

# MENU CYCLE 1

# 2023-2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>
Hardboiled Eggs <b>MWG</b>	Veggie Sausage Crumble <b>MWG V</b>	Cheese Omelets <b>MWG</b>	Egg White Spinach Toss <b>MWG</b>	Sheet Pan Western Omelets <b>MWG</b>	Tofu Scramble <b>MWG V</b>	"Just Egg" Huevos Rancheros <b>MWG V</b>
Tofu Scramble <b>MWG V</b>	Bacon <b>MWG</b>	"JUST" Egg Fold <b>MWG V</b>	Beyond Breakfast Patties <b>MWG V</b>	"JUST" Egg Omelets <b>MWG V</b>	Beyond Breakfast Patties <b>MWG V</b>	Canadian Back Bacon <b>MWG</b>
Bacon <b>MWG</b>	Turkey Sausages	Pork Sausage Links	Bacon <b>MWG</b>	Pork Sausage Patties <b>MWG</b>	Sliced ham <b>MWG</b>	Turkey Bacon <b>MWG</b>
Beyond Breakfast Patties <b>MWG V</b>	Hash browns <b>V</b>	Peameal Back Bacon <b>MWG</b>	Turkey Bacon <b>MWG</b>	Spicy Diced Potatoes <b>V</b>	Bacon <b>MWG</b>	Roasted Baby New Potatoes <b>MWG V</b>
Tater Tots <b>V</b>	Sticky Cinnamon Buns	Potato Pancakes <b>V</b>	Hash browns <b>V</b>	Sautéed Mushrooms <b>MWG V</b>	Hash browns <b>V</b>	Apple Filled Crepes
French Toast	Spinach And Mushrooms <b>MWG V</b>	Fresh Pancakes	Belgian Waffles	Morning Wraps	Waffle bar	Omelet bar
Sheet Pan Vegetable Frittata <b>MWG</b>	Sautéed Peppers and Onions <b>MWG V</b>	Baked Beans <b>MWG V</b>	Sweet Potato Hash <b>MWG V</b>			
Breakfast Sandwich			Croissantwich			
Baked Tilapia with Fresh Pico <b>MWG</b>	Korean fried chicken	Chicken Shawarma	Popcorn Chicken Bowl	Hand Battered Haddock	Grilled Chicken Skewer with Lemon and Tzatziki <b>MWG</b>	Herb Roasted Chicken Breast <b>MWG</b>
Pulled Pork Burrito or Bowl	Pork Teriyaki Sauté	Haddock baked w/ Garlic, lemon + Olive Oil <b>MWG</b>	Beef Pot Pie	Philly Cheese Steak Sandwich	Grilled Beef Burger	Peameal Bacon Roast <b>MWG</b>
Vegetable Enchilada <b>V</b>	Sweet Chili Tofu <b>MWG V</b>	Moroccan Lentil Stew <b>MWG V</b>	Veggie Nuggets <b>V</b>	Beyond Sausage Rolls <b>V</b>	Veggie Burger	Navy Beans and Kale <b>V MWG</b>
Black Bean, Corn, Edamame and Red Pepper Medley <b>MWG V</b>	Glass Noodles with Vegetables <b>MWG V</b>	Israeli Couscous, Lemon, Parsley & Olive Oil <b>V</b>	Spaghetti with Mini Meatballs	Baked Chicken & Broccoli Pasta	Baked Feta & Cherry tomatoes Penne	Baked Mac and Cheese
Mexican Rice <b>V</b>	Steamed Rice <b>MWG V</b>	Roasted Carrots with HARRISA & brown sugar <b>MWG V</b>	Mashed Potatoes <b>MWG</b>	French fries <b>V</b>	French Fries <b>V</b>	Roasted Baby Potatoes <b>MWG V</b>
Sweet Potato Fries <b>V</b>	Sautéed Fresh Market Veg <b>MWG V</b>	Warm Spinach Dip with Fresh Fried Pita Chips	Sweet Corn <b>MWG V</b>	Fresh Creamy Cole Slaw <b>MWG</b>	Fresh Steamed Broccoli and Cauliflower <b>MWG V</b>	Fresh Market Vegetables <b>MWG V</b>
Summer Squash with baby tomatoes, cilantro & lime <b>MWG V</b>	Chicken and Vegetable Dumplings	Feta Twister (merch)	Steamed broccoli <b>MWG V</b> with Cheese Sauce	Fresh Market Vegetables <b>MWG V</b>	Leek, Mushroom & Cheese Frittata <b>MWG</b>	Omelets <b>MWG</b>
Fresh Fried Tortilla Chips <b>V</b>	Sriracha Cod (Merch)		Gravy	Battered Dill Pickle Chips with Dipping Sauce (Merch)	Waffles	Swiss Chalet' Sauce
Spicy Vegan Cheese Sauce <b>MWG V</b>				Poutine gravy <b>MWG V</b>		
Spicy Cheese Sauce				Cheese Curds <b>MWG</b>		
Rosemary roasted chicken breasts <b>MWG</b>	Beef Vindaloo <b>MWG</b>	Maple & Soy glazed Salmon <b>MWG</b>	Whole Roasted Striploin, Garnishes <b>MWG</b>	Turkey Schnitzel with Mushroom Gravy	Chicken Parmesan	Roast Beef Carvery <b>MWG</b>
Vegetable lasagna	Butter Chicken <b>MWG</b>	Rosemary Pork loin with Baked Apples <b>MWG</b>	Seafood Medley <b>MWG</b>	Salmon with Sautéed Leeks <b>MWG</b>	Oven Roasted Cod with Tomato and Fennel <b>MWG</b>	Rainbow Trout Fillets with Lemon & herbs <b>MWG</b>
Grilled Tofu Bruschetta <b>MWG V</b>	Pan Seared Lemon and Pepper Basa <b>MWG</b>	Seared Turkey Steak, savoury gravy	Grilled Chicken Breast With oven charred Tomato <b>MWG</b>	Meatloaf	Meatballs	Herb Roasted Chicken Thigh <b>MWG</b>
Meat Lasagna	Curried Chickpeas <b>MWG V</b>	Braised White Beans With Fresh Herbs <b>MWG V</b>	Grilled Tofu Steaks with smoked bbq sauce <b>MWG V</b>	Lentil Loaf <b>V</b>	Lentil Bolognese <b>V</b>	Smoked Black Bean Brisket <b>V MWG</b>
Garlic Bread	Butternut Squash Ravioli	Cornbread with Honey butter	Pasta with Tomato or Alfredo Sauce	Cheese Cannelloni	Pasta and Sauce <b>V</b>	Mushroom Ravioli
Summer Squash with baby tomatoes and basil <b>MWG V</b>	Basmati Rice <b>MWG V</b>	Wild Rice blend <b>MWG V</b>	Mushroom Rice <b>MWG</b>	Smashed Red Skin Potatoes <b>MWG</b>	Arancini, Marinara	Mashed Potatoes <b>MWG</b>
Quinoa Stuffed Peppers <b>MWG V</b>	Oven Fired Naan	Roasted Root Vegetable Fries <b>MWG V</b>	Twice Baked Potato	Onion Rings <b>V</b>	Garlic Toast With Cheese	Yorkshire Puddings
Calamari (Merch)	Roasted Cauliflower <b>MWG V</b>	Glazed green beans <b>MWG V</b>	Fresh Market Vegetable <b>MWG V</b>	Sweet Peas <b>MWG V</b>	Roasted Cremini Mushrooms <b>MWG V</b>	Gravy
	Vegetable Samosa <b>V</b> (Merch)			Mushroom Gravy <b>MWG V</b>	Steamed Green Beans <b>MWG V</b>	Maple Glazed Carrots <b>MWG V</b>

**MWG = MADE WITHOUT GLUTEN**

**V = VEGAN**

# MENU CYCLE 2

# 2023-2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>
Bacon <b>MWG</b>	Hardboiled Eggs <b>MWG</b>	Everything Bagel Frittata	Pork Sausage	Broccoli and Cheddar Quiche		
Crispy Chorizo Crumble <b>MWG V</b>	Tofu Scramble <b>MWG V</b>	Beyond Sausage Patty <b>MWG V</b>	Peameal Bacon <b>MWG</b>	Beyond Sausage Patty <b>MWG V</b>	"Just Egg" Huevos Rancheros <b>MWG V</b>	Tofu Scramble <b>MWG V</b>
Hash browns <b>V</b>	Turkey Sausage	Bacon <b>MWG</b>	Roasted Red Potatoes <b>MWG V</b>	Turkey Bacon <b>MWG</b>	Crispy Chorizo, Pepper, and Onion Skillet	Bacon <b>MWG</b>
Fried Onions <b>MWG V</b>	Pork sausage Links	Potato Triangles <b>V</b>	Feta/Cherry Tomatoes/Green Onions	Baked Beans <b>MWG V</b>	Bacon <b>MWG</b>	Pork Sausage Links
Black Bean and Corn Salsa <b>MWG V</b>	Herbed Diced Potatoes <b>V</b>	French Toast	Spinach and Mushrooms <b>MWG V</b>	Hash browns <b>V</b>	Red Potato Home Fries <b>MWG V</b>	Hashbrowns <b>V</b>
Breakfast Bowls	Chocolate Chip Pancakes	Kale and Sweet Potato Hash <b>MWG V</b>	Breakfast Bowls	Fresh Pancakes	Southern style Apple oatmeal crisp	French Toast
Pico/Guacamole/Sour Cream/Cheddar	Roasted Tomatoes <b>MWG V</b>	Breakfast Sandwich				
Broccoli Cheddar Chicken	Teriyaki Meatballs	Chicken Drumsticks with Chimichurri <b>MWG</b>	Chicken Parmesan	Hand Battered Haddock	Chicken and Biscuits	Smokey BBQ Glazed Chicken Thighs <b>MWG</b>
Italian breadcrumb Crusted Haddock	Chicken Chow Mein	Beef Carnita	Tilapia with herb roasted Cherry Tomatoes <b>MWG</b>	Thai Green Curry Chicken	Breakfast sausages	Maple Mustard Glazed Ham <b>MWG</b>
Eggplant Caprese <b>MWG V</b>	Panko crusted Cod	Pulled Jackfruit <b>V</b>	Grilled Portobello Mushroom Bruschetta <b>MWG V</b>	Navy Bean Curry with Kale <b>MWG V</b>	Crispy chorizo, pepper, and onion skillet	Baked Mac and Cheese
Vegan Butternut Squash farfalle <b>V</b>	Sweet and Sour Tofu <b>MWG V</b>	Spanish Rice <b>MWG V</b>	4 Cheese Stuffed Tortellini	Grilled Chicken Penne with Roasted Cherry Tomatoes and Bacon	Southern Apple oatmeal crisp	French Toast
Baked Garlic Bread	Steamed Rice <b>MWG V</b>	Sweet Potato Fries <b>V</b>	Fries <b>V</b>	Steamed Jasmine Rice <b>MWG V</b>	Red Potato Home Fries <b>V</b>	Hashbrowns <b>V</b>
Baked Tomato with Pesto and Asiago <b>MWG</b>	Miso and Citrus glazed Baby Bok Choy <b>MWG V</b>	Sautéed Zucchini + Peppers <b>MWG V</b>	Roasted Broccoli with Sundried Tomatoes <b>MWG V</b>	Curly fries <b>V</b>	Black bean, Corn with Fire Roasted Red Pepper <b>MWG V</b>	Herb Roasted Mushrooms <b>MWG V</b>
Roasted Cauliflower with Lemon and Parsley <b>MWG V</b>	Firecracker Calamari Bites	Sweet Corn with Tajin and Lime <b>MWG V</b>		Fresh Market Vegetable <b>MWG V</b>	Roasted Brussels <b>MWG V</b>	Seasonal Mini Frittata <b>MWG</b>
Mozza Sticks w Marinara (Merch)	Dumplings (Merch)				Waffle Bar	Omelet bar
Buttermilk Fried Chicken, Hot Honey	Cuban Pork Ribs <b>MWG</b>	BBQ Chicken Breast	Chicken Cordon Bleu	Sweet Chili Chicken drums and thighs <b>MWG</b>	Grilled Chicken Kabobs <b>MWG</b>	Salmon Carvery <b>MWG</b>
Beef Shepherds Pie <b>MWG</b>	Jerk Chicken Drums and Thighs <b>MWG</b>	Whole Grilled Beef Striploin <b>MWG</b>	Balsamic Rosemary Steak Tips <b>MWG</b>	Thai Red Curry Beef <b>MWG</b>	Steamed mussels, tomato and herbs <b>MWG</b>	Roasted Chicken Breast <b>MWG</b>
Battered Haddock	Coconut Crusted Tilapia	Beyond Beef Grilled Sausage <b>MWG V</b>	Salmon en Croute	Sticky Spicy Tofu <b>MWG V</b>	Braised Lamb shanks <b>MWG</b>	Braised Chickpeas with Spinach <b>MWG V</b>
Plant-Based Chicken Tenders <b>V</b>	Jackfruit and coconut stew <b>MWG V</b>	Smoked Cheese Ravioli	Ratatouille Tofu <b>MWG</b>	Drunken Noodles	Tofu 'Parmigiana' <b>MWG V</b>	Cheese Cannelloni
Stuffed Potato Skins <b>MWG</b>	Roti	Garlicky Mash Potatoes <b>MWG</b>	Scalloped Potatoes <b>MWG</b>	Coconut Rice <b>MWG V</b>	Vegetable Lasagna	Mixed Rice and Grain Pilaf <b>MWG V</b>
Chickpea curry <b>MWG V</b>	Roasted Acorn Squash <b>MWG V</b>	Sweet Corn <b>MWG V</b>	Tomato Veg Galette	Spring Roll <b>V</b>	Spanish Rice <b>MWG V</b>	Herb Roasted Baby Redskins <b>MWG V</b>
Basmati Rice <b>MWG V</b>	Rice and Peas <b>MWG V</b>	Vegetable Chili <b>MWG V</b>	Sage Roasted Squash Wedges <b>MWG V</b>	Sautéed Baby Bok Choy <b>MWG V</b>	Goat Cheese Tart	Petite Peas <b>MWG V</b>
Fries <b>V</b>	Jamaican Patties (Merch)	Grilled sweet peppers, red onion & Zucchini, herbs <b>MWG V</b>	Glazed Green Beans <b>MWG V</b>	Pork and Vegetable Dumpling	Fennel, French Beans and Olives <b>MWG V</b>	Honey Glazed Carrots <b>MWG</b>
					Roasted Cauliflower <b>MWG V</b>	

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# MENU CYCLE 3

# 2023-2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg <b>MWG V</b>
Salsa Baked Eggs <b>MWG</b>	Baked beans <b>V MWG</b>	Bacon <b>MWG</b>	Egg white and Spinach Mini frittata <b>MWG</b>	Western Omelets <b>MWG</b>	Tofu Scramble <b>MWG V</b>	Peameal Back Bacon <b>MWG</b>
Beyond Breakfast Patties <b>MWG V</b>	Pork Sausage Links	Beyond breakfast links <b>MWG</b>	Beyond Breakfast Patties <b>MWG V</b>	Chick Pea Flour Pancakes <b>V MWG</b>	Pork Sausage Links	Bacon <b>MWG</b>
Turkey Bacon <b>MWG</b>	Potato Pancakes	Maple and chili Roasted Sweet Potatoes <b>MWG V</b>	Peameal Back Bacon <b>MWG</b>	Bacon <b>MWG</b>	Turkey Sausage	Tater Tots <b>V</b>
Hashbrown Potatoes	Chocolate chip pancakes	Cinnamon Buns	Tater Tots <b>V</b>	Spicy Diced Potatoes <b>V</b>	Homefries <b>V</b>	Blueberry Pancakes
Fruit-Filled Crepes	Roast tomatoes <b>MWG</b>	Mushrooms and Kale <b>MWG V</b>	French Toast	Herb and Garlic Oil Roasted Zucchini <b>V MWG</b>	Waffle bar	Omelets bar
Southwest Vegetables <b>MWG V</b>	Breakfast Sandwich		Breakfast Fried Rice <b>V MWG</b>	Monte Cristo Sandwich		
"JUST" Egg Vegan Breakfast Sandwich						
Italian Style Meatballs	Chicken Fajita	Chicken Masala <b>MWG</b>	Popcorn Chicken Bowl	Wicked Chicken and Shrimp	Herbed Chicken Skewers, Lemon and Tzatziki <b>MWG</b>	Chicken Pot Pie
Italian Sausages, Grilled Vegetables, Parsley	South West Crispy Haddock	Lemon and Chili Roasted Tilapia, Curry Sauce (Vijay Sauce)	Beef and Broccoli Stir-fry <b>MWG</b>	Hand Battered Haddock	Bacon <b>MWG</b>	Peameal Bacon <b>MWG</b>
Pesto Crusted Cod <b>MWG</b>	Steak Fajita	Peas and Paneer <b>MWG</b>	Grilled Vegetables with Tofu <b>MWG V</b>	Pulled Pork <b>MWG</b>	Skillet	Smoked Pork Sausage
Tuscan Chickpea and Kale <b>MWG</b>	Red Beans and Rice <b>MWG V</b>	Curried Lentils <b>MWG V</b>	Four Cheese Tortellini with Garlic Cream sauce	Braised Mixed Bean and Root Vegetables <b>MWG V</b>	"just egg" Blistered Tomato and Basil Quiche <b>V</b>	Spicy Lentil Stuffed Portobello Mushrooms <b>MWG V</b>
Pasta and Sauce <b>V</b>	Oven Roasted Sweet Potato <b>MWG V</b>	Basmati Rice <b>MWG V</b>	Brown rice <b>MWG V</b>	Cheese Ravioli, Red Sauce	Course salt Roasted Potato wedges <b>MWG V</b>	Savory Brunch Puff
Cheesy Garlic Bread	Quinoa Stuffed Peppers <b>MWG V</b>	Fries <b>V</b>	Mashed Potatoes <b>MWG</b>	Coconut jasmine rice <b>MWG V</b>	Mediterranean Goat Cheese Tart	Blueberry Pancakes
Roasted Cremini Mushrooms <b>MWG V</b>	Padron Peppers, Olive Oil and Sea Salt	Green Beans with tomato & Garlic <b>MWG V</b>	Sweet Corn <b>MWG V</b>	Fries <b>MWG V</b>	Seasonal vegetables <b>MWG V</b>	Olive oil Roasted Broccolini <b>MWG V</b>
Sautéed Zucchini, Rosemary and Lemon <b>MWG V</b>		Vegetable Pakora <b>V</b>	Gravy <b>MWG V</b>	Fried snap peas <b>MWG V</b>	Waffle Bar	Omelet Bar
Seared Chicken Breast, Sweet Chili <b>MWG</b>	Marinated, roasted Chicken Thighs <b>MWG</b>	Chicken Parmesan	Chicken Paprikash	Pan Seared Lemon and Pepper Basa <b>MWG</b>	BBQ Ribs <b>MWG</b>	Turkey Carvery <b>MWG</b>
Ginger Beef	Merguez Lamb Sausages, With Grilled Peppers and Onions	Meat Lasagna	Beef Stew	Crispy Braised Pork Belly <b>MWG</b>	Smoky Brisket <b>MWG</b>	Pommerey and Horseradish Crusted Salmon
Teriyaki glazed salmon	Fish Cakes With Lemon and Dill Sauce	Eggplant Caprese Pizza <b>MWG V</b>	Mushroom Stroganoff <b>MWG V</b>	Orange Ginger Chicken	Southwest quinoa stuffed peppers <b>MWG V</b>	Pork Schnitzel with Mushroom Gravy
Grilled Miso marinated Tofu Steak <b>MWG V</b>	Chickpea and Spinach <b>MWG V</b>	Mediterranean Vegetable Penne <b>V</b>	Buttered Broad Egg Noodles	Sweet and Sour Tofu <b>MWG V</b>	BBQ Baked Beans <b>MWG V</b>	Tofu Schnitzel with Mushroom Gravy <b>V</b>
Vegetable Pad Thai <b>MWG V</b>	Baked Feta and cherry tomato Penne	Garlic Mashed Red Skinned Potatoes <b>MWG</b>	Roasted Potatoes <b>MWG V</b>	Kimchi Fried Rice <b>MWG V</b>	Baked Mac and Cheese	Stuffing <b>V</b>
Jasmine rice <b>MWG V</b>	Lemon & olive oil Roasted Potatoes <b>MWG</b>	Grilled broccolini <b>MWG V</b>	Pierogi, Caramelized Onion	Chinese Broccoli <b>MWG V</b>	Cornbread	Mashed Potatoes <b>MWG</b>
Spring Rolls <b>V</b>	Portobello with Spinach and Artichoke <b>MWG</b>	Garlic breadsticks	Braised Red Cabbage <b>MWG V</b>		Potato Wedges <b>V</b>	Cauliflower au Gratin
Baby bok choy <b>MWG V</b>	Green beans, blistered tomatoes <b>MWG V</b>		Roasted Root Veg <b>MWG V</b>		Corn with Basil Butter and Sea Salt <b>MWG</b>	

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# MENU CYCLE 4

# 2023-2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg MWG V	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg MWG V	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg MWG V	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg MWG V	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg MWG V	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg MWG V	Eggs: Scrambled & Fried to Order MWG + "JUST" liquid Egg MWG V
Bacon MWG	Baked beans MWG V	Bacon MWG	Egg white and Spinach Mini frittata MWG	Western Omelets MWG	Tofu Scramble MWG V	
Beyond Breakfast Links MWG V	Tofu Scramble V	Beyond breakfast links MWG	Breakfast sausages MWG	Chick pea flour pancakes MWG V	"Just Egg" Huevos Rancheros	Bacon MWG
	Hayter's Turkey Sausage	Maple and chili Roasted Sweet Potatoes MWG V		Bacon MWG	Crispy chorizo, pepper, and onion skillet MWG	Breakfast sausages MWG
Fried Onions MWG V			Feta/,Cherry Tomatoes/,Green Onions skillet MWG	Baked Beans MWG V		
Black Bean and Corn Salsa MWG V	Roast tomatoes MWG V		Sauteed Spinach and Mushrooms MWG V	Herb and Garlic Oil Roasted Zucchini MWG V	Red Potato Home Fries V	Hashbrowns V
Southwest Vegetables MWG V	Chocolate Chip Pancakes	Kale and Potato Hash MWG V	Breakfast Fried Rice MWG V	Fresh Pancakes	Southern style Apple oatmeal crisp	French Toast
Pico/Guacamole/Sour Cream/Cheddar						
Breakfast Sandwich	Breakfast Bowls/ Sandwich	Breakfast Sandwich	Breakfast Sandwich	Breakfast Sandwich	Waffle bar	Omelette bar
Chicken Shawarma bowl	Mexican Lasagna	Sweet & sour pork	Sriracha and honey glazed chicken breast	hand battered haddock		Smokey BBQ Glazed Chicken Thighs MWG
Beef Kafta MWG	Baked Tilapia with Fresh Pico MWG	Mongolian beef MWG			Spinach, sundried tomato and feta frittata MWG	Pork sausage and potato hash MWG
Falafel MWG V	Braised chicken thighs, green sauce MWG		Cuban grilled pork chops MWG	butter chicken MWG	Grilled flank steak, chimi churri, blistered tomatoes MWG	
Moroccan lentil stew MWG V	Mexican Chipotle Stuffed Peppers MWG V	Crispy salt & pepper tofu MWG V	Grilled Vegetables with Tofu MWG V	Curried Chic Peas MWG V	Mushroom & lentil stroganoff MWG V	Pineapple and tempeh fried rice MWG V
Israeli Couscous, lemon, parsley, olive oil V	Vegi chimi changa V	Chicken Chowmein	Baked mushroom ravioli	Farfalle aglio olio with baby spinach V	4 cheese Stuffed Totellini	Baked Mac and Cheese
Basmati rice MWG V	Mexican Rice MWG V	Steamed rice MWG V	Mexican rice MWG V	Fresh Cut fries MWG V	Maple & cumiin roasted carrots MWG V	Herb & garlic Roasted Mushrooms MWG V
			Steamed cauliflower, cheese sauce, Side MWG V	Veggie Shepherd's Pie MWG V	Herb & olive oil roasted baby potatoes MWG V	
Hummus bar, assorted garnishes, pita V	Guac and chip bar, assorted garnishes MWG V	Sauteed baby bok choy MWG V	Plant based cheese sauce MWG V	Marinated coleslaw MWG V		Maple & chili roasted butternut squash MWG V
Bowl garnishes	Black bean, Corn with Fire Roasted Red pepper MWG V		Tater tot poutine bar, Chefs choice assorted garnishes MWG V			
		Spring rolls			Waffle bar	Omelet bar
Mediterranean Roast Chicken Thigh MWG	Tandour chicken legs MWG	Buttermilk fried Western Style hot chicken, dill pickle sauce	Chicken Tonkatsu	Italian meatballs, marinara	Jerk chicken drums and thighs MWG	Roasted chicken carvery, chalet sauce MWG
	Matar Paneer MWG	Bbq back ribs, maple bbq sauce	Grilled kalbi Beef Ribs MWG	Italian breadcrumb haddock, lemon and parsley	Coconut Crusted Tilapia, mango salsa	Shepherds pie
Oven Roasted Cod with Tomato & Fennel MWG	Lamb curry, assorted garnishes MWG			Tempeh bolognese MWG V	jamaican beef curry MWG	Apple Sage Sausage, braised red cabbage MWG V
Tuscan Chickpea & Kale MWG V	Tofu curry MWG V	plant based Western style 'hot chicken', dill pickles V	Braised Tofu (Doobo Jorim) MWG V	PB chicken parmesan V	Jerk style chick peas MWG V	
Greek Orzo V	Vegetable rice Pilau MWG V	Baked feta and cherry tomato penne	Japchae	Penne pasta oil, olive oil & herbs	Jamaican vegetable rundown MWG V	
Lemon & olive oil roasted Potato Wedges MWG V	Fried lemon garlic green beans MWG V		kimchi fried rice V	Italian Stuffed Zucchini V		Smashed red skin potatoes, sour cream & chives MWG
Green beans with Tomato & garlic MWG V		Jalapeno cheddar cornbread, honey butter			Red Beans & Rice MWG V	
Warm Spinach dip with Fresh Pita Chips	Oven Fired Naan Bread	Marinated coleslaw MWG V	Miso citrus baby bok choy MWG V		Roti V	Roasted Acorn Squash & brussel sprouts MWG V
Feta Twister	Cucumber Raita MWG	Fresh cut fry bar, Chefs choice assorted garnishes MWG V		Toasted Garlic Bread V		
	Vegetable Samosa V		vegetable dumpling		Jamaican patties	

MWG = MADE WITHOUT GLUTEN

V = VEGAN