

# MENU CYCLE 4

2017

February 6 - 12

|  | MONDAY   | TUESDAY  | WEDNESDAY                                      | THURSDAY   | FRIDAY  | SATURDAY                                       | SUNDAY   |
|--|--|--|--|--|---|--|--|
| <b>BREAKFAST</b><br><small>Egg Whites Available upon Request Daily</small>                                       | Steel Cut Oats V                               | Chicken Chow Mein Congee   | Blueberry Breakfast Bake                       | Fried Rice & Scrambled Eggs GF                               | Fruity Sunrise Porridge V                       | Scrambled Eggs GF                              | Scrambled Eggs GF                                  |
|  | Sweet Potato Maple Oatmeal Bowl V              | Strawberry Cream Cheese French Toast                                 | Broccoli & Cheddar Quiche                      | Blueberry Pancakes   | Pigs in a Blanket                               | Crispy Bacon GF                                | *RWA Pork Sausage Links GF                         |
|  | Maple Roasted Sweet Potato V GF                | Bell Pepper Egg Cups GF  | Eggs: Scrambled & Fried to Order GF            | Hash Brown Casserole   | Hash Brown Potatoes                             | French Toast                                   | Belgian Waffles                                    |
|  | Bacon, Egg & Cheddar Danish                    | Eggs: Scrambled & Fried to Order GF                                  | Hash Brown Potatoes                            | Eggs: Scrambled & Hard Boiled GF                             | Eggs: Scrambled GF                              | Hash Brown Potatoes                            | Hash Brown Potatoes                                |
|  | Hash Brown Potatoes                            | Hash Brown Potatoes  | Crispy Bacon GF                                | Crispy Bacon GF  | Ham & Cheese Omelets                            |  |  |
|  | Eggs: Scrambled & Hard Boiled GF               | Turkey Bacon GF  | Peameal Bacon GF                               | Turkey Peameal Bacon GF                                      | Crispy Bacon GF                                 |  |  |
|  | Turkey Sausage Links GF                        | *RWA Pork Sausage Patty  | Ham & Swiss Breakfast Panini                   | Turkey Peameal Breakfast Croissant                           | Turkey Bacon GF                                 |  |  |
|  | Crispy Bacon GF                                | Sausage & Egg Breakfast Muffin                                       | Mediterranean Egg White Panini                 | Meatless Breakfast Croissant                                 | Breakfast Quesadillas<br>(Meat & Meatless)      |  |  |
|  | Bacon & Egg Breakfast Muffin                   | Meatless Breakfast Muffin  |  |  |   |  |  |
| Meatless Breakfast Muffin  |  |  |  |  |   |  |  |
| <b>LUNCH</b>   | Interactive Souvlaki and Falafel               | Interactive Sausage  | Interactive Pizza Bar V                        | Interactive Grilled Cheese                                   |   | Interactive Omelet GF                          | Interactive Waffle                                 |
|  | Avgolemono Chicken Kabob GF                    | Homestyle Beef Pot Pie   | Eggplant Mozza Melt                            | Chicken Fingers  | Grilled Chicken Kabob w Thai Panang Curry Sauce | Eggs Scrambled GF                              | Eggs Scrambled GF                                  |
|  | Lamb Burger                                    | Aloo Gobi V GF   | Penne with Marinara or Alfredo                 | Mac'n Cheese   | Hand Battered Haddock                           | Crispy Bacon GF                                | Pork Sausage Links GF                              |
|  | Greek Pasta Toss                               | Pakora   | Meatballs                                      | Southwest Baked Beans V GF                                   | Crispy Tofu w Thai Panang Curry Sauce           | Ratatouille Tofu V GF                          | Chicken Broccoli Pasta Bake                        |
|  | Feta Twister                                   | Peas and Paneer GF   | Leek, Mushroom and Cheese Frittata             | Beef Barbacoa Empanada                                       |   | French Toast                                   | Sweet Potato Chipotle Bake GF                      |
|  | Mediterranean Goat Cheese Tart                 | Basmati Rice V GF  | French Fries                                   | Smoky Roasted Sweet Potatoes V GF                            | Spring Roll                                     |  | Green Beans with Tofu V GF                         |
|  | Sautéed Broccoli w Kale and Garlic Butter V GF | Butter Chicken Poutine   | Zucchini V GF                                  | Corn Niblets V GF  | Jasmine Rice V GF                               | Vegetable Galette V                            | Jasmine Rice V GF                                  |
|  | Tri Coloured Carrot Medley V GF                | Samosa   | Sautéed Mushrooms V GF                         | Cilantro Green Rice V GF                                     | Crispy Fries                                    | Roasted Fingerling Potatoes V GF??             | Fries  |
|  | Fries  | Warm Naan Bread  |  | Fries  | Sweet Green Peas V GF                           | Asparagus V GF                                 |  |
|  |  | Fries  |  |  | Sautéed Haystack Carrots V GF                   | Rice V GF                                      |  |
|  | Beef Shanghai Noodles                          | Butter Chicken GF  | Chicken Parmesan Bowl                          | Tortilla Chili Bowl  | Port Teriyaki Sauté                             | Orange Ginger Chicken                          | Sweet and Sour Meatballs                           |
|  | Pasta Bar V                                    | VEGAN Interactive Chef's Choice                                      | Perogies Bar                                   | Stir-Fry Bar V GF  |   |  | Carvery Beef Brisket GF                            |
| <b>DINNER</b>  | Roasted Chicken Breast Adobo GF                | Mediterranean Chicken Breast with Creamy Spinach and Artichoke Sauce | Showtime Sushi V GF                            | Broccoli Cheddar Chicken                                     | Balsamic Rosemary Steak Tips GF                 | Grilled Striploin Steak w Chimichurri Sauce GF | Smoky Pork Chops w Roasted Red Pepper Remoulade GF |
|  | Grilled Pork Chop GF                           | Pesto Crusted Cod GF   | Meat Lasagna                                   | Maple Soy Salmon GF  | Sole with Chermoula GF                          | Churasco Chicken Thighs with                   | Shrimp Skewer GF                                   |
|  | Crispy Southwest Haddock                       | Grilled Striploin Steak GF   | BBQ Baby Back Ribs GF                          | Polenta w Mushroom Bean Sundried Tomato Ragout V             | Roasted Chicken Leg w Chermoula Sauce GF        | Chimichurri Sauce                              | White Cheddar Mac and Cheese                       |
|  | Vegetable Enchilada w Red Enchilada Sauce V    | Cheese Tortellini w Creamy Spinach and Artichoke Sauce               | BBQ Chicken Wings                              | Butternut Squash Ravioli with Roasted Red Pepper Cream Sauce |   | Smoky Vegetable Feijoada V GF                  | Roasted Red Pepper Remoulade GF                    |
|  | Mexican Rice V                                 |  | Grilled Tofu with Bruschetta V GF              |  | Moroccan Lentil Stew V                          | Beef Empanada                                  | Polenta Fries                                      |
|  | Fire Roasted Corn and Sweet Peppers V GF       | Wild Rice Medley V   | Vegetable Cous Cous Pilaf V                    | Roasted Green Beans with Mushrooms V GF                      | 7 Vegetable Cous Cous V                         | Pao de Queijo GF                               | Sweet Potato Fries                                 |
|  | Roasted Squash Wedges V GF                     | Basil Pesto Mashed Potatoes GF                                       | Roasted Root Vegetable Fries V GF              | Cauliflower Florets V GF                                     | Feta Twister                                    | Sweet Corn on the Cob V GF                     | Fire Roasted Cornbread Biscuit                     |
|  | Yukon Gold Wedges GF                           | Green Bean Sautéed w Garlic V GF                                     | Sautéed Broccoli w Kale and Garlic Butter V GF | Ancient Grains V   | Honey Harissa Eggplant GF                       | Roasted Squash Rings V GF                      | Black Eyed Peas with Kale V GF                     |
|  | Oven Roasted Potatoes GF                       | Mediterranean Vegetable Toss V GF                                    | Potato Wedges                                  | Mashed Yukon Gold's GF                                       | Carrots w Fresh Dill V GF                       | Quinoa V                                       |  |
|  |  |  | Garlic Sticks                                  |  |   | Roasted Baby Red Skin Potatoes V GF            |  |
| *After Eight Dining*   |  |  |  |  |   |  | *After Eight Dining*                               |
| Join us After Eight PM for a selection of hearty entrees, signature pizzas, authentic Mexican burritos and more! |  |  |  |  |   |  |  |

## MENU SUMMARY

GF - GLUTEN-FREE

V - VEGAN

\*RWA - Raised WITHOUT Antibiotics

Meatless

54%

Seafood

9%

Poultry

17%

Beef

10%

Pork

10%

Cycle 4 Menu Schedule 2017

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March 20 - 26