<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 V</td>
<td>Mushroom &amp; Vegetable</td>
<td>Granola &amp; Fruit Bake</td>
<td>Hot Quinoa &amp; oat</td>
<td>Thai Coconut Congee</td>
<td>Kimchi &amp; Pork Dumplings</td>
<td></td>
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<tr>
<td></td>
<td>Cabbage</td>
<td>Buttermilk Pancakes</td>
<td>Breakfast Cereal V</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Escallopated Apples V</td>
<td>Stuffed Potato Skins</td>
<td>French Toast</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Texas French Toast V</td>
<td>Hash Brown Potatoes</td>
<td>Chicken &amp; Vegetable</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Diced Savory Potatoes</td>
<td>Turkey Bacon GF</td>
<td>Dumplings</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Crispy Bacon, Veggie</td>
<td>Baby Potato Pancakes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Breakfast Burger</td>
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</tr>
</tbody>
</table>

**Breakfast Menu Options**

- Steel Cut Oats
- Mushroom & Vegetable Cabbage

**Specialties**

- Gluten Free
- Vegan
- RWA - Raised Without Antibiotics

**Lunch Menu Options**

- Chef's Choice Interactive
- Interactive Burger Bar V
- Interactive Grilled Cheese
- Interactive Waffle
- Smoothie Bar GF
- Interactive Omlette GF

**Dinner Menu Options**

- Pasta Bar GF
- Bulgogi Beef Ribs GF
- Korean Fried Chicken
- Sautéed Haddock GF
- Kimchi and Pork Dumplings
- Spicy Chicken Stirfry V
- Basmati Rice GF
- Steamed Potatoes with Fine Herbs V GF
- Sautéed Beef Chey V GF
- Roasted Green Beans w Mushrooms VGF

**Specialties**

- Gluten Free
- Vegan
- RWA - Raised Without Antibiotics

**Menu Summary**

- GF - Gluten-Free
- V - Vegan
- RWA - Raised Without Antibiotics

- Meatless
- Poultry
- Pork
- Seafood
- Beef

- 54%
- 17%
- 10%
- 9%
- 10%

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

**Contact Information**

- www.residedining.uwo.ca
- hospitalityservices@uwo.ca

- Cycle 3 Menu Schedule: October 9 - 15
- November 20 - 26