# MENU CYCLE 1

2017

February 27th- March 5th

| | 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 | Interactive Burger Bar V | Stir-Fry Bar V GF | | | Salmon Carvery GF |
| | Moroccan Chicken Leg GF | Asian Style Beef Short Ribs GF | Showtime Sushi V GF BBQ Baby Back Ribs GF | 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 | BBQ Chicken Wings | 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 | Italian Sausage and Fennel Bake | 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 | Quinoa Stuffed Peppers V GF | 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 | Mushroom Caprese 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 | Twice Baked Potato GF | 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 | Green Beans V GF | 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 | Roasted Squash Wedges V GF | Basmati Rice V GF | | Garlic Bread | Mashed Yukon Golds GF |
| | | Tri Colored Baby Carrot Medley V GF | | Roasted Cauliflower V GF | | | |
| | *After Eight Dining* | *After Eight Dining* | *After Eight Dining* | *After Eight Dining* | *After Eight Dining* | *After Eight Dining* | *After Eight Dining* |
| | *Join us After Eight PM for a selection hearty entrees, signature pizzas, authentic Mexican burritos and more!* | **Shrove Tuesday Pancakes or Waffles all day** | **Artisan Cheese Night over the Dinner Service** | | | | |

## MENU SUMMARY

GF - GLUTEN-FREE V - VEGAN

*RWA - Raised WITHOUT Antibiotics

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|---|---|---|---|
| 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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