<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steel Cut Oats V</td>
<td>Chicken Chow Mein Congee</td>
<td>Hot Quinoa &amp; Oat Cereal V</td>
<td>Skillet Sausage Cassoulet</td>
<td>Baked Banana Oatmeal</td>
<td>Eggs: Scrambled &amp; Fried to Order GF</td>
<td>Eggs: Scrambled &amp; Fried to Order GF</td>
</tr>
<tr>
<td>Apple Cinnamon Oatmeal Bowl V</td>
<td>Kimchi &amp; Pork Dumplings</td>
<td>Provençal Tomatoes</td>
<td>Belguimian Waffles</td>
<td>Huesus Rancheros</td>
<td>Crispy Bacon</td>
<td>*RWA Pork Sausage Links GF</td>
</tr>
<tr>
<td>Escaloped Apples V</td>
<td>Chicken &amp; Vegetable Dumplings</td>
<td>Leek &amp; Parmesan Danish</td>
<td>Eggs: Scrambled &amp; Poached GF</td>
<td>Eggs: Scrambled &amp; Fried to Order GF</td>
<td>French Toast</td>
<td>Pancakes</td>
</tr>
<tr>
<td>Oats</td>
<td>Crispy Bacon GF</td>
<td>Turkey Bacon</td>
<td>Grilled Peameal Bacon GF</td>
<td>Crispy Bacon GF</td>
<td>Fried to Order</td>
<td></td>
</tr>
<tr>
<td>Chow</td>
<td>Crispy Bacon GF</td>
<td>*RWA Pork Sausage Links GF</td>
<td>Hash Brown Potatoes</td>
<td>Turkey Sausage Links GF</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mein</td>
<td>*RWA Sausage Patty</td>
<td>Brown Baguetes</td>
<td>Fire Roasted Cornbread Biscuits</td>
<td>Southwest Vegetable Toss GF</td>
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<td></td>
</tr>
<tr>
<td>Congee</td>
<td>Turkey Sausage Links GF</td>
<td>Egg, Ham &amp; Cheese Crepes</td>
<td>Open Faced Waffle Sandwhich</td>
<td>Open Faced Avocado Toasts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hash Brown Potatoes</td>
<td>Meatless Egg Muffin</td>
<td>Vegetable &amp; Egg Crepes</td>
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</tbody>
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**BREAKFAST**

- Eagle Whites Available upon Request Daily

### LUNCH

- Interactive Flatbreads
  - Interactive Muffuletta and Grilled Italian Meat Sandwiches
  - Interactive Waffle

- Middle Eastern Inspired Beef & Mushroom Meatballs
  - Chicken BLT Pasta Bake
  - Hand Battered Haddock
  - Eggs Scrambled GF
  - Eggs Sausage Links GF

- Saffron Rice V
  - Wholesome Vegetable Shepherds Pie
  - Spinach Artichoke Dip & Pita
  - Pad Thai V GF
  - French Toast

- Chickpea and Lentil Meatloaf V GF
  - Fresh Baby Carrots V GF
  - Leek, Mushroom and Cheese Frittata
  - Chicken Fingers

- French Fries
  - Corn Niblets V GF
  - French Fries
  - Farmer's Sausage Burger
  - Veggie Fingers V

- Zucchini Sauté V GF
  - Mashed Potato
  - Green Beans with Tomato V GF
  - Baked Beans V GF

- Middle East Feast Fries
  - Gravy
  - Roasted Cauliflower V GF
  - Sautéed Mushroom Edamame Rice V GF

- Fresh Steamed Broccoli V GF
  - Mexican Rice V
  - Sautéed Turkey and Asian Beans
  - Hand Battered Haddock Sandwich
  - Fries

- Pork Teriyaki Sauté
  - Brazilian Beef Bowl GF
  - Chicken Shawarma Bowl GF
  - Fried Rice
  - Chicken Chow Mein

### DINNER

- Pasta Bar V GF
  - Chef's Choice Interactive
  - Chef's Special Beef Short Ribs
  - Beef V Gf

- Moroccan Chicken Leg GF
  - Asian Style Beef Bar BQ
  - Beef Vidaloo GF
  - BBQ GF

- Braised Lamb Shank GF
  - Succulent Chicken Wings
  - Chicken Drumsticks
  - Chipotle BBQ Braised Beef Ribs
  - BBQ Pulled Pork Burrito

- Sautéed Haddock GF
  - Sweet Potato Noodle Stir Fry
  - Sautéed Haddock GF
  - Pasta with Alfredo or Tomato
  - Pasta GF

- Mediterranean Style Potato V GF
  - Roasted Butternut Squash w Zatar & Parsley V GF
  - Roasted Butternut Squash Wedges V GF
  - Roasted Cauliflower V GF

- Vegetable Cous Cous Pilaf V GF
  - Baby Bab Choy V GF
  - Tri Colored Baby Carrot Medley V GF

- Mediterranean Saffron Rice V GF
  - Mediterranean Style Potato V GF
  - Mediterranean Style Potato V GF

- Green Beans V GF
  - Twice Baked Potato GF
  - Skillet Chili Lime Corn V GF
  - Skillet Chili Lime Corn V GF

- Roasted Squash Wedges V GF
  - Missalini Rice V GF
  - Garlic Bread

- Roasted Cauliflower V GF
  - *After Eight Dining**
  - Artisan Cheese Night over the Dinner Service

**SUMMARY**

- GF = GLUTEN-FREE
- V = VEGAN
- *RWA = Raised WITHOUT Antibiotics

- **VENUE:**
  - **Cycl 1 Menu Schedule 2017**
  - **January 16 - 22**
  - **February 27 - March 5**
  - **April 10 - 16**

- **www.residencedining.uwo.ca**
- **hospitalitieservices@uwo.ca**