MENU CYCLE 1

2017

April 10th - 16th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Egg Whites Available upon Request Daily	Steel Cut Oats V	Chicken Chow Mein Congee	Hot Quinoa & Oat Cereal V	Skillet Sausage Cassoulet	Baked Banana Oatmeal	Eggs: Scrambled & Fried to Order GF	Eggs: Scrambled & Fried to Order GF
	Apple Cinnamon Oatmeal Bowl V	Kimchi & Pork Dumplings	Provencal Tomatoes	Belgian Waffles	Huevos Rancheros	Crispy Bacon GF	*RWA Pork Sausage Links GF
	Escalloped Apples V	Chicken & Vegetable Dumplings	Leek & Parmesan Danish	Eggs: Scrambled & Poached GF	Eggs: Scrambled & Fried to Order GF	French Toast	Pancakes
	Texas French Toast	Blueberry Pancakes	Eggs: Scrambled & Hard Boiled GF	Sweet Potato Breakfast Hash V	Hash Brown Potatoes	Baked Beans V GF	Hash Brown Potatoes
	Eggs: Scrambled & Fried to Order GF	Eggs: Scrambled & Fries to Order GF	Turkey Bacon GF	Grilled Peameal Bacon GF	Crispy Bacon GF	Hash Brown Potatoes	
	Hash Brown Potatoes	Hash Brown Potatoes	*RWA Pork Sausage Links GF	*RWA Pork Sausage Links GF	Turkey Sausage Links GF		
	Crispy Bacon GF	Crispy Bacon GF	Hash Brown Potatoes	Fire Roasted Cornbread Biscuits	Southwest Vegetable Toss V GF		
	*RWA Sausage Patty	Turkey Sausage Links GF	Egg, Ham & Cheese Crepes	Open Faced Waffle Sandwich	Open Faced Avocado Toasts		
	Sausage & Egg Muffin	BLT Multi-Grain Croissant	Vegetable & Egg Crepes		(Meat & Meatless)		
	Meatless Egg Muffin						
LUNCH	Interactive Caesar Salad GF	Interactive Fajita	Interactive Flatbreads	Interactive Muffeleta and Grilled Italian Meat Sandwiches	Interactive Waffle	Smoothie Bar GF	Interactive Omelet GF
	Portobello Provolone Panini	Mexican Mac and Cheese	Middle Eastern Inspired Beef & Mushroom Meatballs	Chicken BLT Pasta Bake	Hand Battered Haddock	Eggs Scrambled GF	Eggs Scrambled GF
	Chickpeas and Spinach V GF	Southwest Beans V GF	Four Cheese Tortellini Bake	Sticky Honey Garlic Pork Rib Bites	Bangkok BBQ Chicken Skewer GF	Crispy Bacon GF	Pork Sausage Links GF
	Sundried Tomato and Basil Sausage GF	Fire Roasted Cornbread Biscuit	Spinach Artichoke Dip and Pita	Eggplant Caprese Pizza GF	Pad Thai V GF	French Toast	Western Skillet
	Penne w Red Peppers, Artichoke and Goat Cheese	Corn Niblets V GF	Saffron Rice V GF	Wholesome Vegetable Shepherds Pie	Spring Roll	Malibu Vegetable Burger V	Pancakes
	Roasted Mediterranean Vegetables V GF	Mexican Summer Squash V GF	Chickpea and Lentil Meatloaf V GF	Fresh Baby Carrots V GF	Rice V GF	Leek, Mushroom and Cheese Frittata	Chicken Fingers
	Fresh Steamed Broccoli V GF	Mexican Rice V	French Fries	Corn Niblets V GF	French Fries	Farmer's Sausage Burger	Veggie Fingers V
	French Fries	Sweet Potato Fries	Zucchini Sauté V GF	Mashed Potato GF	Green Beans with Tofu V GF	Baked Beans V GF	Egg Rolls
	White Rice V GF	Black Bean and Rice Burrito V	Middle East Feast Fries	Gravy	Roasted Cubed Sweet Potatoes V GF	Sautéed Spinach V GF	Mushroom Edamame Fried Rice V GF
		Mexican Cheesy Fries		Sautéed Turkey and Asian Beans	Hand Battered Haddock Sandwich	Fries	Snow Peas and Carrots V GF
	Pork Teriyaki Sauté	Brazilian Beef Bowl GF	Chicken Shawarma Bowl GF	Popcorn Chicken Bowl	Wicked Thai Chicken and Shrimp	Chicken Chow Mein	Beef Shanghai Noodles
DINNER	Pasta Bar V GF	Chef's Choice Interactive	**Easter Dinner**	Stir-Fry Bar V GF			Salmon Carvery GF
	Moroccan Chicken Leg GF	Asian Style Beef Short Ribs GF	Braised Lamb Shanks	Beef Vidaloo GF	BBQ Pulled Pork Burrito	Chicken Parmesan	Pork Chops w Roasted Mushroom and Onion Sauce
	Braised Lamb Shank GF	Sweet Chili Chicken Breast GF	Pan Seared Chicken Breast Coated	Chicken Drumsticks GF	Chipotle BBQ Braised Beef Ribs GF	Pasta with Alfredo or Tomato	Roasted Mushroom Ravioli w Sautéed Mushroom and Onion Sauce GF
	Sautéed Haddock GF	Sweet Potato Noodle Stir Fry	with a Riesling Herbed Cream GF	Tandoori Basa	Turkey Florentine Quinoa Peppers	Grilled Tofu with Bruschetta V GF	Chickpeas and Spinach V GF
	Moroccan Lentil Stew V	Kimchi Fried Rice GF	Roasted Trout topped with a Lemon	Navy Bean Curry with Kale	Bean and Sweet Potato Ragout V GF	Firecracker Calamari Bites	Braised Beef Shepard's Pie GF
	Vegetable Cous Cous Pilaf V	Sticky Spicy Tofu V GF	Caper Dill Butter GF	Saag and Paneer GF	Bloomin Baked Potato GF	Herb Roasted Potatoes V GF	Onion Rings
	Mediterranean Style Potato V GF	Kimchi and Pork Dumplings	Honey and Dijon Glazed Ham	Bombay Potato V GF	Skillet Chili Lime Corn V GF	Sautéed Button Mushrooms V GF	Roasted Golden Beets V GF
	Roasted Butternut Squash w Zataar & Parsley V GF	Garlic Mashed Red Skins GF	Crispy Polenta w Wild Mushroom	Samosa	Arroz Verde Green Rice V GF	Mediterranean Vegetable Toss V GF	Wild Rice Medley V
	Roasted Radishes V GF	Baby Bok Choy V GF	Ragout and Sautéed Greens V GF	Basmati Rice V GF		Garlic Bread	Mashed Yukon Golds GF
		Tri Colored Baby Carrot Medley V GF	Three Cheese Scalloped Potatoes	Roasted Cauliflower V GF			
	After Eight Dining	*After Eight Dining*	Broccoli with Aged Cheddar Sauce	*After Eight Dining*	*After Eight Dining*	*After Eight Dining*	*After Eight Dining*
	Join us After Eight PM for a selection		Root Vegetables& Butternut Squash V GF		**Good Friday**		**Easter Sunday**
	hearty entrees, signature pizzas,		Quinoa w Brunoise of Vegetables V GF				
	authentic Mexican burritos		Desserts and Seasonal Goodies				
	and more!		*After Eight Dining*				

MENU SUMMARY

GF - GLUTEN-FREE V - VEGAN

*RWA - Raised WITHOUT Antibiotics

Meatless	54%	Seafood	9%
Poultry	17%	Beef	10%
Pork	10%		

Cycle 1 Menu Schedule 2017

January 16 - 22

February 27 - March 5

April 10 - 16

www.residencedining.uwo.ca

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