MENU CYCLE 4

2017

March 20th-26th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Egg Whites Available upon Request Daily	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		
	Bacon & Egg Breakfast Muffin	Meatless Breakfast Muffin			(Meat & Meatless)		
	Meatless Breakfast Muffin						
LUNCH	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
DINNER	Pasta Bar V	VEGAN Interactive Chef's Choice	**Street Eats Menu** tba	Stir-Fry Bar V GF			Carvery Beef Brisket GF
	Roasted Chicken Breast Adobo GF	Mediterranean Chicken Breast with Creamy Spinach and Artichoke Sauce		Broccoli Cheddar Chicken	Balsamic Rosemary Steak Tips GF	Grilled Striploin Steak w Chimichurri Sauce GF	Smokey Pork Chops w Roasted Red Pepper Remoulade GF
	Grilled Pork Chop GF	Pesto Crusted Cod GF		Maple Soy Salmon GF	Sole with Chermoula GF	Churasco Chicken Thighs with	Shrimp Skewer GF
	Crispy Southwest Haddock	Grilled Striploin Steak 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		Butternut Squash Ravioli with Roasted Red Pepper Cream Sauce		Smokey Vegetable Feijoada V GF	Roasted Red Pepper Remoulade GF
	Mexican Rice V				Moroccan Lentil Stew V	Beef Empanada	Polenta Fries
	Fire Roasted Corn and Sweet Peppers V GF	Wild Rice Medley 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		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		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		Mashed Yukon Gold's GF	Carrots w Fresh Dill V GF	Quinoa V	
						Roasted Baby Red Skin Potatoes 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!						

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

February 6 - 12

March 20 - 26