MENU CYCLE 6

2017

January 9 - 15

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Egg Whites Available upon Request Daily	Thai Coconut Congee	Apple Crisp	Fruity Sunrise Porridge V	Steel Cut Oats V	Mushroom & Vegetable Congee V GF	Scrambled Eggs GF	Scrambled Eggs GF
	Loaded Breakfast Bowl	Bacon, Egg & Cheddar Danish	Sautéed Mushrooms V GF	Stuffed Potato Skins	Smoked Meat Breakfast Hash	Crispy Bacon GF	*RWA Pork Sausage Links GF
	Eggs: Scrambled & Fried to Order GF	Texas French Toast	Eggs: Scrambled GF	Eggs: Scrambled & Fried to Order GF	Eggs: Scrambled & Fried to Order GF	Belgian Waffles	Pancakes
	Potato Pom Poms	Eggs: Scrambled & Hard Boiled GF	Western Omelet GF	Hash Brown Potatoes	Hash Brown Potatoes	Hash Brown Potatoes	Hash Brown Potatoes
	Crispy Bacon GF	Hash Brown Potatoes	Hash Brown Potatoes	Crispy Bacon GF	Crispy Bacon GF		
	Turkey Peameal Bacon GF	Crispy Bacon GF	Crispy Bacon GF	Turkey Bacon GF	Turkey Sausage Links		
	Turkey peameal Breakfast Croissant	*RWA Pork Sausage Links GF	*RWA Pork Sausage Patty	Ham & Swiss Breakfast Panini	Breakfast Burritos		
	Meatless Breakfast Croissant	Breakfast Burger	Sausage & Egg Breakfast Muffin	Mediterranean Egg White Panini	(Meat & Meatless)		
		Meatless Breakfast Burger	Meatless Breakfast Muffin				
LUNCH	Interactive Souvlaki and Falafel V	Interactive Caesar Salad GF V	Interactive Sausage	Interactive Grilled Cheese	Smoothie Bar GF	Interactive Savory Waffle	Interactive Pancake
	Sticky Honey Garlic Pork Rib Bites	Penne al Forno	Four Cheese Tortellini Bake	Mac n Cheese Tortilla Roll	Hand Battered Haddock	Eggs Scrambled GF	Eggs Scrambled GF
	Thai Baked Sweet Potato	Eggplant Caprese Pizza GF	Butter Chicken Poutine	Steak Tenderloin Sandwich	Chicken Pad Thai	Crispy Bacon GF	Pork Sausage Links GF
	Pollock Bites w Bangkok Coconut Curry Sauce	Meatball Snack Sub	Samosa	Veg Enchilada with Red Enchilada Sauce	Portobello and Beef Burger	Western Skillet	Roast Beef on a Bun
	Noodle Sauté w Carrots and Onions	Italian Quinoa w Tofu V GF	Roadside Curried Chickpeas V GF		Chicken and Vegetable Dumpling	Chicken Pot Pie	Cheese Shells
		Potato Wedges	Indian Fried Cabbage V GF	Southern Succotash V GF	Sweet Ginger Tofu with Pak Choi V GF	Cheese Tortellini w Sundried & Fresh Tomato Salsa	Ancient Grains V
	Fries	Tuscan Beans w Rosemary GF	Basmati Rice V GF	Mexican Rice V	Chinese Style Kale Sauté GF	Potato Wedges	Roasted Red Peppers w Tomatoes V GF
	Snow Peas w Carrots V GF	Broccoli V GF	Warm Naan Bread	Sweet Potato Fries	Miso Roasted Cauliflower V GF	Brussel Sprout and Bacon Sauté GF	Sautéed Haystack Carrots V GF
	Tempura Green Beans	Rice V GF	Indian Spiced Cauliflower V GF	Dr Pepper Baked Beans GF V	Jasmine Rice V GF	White Rice V GF	
	Coconut Rice V GF			Corn Niblets V GF		Meatless Bean Goulash V	
	Bangkok Coconut Curry Chicken	Sweet and Sour Pork	Butter Chicken GF	BBQ Pulled Turkey Rice Bowl	Ginger Beef	Dynamite Chicken	Orange Ginger Chicken
DINNER	Pasta Bar V GF	Fajita Bar	Interactive Salad Bar V GF	Stir-Fry Bar GF			Carvery Ham GF
	Grilled Striploin Steak GF		Chicken Cordon Bleu GF	Chicken Parmesan	Grilled Steak w Chimichurri Sauce GF	Oven Fried Chicken	Rosemary Roasted Chicken Breast GF
	Grilled Chicken Breast w Creole Sauce GF	Grilled Chicken Thighs w Thai Green Curry Sauce GF	Showtime Sushi V GF Roasted Salmon GF	Sicilian Sole GF	Arros con Polo GF	Mediterranean Vegetable Lasagna GF	Florentine Meatloaf
	Shrimp and Scallop Skewer w Creole Sauce GF	Oven Roasted Cod GF	Showtime Sushi V GF Eggs Benny	Pasta w Tomato or Alfredo	Quinoa Stuffed Peppers V GF	Herb Crusted Pork Chops GF	Four Bean Stew V GF
	Creole Vegetable Jambalaya V GF	Vegetable Pad Thai V GF	Mushroom and Caramelized Onion Tartatin	Crispy Tofu w Broccoli Pesto Sauce	BBQ Baby Back Ribs GF		Roasted Mushroom Ravioli w Sautéed Mushroom and Onion Sauce
	Onion Rings	Grilled Thai Style Tofu GF	Canadian Bacon GF	Salt n Pepper Wedges	Beef Barbacoa Empanada	Squash and Barley Risotto V	Scalloped Potatoes
	Fire Roasted Corn w Sweet Peppers V GF	Potstickers	Ratatouille Tofu V GF	Summer Squash Sauté V GF	Roasted Sweet Potatoes V GF	Garlic Mashed Red Skins V GF	Honey Roasted Butternut Squash w Cranberries & Feta GF
	French Onion Mashed Potato GF	Coconut Rice V GF	Dauphenoise Potato GF	Grilled Portobello Mushrooms V GF	Fire Roasted Corn w Sweet Peppers V GF	Green Beans V GF	Ranch Baby Carrots V GF
	Baton Rouge Vegetable V GF	Gai lan V GF	Asparagus V GF	Garlic Bread	Roasted Baby Red Skin Potatoes V GF	Zucchini & Tomato w Roasted Garlic GF	
		Roasted Sweet Potato V GF	Roasted Carrots & Red Onions with Fennel and Mint V GF			Bruschetta	
	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!						
	CHOPT SMH		CHOPT DELAWARE	CHOPT ESSEX			

MENU SUMMARY

GF - GLUTEN-FREE V - VEGAN

RWA* - Raised WITHOUT Antibiotics

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

Cycle 6 Menu Schedule 2017

January 9 - 15

February 120 - 26

April 3 - 9

www.residencedining.uwo.ca

hospitalityservices@uwo.ca