MENU CYCLE 2

2017

March 6-12th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Egg Whites Available upon Request Daily	Steel Cut Oats V	Fried Rice & Scrambled Eggs GF	Steel Cut Oats V	Chicken Congee GF	Fruity Sunrise Porridge V	Eggs: Scrambled GF	Eggs: Scrambled GF
	Bacon, Egg & Cheddar Oatmeal Bowl	Apple Crisp	Sweet Potato Maple Oatmeal Bowl V	Southwest Vegetable Toss V GF	Spinach & Feta Danish	Crispy Bacon GF	Pancakes
	Eggs: Scrambled GF	Carrot Cake Pancakes	Maple Roasted Sweet Potatoes V GF	Chorizo Skillet	Grilled Roma Tomatoes V GF	Belgian Waffles	*RWA Pork Sausage Links GF
	Ham & Cheese Omelets	Eggs: Scrambled & Fried to Order GF	Baked Beans V GF	Eggs: Scrambled & Fried to Order GF	Eggs: Scrambled GF	Hash Brown Potatoes	Hash Brown Potatoes
	Diced Harvest Pride Potatoes	Baby Potato Pancakes	Eggs: Scrambled & Hard Boiled GF	Hash Brown Potatoes	Greek Omelets GF		
	Turkey Peameal Bacon GF	Crispy Bacon GF	Hash Brown Potatoes	Crispy Bacon GF	Hash Brown Potatoes		
	*RWA Pork Sausage Patty	*RWA Pork Sausage Links GF	*RWA Pork Sausage Links GF	Turkey Sausage Links GF	Peameal Bacon GF		
	Meatless Breakfast Croissant	Mornin' Breakfast Wrap	Turkey Bacon GF	Breakfast Tacos	Turkey Bacon GF		
	Turkey Peameal Breakfast Croissant	Meatless Mornin' Breakfast Wrap	Monte Cristo Sandwich	(Meat & Meatless)	Mediterranean Egg White Panini		
			Meatless Monte Cristo Sandwich		Ham & Swiss Breakfast Panini		
LUNCH	Interactive Souvlaki and Falafel	Interactive Sausage	Interactive Caesar Salad GF V	Interactive Grilled Cheese	Smoothie Bar GF	Interactive Waffle	Interactive Omelet GF
	Cod w Black Pepper and Broiled Lemons GF	Crispy Pollock Bites	Eggplant Mozza Melt	Carnita with Red Enchilada Sauce	Hand Battered Haddock	Eggs Scrambled GF	Eggs: Scrambled GF
	Chicken Broccoli Pasta Bake	Roadside Curried Chickpeas V GF	Pasta w Tomato or Alfredo	Mac n Cheese	Jalapeno Cheddar Burger	Crispy Bacon GF	Pork Sausage Links GF
	Spinach Feta Twister	Butter Chicken Poutine	Meatballs	Black Bean Simmer V	Grilled Portobello V GF	Chicken Alfredo Pasta Bake	Fluffy Pancakes
	Moroccan Lentil Stew V	Samosa	Sundried Tomato and Basil Sausage GF	Stuffed Jalapenos	Buffalo Chicken Pasta	Beef or Vegetable Taco	Philly Cheese Steak Sandwich
	French Fries	Jasmine Rice V GF	Mediterranean Vegetable Tart	Mexican Rice V	Whole Baked Sweet Potato with Chili	Quinoa and Kale Quiche GF	Quinoa Stuffed Peppers V GF
	Carrots w Fresh Dill V GF	Warm Naan Bread	Chicken Parmesan Sub	Roasted Sweet Potato V GF	Chili Fries	Grilled Vegetables w Tofu V GF	Philly Cheese Fries
	Sautéed Zucchini V GF	Indian Spiced Greens V GF	Potato Wedges	Sonara Vegetable Quinoa V		Steamed White Rice V GF	Broccoli V GF
	White Rice V GF	Fries and Gravy	Zucchini and Corn Sauté V GF	Corn Niblets V GF		French Fries	White Rice V GF
			Cheddar and Chive Garlic Biscuit				
	Ginger Beef	Butter Chicken GF	Chicken Parmesan Bowl	BBQ Pulled Turkey Rice Bowl	Tortilla Chili Bowl	Sweet Chili Chicken	Dynamite Chicken
DINNER	Pasta Bar V GF	Founders Day 2016	Fajita Bar V	Stir Fry Bar V GF			Roast Beef Carvery GF
	Vietnamese Lemon Grass Chicken GF	Settler's Beef Stew	Showtime Sushi V GF Bourbon Street Striploin Steak GF	Fried Chicken	Garlic Hunan Beef GF	Florentine Meatloaf	Roasted Chicken Breast w Sundried and Tomato Salsa GF
	Tilapia with Turmeric and Dill GF	Middlesex County Roast Loin of Pork with Maple Apple compote GF	Creole Pasta Bake	Meat Lasagna	Kung Poa Chicken Spaghetti	Butternut Squash Ravioli with Butter, Sage and Goat Cheese	Broiled Salmon w Sundried & Tomato Salsa GF
	Vietnamese Lemongrass Meatballs		Cajun Sautéed Shrimp GF	Polenta Crusted Trout GF	Kung Poa Cauliflower V GF	Comforting Cracker Crusted Cod	Meatless Bean Goulash V
	Sticky Spicy Tofu V GF	Salmon Wellington	Creole Vegetable Jambalaya V GF	Mozza Sticks w Marinara Sauce	Sweet Ginger Tofu w Pak Choi V GF	Smoked Meat on a Bun	Cheese Tortellini w Fresh Salsa Sauce
	Spring Roll	Vegetable Fricassee Topped with a Crown of Mashed Potatoes GF Meatless	Dirty Rice GF		Chicken and Vegetable Dumpling	Navy Bean Curry with Kale V GF	Glazed Carrots V GF
	Glass Noodles Japchae		Onion Rings	Tuscan Beans with Rosemary GF	Jasmine Rice V GF	Maple Glazed Carrots and Parsnip V GF	Yorkshire Pudding
	Buddha Delight Stir-fried Veg V GF	Garlic Mashed Potato GF	French Onion Mashed Potato GF	Steamed Potatoes with Fine Herbs GF	Broccoli and Mushroom Stir-Fry	Pulled Smoked Meat Poutine	Sautéed Brussel Sprouts with Bacon GF
	Kale Cabbage Crunch Saute V GF	Indigenous Wild Rice	Baton Rouge Vegetables V GF	Blistered Green Beans w Tomato Pesto	Chinese Style Kale Sauté GF	Cauliflower Goat Cheese Stuffed Portobello GF	Mash Potatoes w Gravy
		Cellared Root Vegetables Roasted with Thyme Sprigs GF V	Southern Fried Okra	Garlic Bread	Tempura Green Beans	Fries	Ancient Grains V
			Fire Roasted Corn Biscuit				
	After Eight Dining	Freshly Baked Pies, Loaves and Cakes	*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	*After Eight Dining*				March Break Open House	
	Staff Appreciation Week	*Staff Appreciation Week*	*Staff Appreciation Week*	*Staff Appreciation Week*	*Staff Appreciation Week*		

MENU SUMMARY

GF - GLUTEN-FREE V - VEGAN

*RWA - Raised WITHOUT Antibiotics

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

Cycle 2 Menu Schedule 2017

January 23 - 29

March 6 - 12

April 17 - 23

www.residencedining.uwo.ca

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