## MENU CYCLE 6

**January 9 - 15**

### BREAKFAST

<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>Thai Coconut Congee GF</td>
<td>Apple Crisp</td>
<td>Fruity Sunrise Porridge V</td>
<td>Steel Cut Oats V</td>
<td>Mushroom &amp; Vegetable Congee V GF</td>
<td>Scrambled Eggs GF</td>
<td>Scrambled Eggs GF</td>
</tr>
<tr>
<td>Loaded Breakfast Bowl GF</td>
<td>Bacon, Egg &amp; Cheddar Danish</td>
<td>Sautéed Mushrooms V GF</td>
<td>Stuffed Potato Skins</td>
<td>Smoked Meat Breakfast Hash</td>
<td>Crispy Bacon GF</td>
<td><em>RWA</em> Pork Sausage Links GF</td>
</tr>
<tr>
<td>Eggs: Scrambled &amp; Fried to Order GF</td>
<td>Texas French Toast</td>
<td>Eggs: Scrambled GF</td>
<td>Eggs: Scrambled &amp; Fried to Order GF</td>
<td>Eggs: Scrambled &amp; Fried to Order GF</td>
<td>Belgium Waffles</td>
<td>Belgium Waffles</td>
</tr>
<tr>
<td>Crispy Bacon GF</td>
<td>Hash Brown Potatoes</td>
<td>Crispy Bacon GF</td>
<td>Crispy Bacon GF</td>
<td>Crispy Bacon GF</td>
<td>Crispy Bacon GF</td>
<td></td>
</tr>
<tr>
<td>Turkey Pearmeal Bacon GF</td>
<td>Crispy Bacon GF</td>
<td>Turkey Bacon GF</td>
<td>Turkey Sausage Links</td>
<td>Turkey Sausage Links</td>
<td>Turkey Sausage Links</td>
<td>Turkey Sausage Links</td>
</tr>
<tr>
<td>Turkey Pearmeal Breakfast Croissant GF</td>
<td><em>RWA</em> Pork Sausage Links GF</td>
<td><em>RWA</em> Pork Sausage Patty</td>
<td>Ham &amp; Swiss Breakfast Panini</td>
<td>Breakfast Burritos</td>
<td>Breakfast Burritos</td>
<td>Breakfast Burritos</td>
</tr>
<tr>
<td>Meatless Breakfast Croissant GF</td>
<td>Breakfast Burger</td>
<td>Sausage &amp; Egg Breakfast Muffin GF</td>
<td>Mediterranean Egg White Panini</td>
<td>(Mint &amp; Meatless)</td>
<td>(Mint &amp; Meatless)</td>
<td>(Mint &amp; Meatless)</td>
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</tbody>
</table>

### LUNCH

<table>
<thead>
<tr>
<th>Monday</th>
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<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Thai baked Sweet Potato GF</td>
<td>Penne al Forno</td>
<td>Four Cheese Tortellini Bake GF</td>
<td>Mac n Cheese Tortilla Roll</td>
<td>Hand Battered Haddock</td>
<td>Eggs Scrambled GF</td>
<td>Eggs Scrambled GF</td>
</tr>
<tr>
<td>Pollo Bites w Bangkok Coconut Curry Sauce GF</td>
<td>Eggplant Caprese Pizza GF</td>
<td>Butter Chicken Poutine</td>
<td>Steak Tenderloin Sandwich</td>
<td>Chicken Pad Thai</td>
<td>Crispy Bacon GF</td>
<td>Pork Sausage Links GF</td>
</tr>
<tr>
<td>Noodle Sauté w Carrots and Onions GF</td>
<td>Italian Quinoa w Tofu V GF</td>
<td>Roadside Curried Chickpeas V GF</td>
<td>Vegetable and Dipping Sauce</td>
<td>Portobello and Beef Burger</td>
<td>Western Skillet</td>
<td>Western Skillet</td>
</tr>
<tr>
<td>Potato Wedges</td>
<td>Potato Wedges</td>
<td>Indian Fried Cabbage V GF</td>
<td>Southern Succotash V GF</td>
<td>Chicken and Vegetable Dumpling</td>
<td>Chicken Pot Pie</td>
<td>Chicken Pot Pie</td>
</tr>
<tr>
<td>Fries</td>
<td>Tuscan Beans w Rosemary GF</td>
<td>Basmati Rice V GF</td>
<td>Mexican Rice V</td>
<td>Chinese Style Kale Sauté GF</td>
<td>Potato Wedges</td>
<td>Roast Beef on a Bun</td>
</tr>
<tr>
<td>Snow Peas w Carrots GF</td>
<td>Broccoli V GF</td>
<td>Warm Naan Bread</td>
<td>Sweet Potato Fries</td>
<td>Miso Roasted Cauliflower V GF</td>
<td>Brussel Sprout and Bacon Sauté V</td>
<td>Sautéed Haystack Carrots V GF</td>
</tr>
<tr>
<td>Tempura Green Beans</td>
<td>Rice V GF</td>
<td>Indian Spiced Cauliflower V GF</td>
<td>Dr Pepper Baked Beans V GF</td>
<td>Jasmine Rice V GF</td>
<td>White Rice V GF</td>
<td>White Rice V GF</td>
</tr>
<tr>
<td>Coconut Rice GF</td>
<td>Coconuts GF</td>
<td>Butter Chicken GF</td>
<td>BBQ Pulled Turkey Rice Bowl</td>
<td>Ginger Beef</td>
<td>Dynamite Chicken</td>
<td>Orange Ginger Chicken</td>
</tr>
</tbody>
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### DINNER

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<thead>
<tr>
<th>Monday</th>
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</thead>
<tbody>
<tr>
<td>Pasta Bar V GF</td>
<td>Fajita Bar</td>
<td>Interactive Salads Bar V GF</td>
<td>Stir-Fry Bar GF</td>
<td>Grilled Steak w Chimichurri Sauce GF</td>
<td>Oven Fried Chicken</td>
<td>Rosemary Roasted Chicken Breast GF</td>
</tr>
<tr>
<td>Grilled Chicken Breast w Red Sauce GF</td>
<td>Grilled Chicken Thighs w Thai Green Curry Sauce GF</td>
<td>Showtime Sushi GF</td>
<td>Sicilian Sole GF</td>
<td>Arroz con Polo GF</td>
<td>Mediterranean Vegetable Lasagna GF</td>
<td>Florentine Meatloaf</td>
</tr>
<tr>
<td>Shrimp and Scallop Sauté w Red Sauce GF</td>
<td>Oven Roasted Cod GF</td>
<td>Egg Foo Yoke GF</td>
<td>Pasta w Tomato or Alfredo</td>
<td>Quinoa Stuffing Peppers V GF</td>
<td>Herb Crusted Pork Chops GF</td>
<td>Four Bean Stew V GF</td>
</tr>
<tr>
<td>Creole Vegetable Jambalaya V GF</td>
<td>Vegetable Pad Thai V GF</td>
<td>Tartar GF</td>
<td>Crispy Tofu w Broccoli Pesto Sauce</td>
<td>BBQ Bacon Rib GF</td>
<td>Squash and Barley Risotto V</td>
<td>Scotch and Barley Risotto V</td>
</tr>
<tr>
<td>Onion Rings</td>
<td>Grilled Thai Style Tofu GF</td>
<td>Canadian Bacon GF</td>
<td>Salt n Pepper Wedges</td>
<td>Beef Barbecue Empanada</td>
<td>Squash and Barley Risotto V</td>
<td>Squash and Barley Risotto V</td>
</tr>
<tr>
<td>Fire Roasted Corn w Sweet Peppers GF</td>
<td>Potstickers GF</td>
<td>Ratatouille w Tofu GF</td>
<td>Squash and Barley Risotto V</td>
<td>Roasted Sweet Potatoes V GF</td>
<td>Garlic Mashed Red Skins V GF</td>
<td>Garlic Mashed Red Skins V GF</td>
</tr>
<tr>
<td>French Onion Mashed Potato GF</td>
<td>Coconut Rice V GF</td>
<td>Daunhenoise Potato GF</td>
<td>Grilled Portobello Mushrooms V GF</td>
<td>Fire Roasted Corn w Sweet Peppers V GF</td>
<td>Green Beans V GF</td>
<td>Green Beans V GF</td>
</tr>
<tr>
<td>Baton Rouge Vegetable V GF</td>
<td>Gai Lan V GF</td>
<td>Asparagus w GF</td>
<td>Roasted Baby Red Skin Potatoes V GF</td>
<td>Zucchini &amp; Tomato w Roasted Garlic GF</td>
<td>Bruschetta</td>
<td>Bruschetta</td>
</tr>
</tbody>
</table>

*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 of hearty entrees, signature pizzas, authentic Mexican burritos, and more!*

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**MONDAY**

- Thai Coconut Congee GF
- Loaded Breakfast Bowl GF
- eggs: Scrambled & Fried to Order GF
- Poached Pome
- Crispy Bacon GF
- Turkey Pearmeal Bacon GF
- Turkey Pearmeal Breakfast Croissant GF

**TUESDAY**

- Apple Crisp
- Penne al Forno
- Eggplant Caprese Pizza GF
- Italian Quinoa w Tofu V GF
- Grilled Chicken Thighs w Thai Green Curry Sauce GF
- Grilled Chicken Breast w Red Sauce GF

**WEDNESDAY**

- Fruity Sunrise Porridge V
- Four Cheese Tortellini Bake GF
- Butter Chicken Poutine
- Roadside Curried Chickpeas V GF
- Showtime Sushi GF
- Oven Roasted Cod GF

**THURSDAY**

- Steel Cut Oats V
- Mac n Cheese Tortilla Roll
- Steak Tenderloin Sandwich
- Vegetable and Dipping Sauce
- Sicilian Sole GF
- Egg Foo Yoke GF

**FRIDAY**

- Mushroom & Vegetable Congee V GF
- Hand Battered Haddock
- Chicken Pad Thai
- Portobello and Beef Burger
- Arroz con Polo GF
- Pasta w Tomato or Alfredo

**SATURDAY**

- Scrambled Eggs GF
- Crispy Bacon GF
- Western Skillet
- Chicken and Vegetable Dumpling
- Mediterranean Vegetable Lasagna GF
- Herb Crusted Pork Chops GF

**SUNDAY**

- Scrambled Eggs GF
- Roast Beef on a Bun
- Chicken Pot Pie
- Chicken Pot Pie
- Florentine Meatloaf
- Four Bean Stew V GF

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**MENUSUMMARY**

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

### OCTOBER 2017

- **Seafood** 9%
- **Meatless** 54%
- **Poultry** 17%
- **Beef** 10%

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**www.residedining.uwo.ca**

- [hospitalityservices@uwo.ca](mailto:hospitalityservices@uwo.ca)

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**2017**

- Cycle 6 Menu Schedule 2017
- January 9 - 15
- February 13 - 26
- April 3 - 9