<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>Steel Cut Oats</td>
<td>Steel Cut Oats</td>
<td>Chicken Congee</td>
<td>GF</td>
<td>Fruity Sunrise Porridge</td>
<td>GF</td>
<td></td>
</tr>
<tr>
<td>Sautéed Mushrooms</td>
<td>Carrot Cake</td>
<td>Maple Roasted Sweet Potatoes</td>
<td>GF</td>
<td>Chorizo Skillet</td>
<td>Grilled Roma Tomatoes</td>
<td>GF</td>
</tr>
<tr>
<td>Eggs: Scrambled, Fried to order</td>
<td>Baked Beans</td>
<td>Egg: Scrambled, Hard Boiled, Fried to order</td>
<td>GF</td>
<td>Eggs: Scrambled, Fried to order</td>
<td>GF</td>
<td></td>
</tr>
<tr>
<td>Ham &amp; Cheese Omelets</td>
<td>Baby Potato Pancakes</td>
<td>Hash Brown Potatoes</td>
<td>GF</td>
<td>Greek Omelets</td>
<td>GF</td>
<td></td>
</tr>
<tr>
<td>Turkey Pearmeal Bacon</td>
<td>Crispy Bacon</td>
<td>Crispy Bacon</td>
<td>GF</td>
<td>Hash Brown Potatoes</td>
<td>GF</td>
<td></td>
</tr>
<tr>
<td>Pork Sausage Patty</td>
<td>*RWA Pork Sausage Links</td>
<td>Turkey Sausage Links</td>
<td>GF</td>
<td>Peameal Bacon</td>
<td>GF</td>
<td></td>
</tr>
<tr>
<td>Meatless Breakfast Croissant</td>
<td>Mornin' Breakfast Wrap</td>
<td>Breakfast Tacos</td>
<td>(Meat &amp; Meatless)</td>
<td>Turkey Bacon</td>
<td>GF</td>
<td></td>
</tr>
<tr>
<td>Turkey Pearmeal Breakfast Croissant</td>
<td>Meatless Mornin' Breakfast Wrap</td>
<td>Mediterranean Egg White Pancake</td>
<td>GF</td>
<td>Ham &amp; Swiss Breakfast Pancake</td>
<td>GF</td>
<td></td>
</tr>
</tbody>
</table>

### Breakfast

**Egg Whites Available Upon Request Daily**

- **Interactive Soulaki and Falafel**
  - Interactive Caesar Salad
  - Interactive Grilled Cheese
  - Smoothie Bar
  - Interactive Waffle
- **Cod w Black Pepper and Broiled Lemons**
  - Crispy Pollock Ribs
  - Eggless Mozza Matt
  - Hand Ruffled Haddock
  - Eggs Scrambled
- **Chicken Broccoli Pasta Bake**
  - Roadside Curried Chickpeas
  - Pasta w Tomato & Alfredo
  - Mac n Cheese
  - Beef Burger
- **Spinach Feta Twister**
  - Butter Chicken Poutine
  - Meatballs
  - Black Bean Simmer
  - Grilled Portobello
- **Moroccan Lentil Stew**
  - Samosa
  - Sundried Tomato and Basil Gauß
  - Stuffed Jalapenos
  - Buffalo Chicken Pasta
- **French Fries**
  - Jasmine Rice
  - Mediterranean Vegetable Tart
  - Mexican Rice
  - Whole Baked Sweet Potato with Chili
- **Carrots w Fresh Dill**
  - warm Noon Bread
  - Chicken Parmesan Sub
  - Roasted Sweet Potato
  - Chili Fries
- **Sauteed Zucchini**
  - Fresh Market Vegetables
  - Potato Wedges
  - Sunora Vegetable Quinoa
  - Steamed White Rice
- **White Rice**
  - Fries and Gravy
  - Zucchini and Corn Sauté
  - Corn Niblets
  - French Fries
- **Ginger Beef**
  - Butter Chicken
  - Chicken Parmesan Bowl
  - BBQ Pulled Turkey Rice Bowl
  - Tortilla Chili Bowl
  - Sweet Chili Chicken
- **GochuKaju**
  - International Scotch Egg
  - International Scotch Egg
  - International Scotch Egg
  - International Scotch Egg
  - International Scotch Egg

### Lunch

- **Pasta Bar**
  - International Chicken Sandwich Bar
  - Fajita Bar
  - Stir Fry Bar
- **Vietnamese Lemon Grass Chicken**
  - Pesto Croutoned Salmon
  - Showtime Sushi
  - Fried Chicken
  - Garlic Hunan Beef
- **Tilapia with Turmeric and Dill**
  - Mediterranean Vegetable Lasagna
  - Fried Fish
  - Butternut Squash Rosti with Butter and Sage
  - Goat Cheese
- **Vietnamese Meatballs**
  - Chicken Breast with Oven-Roasted
  - Cajun Sauteed Shrimp
  - Poleta Con Trout
  - Kung Pao Cauliflower
- **Tasty Spicy Tofu**
  - Marina Sauce
  - Creole Vegetable Jambalaya
  - Miso Sticks w Marina Sauce
  - Fresh Tomato with Chili
- **Spring Roll**
  - Green Beans with Tofu
  - Dirty Rice
  - Chicken and Vegetable Dumpling
  - Bean Curry with Kale
- **Glass Noodles Japchae**
  - N’a’d Baked Potato or Dressed
  - Onion Rings
  - Tuscan Beans with Rosemary
  - Jasmine Rice
- **Burgha Delight Stir-Fried Veg**
  - Broccoli
  - French Onion Mash Potato
  - Steamed Potatoes with Fries
  - Glazed Carrots
- **Babu Carrots**
  - Cheddar Cheese Sauce
  - Baton Rouge Vegetables
  - Blistered Green Beans w Tomato Pesto
  - Fresh Market Vegetables
  - Garlic Bread
  - Tempura Shrimp
  - Wholegrain Rice

### Dinner

- **International Week**
  - *After Eight Dining* Menu
  - *After Eight Dining* Menu
  - *After Eight Dining* Menu
  - *After Eight Dining* Menu
  - *After Eight Dining* Menu
  - *After Eight Dining* Menu
- **Chef’s Daily Entrée Feature**
  - Chef’s Daily Entrée Feature
  - Chef’s Daily Entrée Feature
  - Chef’s Daily Entrée Feature
  - Chef’s Daily Entrée Feature
  - Chef’s Daily Entrée Feature
  - Chef’s Daily Entrée Feature
- **Appetizers & Side Dishes**
  - Appetizers & Side Dishes
  - Appetizers & Side Dishes
  - Appetizers & Side Dishes
  - Appetizers & Side Dishes
  - Appetizers & Side Dishes
  - Appetizers & Side Dishes
- **Signature Hot Sandwich**
  - Signature Hot Sandwich
  - Signature Hot Sandwich
  - Signature Hot Sandwich
  - Signature Hot Sandwich
  - Signature Hot Sandwich
  - Signature Hot Sandwich
- **Daily Pizza & Flatbread Feature**
  - Daily Pizza & Flatbread Feature
  - Daily Pizza & Flatbread Feature
  - Daily Pizza & Flatbread Feature
  - Daily Pizza & Flatbread Feature
  - Daily Pizza & Flatbread Feature
  - Daily Pizza & Flatbread Feature

### Menu Summary

**GF = GLUTEN-FREE**

**V = VEGAN**

**RWA = RAISED WITHOUT Antibiotics**

- **Meatless**
  - 54%
  - 17%
  - 10%
- **Seafood**
  - 9%
  - 10%
- **Pork**
  - 54%
  - 17%
  - 10%
- **Chicken**
  - 100%
- **Tofu**
  - 100%
- **Egg Whites**
  - 100%
- **Omelet**
  - 100%

**www.residedining.uwo.ca**

**hospitalservices@uwo.ca**