

# MENU CYCLE 4

2017

October 16 - 22

|  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY                               |
|--|--|---|--|---|---|---|--------------------------------------|
| <b>BREAKFAST</b><br><small>Egg Whites Available upon Request Daily</small> | Steel Cut Oats <b>V</b>  | Chicken Congee <b>GF</b>                        | Blueberry Breakfast Bake                                     | Steel Cut Oats <b>V</b>                         | Fruity Sunrise Porridge <b>V</b>                      |   |                                      |
|  | Sweet Potato Maple Oatmeal Bowl <b>V</b>                             | Texas French Toast                              | Broccoli & Cheddar Quiche                                    | Blueberry Pancakes                              | Pigs in a Blanket                                     |   |                                      |
|  | Maple Roasted Sweet Potato <b>V GF</b>                               | Bell Pepper Egg Cups <b>GF</b>                  | Eggs: Scrambled & Fried to Order <b>GF</b>                   | Hash Brown Casserole                            | Hash Brown Potatoes                                   |   |                                      |
|  | Bacon, Egg & Cheddar Danish  | Eggs: Scrambled & Fried to Order <b>GF</b>      | Hash Brown Potatoes  | Eggs: Scrambled & Hard Boiled <b>GF</b>         | Eggs: Scrambled <b>GF</b>                             |   |                                      |
|  | Hash Brown Potatoes  | Hash Brown Potatoes                             | Crispy Bacon <b>GF</b>                                       | Crispy Bacon <b>GF</b>                          | Ham & Cheese Omelets                                  |   |                                      |
|  | Eggs: Scrambled & Hard Boiled <b>GF</b>                              | Turkey Bacon <b>GF</b>                          | Peameal Bacon <b>GF</b>                                      | Turkey Peameal Bacon <b>GF</b>                  | Crispy Bacon <b>GF</b>                                |   |                                      |
|  | Turkey Sausage Links <b>GF</b>                                       | Pork Sausage Patty                              | Ham & Swiss Breakfast Panini                                 | Turkey Peameal Breakfast Croissant              | Turkey Bacon <b>GF</b>                                |   |                                      |
|  | Crispy Bacon <b>GF</b>   | Sausage & Egg Breakfast Muffin                  | Mediterranean Egg White Panini                               | Meatless Breakfast Croissant                    | Breakfast Quesadillas<br>(Meat & Meatless)            |   |                                      |
| Bacon & Egg Breakfast Muffin   | Meatless Breakfast Muffin  |   |  |   |   |   |                                      |
| Meatless Breakfast Muffin  |  |   |  |   |   |   |                                      |
| <b>LUNCH</b>   | Interactive Souvlaki and Falafel <b>V</b>                            | Interactive Sausage                             | Interactive Pizza Bar <b>V</b>                               | Interactive Grilled Cheese                      | Smoothie Bar  | Interactive Waffle  | Interactive Omelet <b>GF</b>         |
|  | Grilled Chicken Kabob  | Homestyle Beef Pot Pie                          | Eggplant Mozza Melt  | Chicken Fingers                                 | Grilled Chicken Kabob w Thai Panang Curry Sauce       | Eggs Scrambled <b>GF</b>                                  | Eggs Scrambled <b>GF</b>             |
|  | Lamb Burger  | Aloo Gobi <b>V GF</b>                           | Penne with Marinara <b>V</b> or Alfredo                      | Mac'n Cheese                                    | Hand Battered Haddock                                 | Crispy Bacon <b>GF</b>                                    | *RWA Pork Sausage Links <b>GF</b>    |
|  | Greek Pasta Toss   | Pakora  | Meatballs  | Southwest Baked Beans <b>V GF</b>               | Crispy Tofu w Thai Panang Curry Sauce                 | Ratatouille Tofu <b>V GF</b>                              | Chicken Broccoli Pasta Bake          |
|  | Feta Twister   | Peas and Paneer <b>GF</b>                       | Leek, Mushroom and Cheese Frittata                           | Beef Carnita                                    |   | French Toast  | Sweet Potato Chipotle Bake <b>GF</b> |
|  | Battered Cauliflower Bites   | Basmati Rice <b>V GF</b>                        | French Fries   | Smoky Roasted Sweet Potatoes <b>V GF</b>        | Spring Roll   |   | Green Beans with Tofu <b>V GF</b>    |
|  | Sautéed Broccoli w Kale and Garlic Butter <b>V GF</b>                | Butter Chicken Poutine                          | Zucchini <b>V GF</b>   | Corn Niblets <b>V GF</b>                        | Jasmine Rice <b>V GF</b>                              | Cheese Manicotti  | Jasmine Rice <b>V GF</b>             |
|  | Tri Coloured Carrot Medley <b>V GF</b>                               | Samosa  | Sautéed Mushrooms <b>V GF</b>                                | Cilantro Green Rice <b>V GF</b>                 | Crispy Fries  | Roasted Fingerling Potatoes <b>V GF</b>                   | Fries                                |
|  | Fries  | Warm Naan Bread                                 |  | Fries   | Sweet Green Peas <b>V GF</b>                          | Fresh Market Vegetable <b>V GF</b>                        |                                      |
|  |  | Fries   |  |   | Sautéed Haystack Carrots <b>V GF</b>                  | Rice <b>V GF</b>  |                                      |
| Sweet and Sour Meatballs   | Butter Chicken <b>GF</b>   | Chicken Parmesan Bowl                           | Tortilla Chili Bowl  | Beef Shanghai Noodles                           | Orange Ginger Chicken                                 | Port Teriyaki Sauté                                       |                                      |
| Pasta Bar <b>V</b>   | <b>VEGAN</b> Interactive Chef's Choice                               | <b>Ocktoberfest</b>                             | Stir-Fry Bar <b>V GF</b>                                     |   |   | Carvery Beef Brisket <b>GF</b>                            |                                      |
| Roasted Chicken Breast Adobo <b>GF</b>                                     | Mediterranean Chicken Breast with Creamy Spinach and Artichoke Sauce | <b>Potato Cheddar and Beer Soup</b>             | Broccoli Cheddar Chicken                                     | Balsamic Rosemary Steak Tips <b>GF</b>          | Grilled Striploin Steak w Chimichurri Sauce <b>GF</b> | Smoky Pork Chops w Roasted Red Pepper Remoulade <b>GF</b> |                                      |
| Grilled Pork Chop <b>GF</b>  | Pesto Crusted Cod <b>GF</b>  | <b>Soft Pretzels</b>                            | Maple Soy Salmon <b>GF</b>                                   | Sole with Chermoula <b>GF</b>                   | Churasco Chicken Thighs with                          | Shrimp Skewer <b>GF</b>                                   |                                      |
| Crispy Southwest Haddock   | Grilled Striploin Steak <b>GF</b>                                    | <b>Hot German Potato Salad</b>                  | Polenta w Mushroom Bean Sundried                             | Roasted Chicken Leg w Chermoula Sauce <b>GF</b> | Chimichurri Sauce <b>GF</b>                           | White Cheddar Mac and Cheese                              |                                      |
| Vegetable Enchilada w Red Enchilada Sauce <b>V</b>                         | Cheese Tortellini w Creamy Spinach and Artichoke Sauce               | <b>Bratwurst Sausage on a Bun w Sauerkraut</b>  | Tomato Ragout <b>V</b>                                       |   | Smoky Vegetable Feijoada <b>V GF</b>                  | Roasted Red Pepper Remoulade <b>GF</b>                    |                                      |
| Mexican Rice <b>V</b>  |  | <b>Breaded Pork Schnitzel w Mushroom Gravy</b>  | Butternut Squash Ravioli with Roasted Red Pepper Cream Sauce |   | Beef Empanada   | Crispy Polenta  |                                      |
| Fire Roasted Corn and Sweet Peppers <b>V GF</b>                            | Wild Rice Medley <b>V</b>  | <b>River Trout with German Mustard and Dill</b> | Roasted Green Beans with Mushrooms <b>V GF</b>               | Moroccan Lentil Stew                            |   | Sweet Potato Fries  |                                      |
| Roasted Squash Wedges <b>V GF</b>  | Basil Pesto Mashed Potatoes <b>GF</b>                                | <b>Braised Beef with Apples and Potato</b>      | Cauliflower Florets <b>V GF</b>                              | 7 Vegetable Couscous <b>V</b>                   | Feta Twister  | Asparagus <b>V GF</b>                                     |                                      |
| Oven Roasted Yukon Gold Wedges <b>GF</b>                                   | Green Bean Sautéed w Garlic <b>V GF</b>                              | <b>German Style Egg Dumpling</b>                | Whole Grain Rice <b>V GF</b>                                 | Honey Harissa Eggplant <b>GF</b>                | Roasted Squash Rings <b>V GF</b>                      | Black Eyed Peas with Kale <b>V GF</b>                     |                                      |
|  | Mediterranean Vegetable Toss <b>V GF</b>                             | <b>Braised Red Cabbage</b>                      | Mashed Yukon Gold's <b>GF</b>                                | Carrots w Fresh Dill <b>V GF</b>                | Quinoa <b>V</b>                                       | Broccoli <b>V GF</b>                                      |                                      |
|  |  | <b>Vegetable Strudel</b>                        |  |   | Roasted Baby Red Skin Potatoes <b>V GF</b>            |   |                                      |
| <b>*After Eight Dining*</b>  | <b>*After Eight Dining*</b>  | <b>Root Beer Ice Cream Floats</b>               | <b>*After Eight Dining*</b>                                  | <b>*After Eight Dining*</b>                     | <b>*After Eight Dining*</b>                           | <b>*After Eight Dining*</b>                               |                                      |
| Chef's Daily Entrée Feature...   | Chef's Daily Entrée Feature...                                       | <b>Black Forest Cake</b>                        | 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   | <b>Gingerbread Men Cookies</b>                  | Appetizers & Side Dishes                                     | Appetizers & Side Dishes                        | Appetizers & Side Dishes                              | Appetizers & Side Dishes                                  |                                      |
| Signature Hot Sandwich   | Signature Hot Sandwich   | <b>*After Eight Dining*</b>                     | 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%      Seafood 9%  
 Poultry 17%      Beef 10%  
 Pork 10%

Cycle 4 Menu Schedule 2017  
 September 4 - 10  
 October 16 - 22  
 November 27 - December 3