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Food Report

Overall, I have been very impressed by the food served at OHSU’s cafés. The variety of options offered left me with plenty of foods to choose from. There was never a time where I felt left with nothing I wanted to order off the menu. The majority of lunches that I bought included salads, thus, I grew very familiar with the salad bars at both MAC Hall and the 3rd Floor Café. I tried different sandwiches and soups, but rarely ate hot items because they looked too filling to me. Below is my opinion of food items that I ate over the course of the past four weeks.

***Salads:***

The salad bars have been excellent. They are full of fresh looking vegetables and fruits and have plenty of variety. I loved trying the special items at the salad bars such as the marinated mushroom salad, the artichoke salad with feta cheese, and the marinated tofu. These options always made eating from the salad bar exciting and interesting. I ate a salad almost every day and was never bored of the options.

***Soups:***

I have tasted almost all of the vegetable soups that have been offered. My favorite soup that I ate was the Minestrone soup because it was full of delicious tasting veggies and herbs. The potato in this soup gave in a heartier taste and made it a more filling soup. The white bean soup was also delicious, a little salty, but had a lot of flavor. The lentil soup was well textured and had just the right ratio of lentils to liquid. I also liked the chicken noodle soup because it was full of veggies that are not normally in regular chicken noodle soups. I liked the addition of the mushrooms – it gave it a meatier flavor.

***Wrap:***

I tried the chicken avocado wrap one day, which was served in a spinach tortilla. This was well flavored, but I was a little disappointed in the amount of chicken served in it. I got a lot of lettuce and mayonnaise in each bite. The tortilla was tasty, but it would be nice if there was a little more substance in the wrap itself.

***Pizza:***

I tried the Artichoke, Kalamata Olive, Feta Cheese pizza one day. I liked this combination of flavors and it was very visually appealing. This pizza was well flavored, but it did not taste very fresh. The pizza crust itself was kind of dry and hard. I think that this occurred because it was one of the last pizzas on the counter. I really liked the artichoke hearts and feta cheese.

***Turkey Sandwich:***

I ordered a turkey sandwich at MAC Hall one day, and it turned out to be very good. I ordered the sandwich on whole wheat bread which was very moist and fresh. The sandwich was well made and did not have too much mustard on it, which was nice.

***Chicken Pita:***

This chicken pita was delicious. It was served in a whole wheat pita, which was not too dry. The chicken had just the right amount of mayonnaise on it, and did not seem too saturated with dressing. I liked the crunchiness of the vegetables mixed into the chicken salad. The cucumber salad that came on the side was decent, as it did not seem very fresh. I adore pickles so I really liked that the chicken pita came with one ☺

***Wheat Berry Salad:***

I picked this salad up at the It’s All Good Store one day for lunch. It was really delicious because it was filled with all kinds of different textures and tastes. I liked the crunchiness of the vegetables and the sweetness of the raisins. This salad was very hearty for being a vegan salad, and filled me up. I would definitely eat this again!