla

California Sushi

Sticky rice cooked to perfection, rolled in avocado, cucumber and roasted red pepper and served in traditional wasabi.

Soup Selections

Bavarian Onion Soup

Hearty onion soup, sherry wine, topped with toasted French bread and Gruyere cheese.

Potato Leek Soup

Cream based soup with sautéed leeks, onions and potatoes.

Salad Selections

Fresh Fruit Plate

Sliced kiwi, mango, pineapple and strawberries topped with mint...with sweet yogurt dipping sauce.

Chicken Fajita Salad

Mixed greens, marinated chicken breast sliced to perfection with sautéed peppers and onions, tomatoes, cheddar cheese.

Entrée Selections

Entrees are served with your choice of roasted red potatoes, creamy polenta, or apple walnut wild rice and Chef's choice of vegetable.

Eggplant Rollard

Eggplant rollard stuffed with wild mushrooms and tofu, with roasted plum tomato sauce.

Chicken Cordon Bleu

Tender chicken breast stuffed with shaved ham and Swiss cheese topped with supreme sauce.

Grilled Salmon Teriyaki

Salmon marinated with our special glaze, charbroiled to perfection and topped with toasted sesame seeds.

Charbroiled Strip Steak

NY Strip Steak Charbroiled and seasoned to perfection smothered with onions and mushrooms.

Dessert Selections

Boston Cream Pie

Chocolate Torte

Strawberry Devonshire



Five Spoon Menu

Five Spoon Lunch Menu

\$8 added cost from the door price of the Dining Hall
Lunch includes a choice of Salad, Entrée and Dessert

Salad Selections

Strawberry Fields Salad

Fresh Strawberries, kiwi, mandarin oranges, blueberries, cranberries and candied walnuts atop a bed of mixed greens served with raspberry vinaigrette

Gorgonzola and Pear Salad

Spring mix salad with crumbled gorgonzola cheese, fresh pears, roasted glazed walnuts with balsamic reduction

Entrée Selections

Vegetable Lasagna

Assorted vegetables layered with ricotta cheese, lasagna noodles in a creamy parmesan white sauce

Chicken Dijonnaise

Chicken breast sautéed with shallots in a light, creamy Dijon sauce over a bed of rice

Broiled Tuna

Broiled Tuna served with a minted mango salsa on a bed of wild rice

Marinated Burgundy Flank Steak

Flank steak marinated in a burgundy, soy sauce served with roasted red potatoes

Dessert Selections

Oreo Dream Bar
Chocolate Mint Torte
Strawberry Shortcake with Fresh Whipped Cream

Five Spoon Dinner Menu

\$14 added cost from the door price of the Dining Hall
Dinner includes a choice of Appetizer, Soup, Salad, Entrée and Dessert

Appetizer Selections

Lump Crab Cakes

Grilled and served on a bed of greens with spicy salsa ranch sauce.

Spanakopita

Feta Cheese and Spinach wrapped in phyllo dough.

Shrimp Cocktail

Shrimp served on a bed of lettuce with our amazing cocktail sauce.

Soup Selections

Lobster Bisque

Homemade and served with an Asiago cheese stick in a bread bowl.

White Chili

Cream based chili made with chicken, peppers and beans.

Salad Selections

Strawberry Fields Salad

Fresh Strawberries, kiwi, mandarin oranges, blueberries, cranberries and candied walnuts atop a bed of mixed greens served with raspberry vinaigrette.

Gorgonzola and Pear Salad

Spring mix salad with crumbled gorgonzola cheese, fresh pears, roasted glazed walnuts with balsamic reduction.

Entrée Selections

Entrees are served with your choice of Yukon gold mashed potatoes or risotto and Chef's Choice of Vegetable..

Vegetable Wellington

Zucchini, carrots, broccoli, eggplant and mushrooms baked in puff pastry topped with a parmesan cream sauce.

Champagne Chicken

Chicken dredged in seasoned flour sautéed with green onions, mushrooms in a champagne sauce.

Rack of Lamb

Marinated in bourbon and spice, marked and roasted to perfection and served in a bourbon reduction.

Charbroiled Filet Mignon

Filet mignon topped with caramelized onions and bleu cheese.

Surf & Turf

Rock lobster and steak au poivre served with drawn butter and a brandy demi glaze.

Dessert Selections

Lava Fudge Cake

New York Style Cheesecake

Bananas Foster