<table>
<thead>
<tr>
<th>Time of Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Weekend</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon - Sun</td>
<td></td>
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</tr>
<tr>
<td>Mon</td>
<td>Steel Cut Oats V</td>
<td>Egg Panini</td>
<td>Beef Burger</td>
<td></td>
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<tr>
<td>Tues</td>
<td>Sweet Potato &amp; Oatmeal Bowl V</td>
<td>Chicken or Turkey</td>
<td>Beef &amp; Potato</td>
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<tr>
<td>Wed</td>
<td>Maple Roasted Sweet Potato V GF</td>
<td>Broccoli &amp; Cheddar Quiche</td>
<td>Pork Chop</td>
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<tr>
<td>Thurs</td>
<td>Bacon, Egg &amp; Cheese Danish</td>
<td>Bell Pepper Egg Cups GF</td>
<td>Eggplant &amp; Pinto Bean, &amp; Cheese</td>
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<tr>
<td>Fri</td>
<td>Hash Brown Potatoes</td>
<td>Hash Brown Potatoes</td>
<td>Roasted Portobello</td>
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<tr>
<td>Sat</td>
<td>Scrambled &amp; Hard Boiled Eggs GF</td>
<td>Crispy Bacon GF</td>
<td>Roasted Pork</td>
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<tr>
<td>Sun</td>
<td>Turkey Bacon GF</td>
<td>Turkey Bacon GF</td>
<td>Beef &amp; Potato</td>
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<tr>
<td></td>
<td>Pork Sausage Links GF</td>
<td>Pork Sausage Patty</td>
<td>Beef Sausage</td>
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<td>Breakfast Muffin</td>
<td>Breakfast Muffin</td>
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**Lunch**

- **Monday**
  - Interactive Souvlaki & Falafel V
  - Baked Steel Sunrise Potato
  - Maple Roasted V Pepper Egg to Maple Roasted V Pepper Egg
- **Tuesday**
  - Grilled Chicken Kabob
  - Feta Twisted Potato
  - Battered Cauliflower Bites
  - Sautéed Broccoli w Kale and Garlic Butter GF
- **Wednesday**
  - Tri Coloured Chicken Medley V GF
  - Fries
  - Sweet and Sour Meatballs
- **Thursday**
  - Pasta Bar V
  - Roasted Plant-Based Adobo Adobo
  - Crispy Southwest Hawkad
  - Vegetable Enchilada w Red Enchilada Sauce V
- **Friday**
  - Mexican Rice V
  - Fire Roasted Corn and Sweet Peppers GF
  - Roasted Squash Wedges V GF
  - Oven Roasted Yukon Gold Wedges V GF
  - Mediterranean Vegetable Toss V GF

**Dinner**

- **Monday**
  - Green Bean Sauteed w Garlic V GF
  - Macaroni & Cheese Sticks Roasted
  - Whole Wheat Pasta
  - Garlic Sticks
- **Tuesday**
  - Beef & Potato
  - Beef & Potato
  - Beef & Potato
  - Beef & Potato
- **Wednesday**
  - Pork Chop & Potato Special
  - Grilled Portobello Cap & Gluten-FreePolenta
  - Beef & Potato
  - Beef & Potato
- **Thursday**
  - Beef & Potato
  - Beef & Potato
  - Beef & Potato
  - Beef & Potato
- **Friday**
  - Beef & Potato
  - Beef & Potato
  - Beef & Potato
  - Beef & Potato

**Ordering Information**

- **Breakfast**
  - Items are available daily
  - *GF* = Gluten-Free
  - *V* = Vegan
- **Lunch**
  - Items are available daily
  - *GF* = Gluten-Free
  - *V* = Vegan
- **Dinner**
  - Items are available daily
  - *GF* = Gluten-Free
  - *V* = Vegan

**Menu Summary**

- **Gluten-Free**
  - 7%
  - **Vegan**
  - 11%
  - **Meatless**
  - 9%
  - **Poultry**
  - 17%
  - **Seafood**
  - 9%
  - **Pork**
  - 10%