


































































































































































































































































































































BREAKFAST WEEKS 1-4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Scrambled Eggs 	Scrambled Eggs 	Shakshuka 	Leek, Mushroom and Cheese Frittata 	Eggs Benedict with Spinach 	Cheddar Cheese Omelettes 	Hard Boiled Eggs
Cooked to Order Eggs 	Cooked to Order Eggs 	Cooked to Order Eggs 	Cooked to Order Eggs 	Eggs Benedict with Ham 	Cooked to Order Eggs 	Cooked to Order Eggs
Cooked to Order JUST Eggs 	Cooked to Order JUST Eggs 	Cooked to Order JUST Eggs 	Cooked to Order JUST Eggs 	Cooked to Order Eggs 	Cooked to Order JUST Eggs 	Cooked to Order JUST Eggs
Hash Browns 	Plant-Based Apple and Sage Breakfast Sausages 	Black Bean Patties 	Plant-Based Breakfast Sausage Patties 	Cooked to Order JUST Eggs 	Plant-Based Mexican Sausage Crumble 	Plant-Based Breakfast Sausage Patties
Beef Breakfast Sausages 	Smoked Bacon 	Chicken Breakfast Sausages 	Turkey Breakfast Sausages 	Plant-Based Apple and Sage Breakfast Sausages 	Turkey Breakfast Sausages 	Smoked Bacon
Tempeh Bacon 	Pom Pom Potatoes 	Home Fries 	Hash Browns 	Chorizo Breakfast Sausage 	Baby Golden Potato Home Fries 	Spiced Potato Wedges
Fresh Waffles with Assorted Toppings 	Glazed Cinnamon Buns 	Pancakes 	French Toast with Apples and Cinnamon 	Sweet Potato Pom Poms 	Ham and Cheese Muffins 	Churros and Chocolate
Roasted Tomatoes 	Roasted Tomatoes 	Chocolate Pancakes 	Sauteed Mushrooms with Balsamic Vinegar 	Carrot Cake Pancakes with Cream Cheese Drizzle 	Roasted Tomatoes 	Baked Beans
House-Made Breakfast Sandwiches 	House-Made Breakfast Sandwiches 	Sweet Corn with Tajin 	House-Made Breakfast Sandwiches 	Sauteed Sweet Peppers and Onions 	House-Made Breakfast Sandwiches 	House-Made Breakfast Sandwiches
Vegan House-Made Breakfast Sandwiches 	Vegan House-Made Breakfast Sandwiches 	House-Made Breakfast Sandwiches 	Vegan House-Made Breakfast Sandwiches 	House-Made Breakfast Sandwiches 	Vegan House-Made Breakfast Sandwiches 	Vegan House-Made Breakfast Sandwiches
		Vegan House-Made Breakfast Sandwiches 		Vegan House-Made Breakfast Sandwiches 		
	Dietary Symbols:	Halal	Made without Gluten	Vegan	Vegetarian	




















































































































































MENU CYCLE 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Herb-Roasted Chicken Thighs  	Korean Fried Chicken 	Baked Tilapia with Fresh Pico de Gallo  	Shawarma Chicken  	Popcorn Chicken 	Fresh Battered Haddock 	Grilled Chicken Skewers with Lemon 
Peameal Bacon Roast 	Thai Pork Chops 	Roasted Ancho Lime Pork Loin 	Baked Haddock with Lemon, Garlic, and Olive Oil  	Traditional Irish Stew 	Cottage Pie 	Tzatziki  
Navy Beans and Kale  	Sweet Chili Tofu  	Vegetable Enchiladas  	Moroccan Lentil Stew  	Veggie Nuggets 	Beyond Sausage Rolls 	Grilled Lamb Stuffed Pitas 
Baked Mac and Cheese 	Glass Noodles with Vegetables  	Cumin-Spiced Black Beans with Corn, Roasted Red Peppers and Caramelized Onions  	Israeli Couscous with Roasted Chickpeas, Lemon, Parsley and Olive Oil 	Lentil 'Bolognese'  	Poutine Gravy 	Chickpea and Eggplant Tagine  
Roasted Baby Red Skin Potatoes  	Jasmine Rice  	Mexican Rice  	Roasted Carrots with Harissa and Brown Sugar  	Pasta 	French Fries 	Baked Feta and Cherry Tomato Penne 
Swiss Chalet Sauce 	Sriracha Cod 	Guacamole  	Warm Spinach Dip with Fresh Fried Pita Chips 	Mashed Potatoes  	Cheese Curds  	French Fries 
Omelette Bar  	Seasonal Market Vegetables  	Queso Fundido 	Seasonal Market Vegetables  	Gravy 	Creamy Coleslaw  	Leek, Mushroom and Cheese Frittata  
Seasonal Market Vegetables  		Fresh Fried Tortilla Chips  	Merch: Feta Twisters 	Sweet Corn  	Seasonal Market Vegetables  	Fresh Waffles with Assorted Toppings 
		Seasonal Market Vegetables  		Seasonal Market Vegetables  		Seasonal Market Vegetables  
Roast Beef Carvery 	Rosemary-Roasted Chicken Thighs  	Saag Paneer  	Maple and Soy Glazed Salmon 	Whole Roasted Striploin  	Salmon with Buttered Leeks  	Chicken Parmesan 
Herb-Roasted Chicken Thighs  	Vegetable Lasagna 	Butter Chicken  	Rosemary Pork Loin with Baked Apples 	Shrimp Boil 	Meatloaf 	Oven-Roasted Cod with Tomato and Fennel  
Curried Butter Beans  	Meat Lasagna 	Pan-Seared Lemon and Pepper Basa  	German Potato Salad 	Grilled Chicken Breasts with Oven-Charred Tomatoes  	Lentil Loaf 	Roasted Cremini Mushrooms  
Mushroom Ravioli 	Baked Garlic Breadsticks 	Chickpea Curry  	Braised White Beans with Fresh Herbs  	Grilled Tofu Steaks with Smoked BBQ Sauce  	Baked Pasta Al Forno 	Lentil 'Bolognese'  
Mashed Potatoes  	Dairy-Free Baked Garlic Bread 	Basmati Rice  	Braised Cabbage  	Pasta 	Smashed Red Skin Potatoes  	Pasta 
Yorkshire Pudding 	Quinoa Stuffed Peppers  	Oven-Fired Naan 	Roasted Root Vegetable Fries  	Tomato Sauce  	Gravy 	Farfalle Pomodoro 
Gravy 	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Alfredo Sauce  	Seasonal Market Vegetables  	Garlic Toast 
Seasonal Market Vegetables  				Mushroom Rice  	Merch: Onion Rings 	Dairy-Free Baked Garlic Bread 
				Seasonal Market Vegetables  		Seasonal Market Vegetables  
Dietary Symbols:		 Halal	 Made without Gluten	 Vegan	 Vegetarian	

























































































































































MENU CYCLE 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Smoked BBQ Glazed Chicken Thighs 	Chicken Picatta 	Peking Pork Chops	Chicken Drumsticks with Chimichurri  	Chicken Parmesan	Fresh Battered Haddock 	Chicken and Biscuits 
Maple Mustard Glazed Ham 	Baked Haddock with Sicilian Tomato Sauce	Chicken Chow Mein 	Beef Carnitas	Oven-Roasted Cod with Tomato and Fennel  	Thai Green Curry Chicken  	Crispy Chorizo, Pepper and Onion Skillet
Baked Mac and Cheese 	Eggplant Caprese  	Vegetable Japchae  	Vegetable Chili  	Grilled Portobello Mushroom Bruschetta  	Navy Bean Curry with Kale  	Plant-Based Breakfast Sausage Patties 
French Toast 	Vegan Butternut Squash Farfalle  	Sweet and Sour Tofu  	Spanish Rice  	Four-Cheese Stuffed Tortellini 	Jasmine Rice  	Spiced Potato Wedges  
Hash Browns 	Baked Garlic Breadsticks 	Jasmine Rice  	Spicy Crinkle Cut Fries 	Lemon and Olive Oil-Roasted Potato Wedges  	French Fries 	Southern Apple Oatmeal Crisp 
Grilled Tofu Steaks with Smoked BBQ Sauce  	Dairy-Free Baked Garlic Bread 	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Creamy Coleslaw  	Black Beans and Corn with Fire-Roasted Red Peppers  
Omelette Bar  	Seasonal Market Vegetables  				Seasonal Market Vegetables  	Fresh Waffles with Assorted Toppings 
Seasonal Market Vegetables  						Seasonal Market Vegetables  
Baked Salmon Carvery 	Buttermilk Fried Chicken with Hot Honey	Cuban Pork Chops 	Smoked BBQ Glazed Chicken Thighs 	Balsamic Rosemary Steak Tips 	Thai Grilled Chicken Thighs  	Grilled Chicken Skewers with Lemon 
Thyme-Roasted Chicken Thighs and Breasts  	Shepherd's Pie  	Jerk Chicken Drumsticks and Thighs  	Whole Roasted Striploin  	Seared Salmon with Brown Butter, Caper and Lemon Sauce  	Thai Red Curry Beef 	Tzatziki  
Braised Chickpeas with Spinach  	Fresh Battered Haddock 	Coconut-Crusted Tilapia with Mango Salsa	Beyond Beef Grilled Sausage  	Bake Tofu Ratatouille  	Lemongrass Tofu with Fresh Basil  	Plant-Based Chicken Parmesan 
Baked Feta and Cherry Tomato Penne 	Spiced Potato Wedges  	Jerk-Style Chickpeas  	Smoked Cheese Ravioli 	Scalloped Potatoes 	Drunken Noodles 	Steamed Mussels with Tomato and Herbs  
Roasted Baby Red Skin Potatoes  	Chickpea Curry  	Caribbean Rice  	Garlic Mashed Potatoes 	Seasonal Market Vegetables  	Coconut Rice  	Tomato-Braised Lamb Ragout 
Seasonal Market Vegetables  	Basmati Rice  	Seasonal Market Vegetables  	Seasonal Market Vegetables  		Seasonal Market Vegetables  	Toasted Orzo with Lemon and Parsley 
	French Fries 					Seasonal Market Vegetables  
	Seasonal Market Vegetables  					
Dietary Symbols:  Halal  Made without Gluten  Vegan  Vegetarian						

MENU CYCLE 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Chicken Pot Pie 	Pasta with Bolognese 	Chicken Fajitas  	Butter Chicken  	Popcorn Chicken	Wicked Chicken and Shrimp	Grilled Chicken Skewers with Lemon 
Peameal Bacon Roast 	Italian Sausages with Grilled Vegetables and Parsley 	Southwest Crispy Haddock 	Poached Cod Curry  	Sweet Corn  	Fresh Battered Haddock 	Tzatziki  
Smoked Pork Sausage	Pesto-Crusted Cod  	Steak Fajitas  	Matar Paneer  	Grilled Vegetables with Tofu  	Pulled Pork	Smoked Bacon 
Baked Beans  	Tuscan Chickpeas and Kale  	Red Beans and Rice  	Curried Lentils  	Gravy 	Braised Mixed Bean and Root Vegetable Ragout  	JUST Egg Blistered Tomato and Basil Quiche 
Savoury Brunch Puffs 	Roasted Cremini Mushrooms  	Oven-Roasted Sweet Potatoes  	Basmati Rice  	Jasmine Rice  	Cheese Ravioli 	Spiced Potato Wedges  
Blueberry Pancakes 	Baked Garlic Breadsticks 	Vegetable Enchiladas  	French Fries 	Mashed Potatoes  	French Fries 	Mediterranean Goat Cheese Tart 
Omelette Bar  	Dairy Free Baked Garlic Bread 	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Fresh Waffles with Assorted Toppings 
Seasonal Market Vegetables  	Seasonal Market Vegetables  					Seasonal Market Vegetables  
Turkey Carvery 	Ginger Beef 	Herb-Roasted Chicken Thighs  	Chicken Parmesan 	Chicken Paprikash 	Pan-Seared Lemon and Pepper Basa  	Smoked Back Ribs with Maple BBQ Sauce 
Pommerey and Horseradish Crusted Salmon 	Teriyaki Glazed Salmon 	Fish Cakes with Lemon and Dill Sauce	Meat Lasagna	Beef and Root Vegetable Stew  	Crispy Braised Pork Belly	Chicken Drumsticks with Chimichurri  
Chicken Schnitzel 	Grilled Miso Marinated Tofu Steaks  	Braised Chickpeas with Spinach  	Vegetable Lasagna 	Mushroom Stroganoff  	Orange Ginger Chicken 	Southwest Quinoa Stuffed Peppers  
Tofu Schnitzel 	Vegetable Pad Thai  	Baked Feta and Cherry Tomato Penne 	Mediterranean Vegetable Penne 	Egg Noodles with Fine Herbs 	Sweet and Sour Tofu  	BBQ Baked Beans  
Mushroom Gravy 	Jasmine Rice  	Lemon and Olive Oil-Roasted Potato Wedges  	Grilled Broccolini  	Pierogis with Caramelized Onions 	Kimchi Fried Rice 	Jalapeno Cheddar Corn Bread 
Stuffing	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Baked Garlic Breadsticks 	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Spiced Potato Wedges  
Mashed Potatoes  			Dairy-Free Baked Garlic Bread 			Seasonal Market Vegetables  
Seasonal Market Vegetables  			Seasonal Market Vegetables  			
<p>Dietary Symbols:  Halal  Made without Gluten  Vegan  Vegetarian</p>						

MENU CYCLE 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Smoked BBQ Glazed Chicken Thighs 	Shawarma Chicken  	Mexican Chicken Lasagna  	Sweet and Sour Pork	Sriracha and Honey Glazed Chicken Breast  	Fresh Battered Haddock 	Spinach, Sundried Tomato and Feta Frittata  
Pork Sausage and Potato Hash 	Beef Kafta Meat Balls  	Baked Tilapia with Fresh Pico de Gallo  	Mongolian Beef	Cuban Pork Chops 	Butter Chicken  	Grilled Flank Steak with Chimichurri and Blistered Tomatoes 
Pineapple and Tempeh Fried Rice  	Falafel  	Braised Chicken Thighs with Green Sauce  	Crispy Salt and Pepper Tofu  	Grilled Vegetables with Tofu  	Vegetable Shepherd's Pie  	Plant-Based Breakfast Sausage Patties 
Roasted Cremini Mushrooms  	Moroccan Lentil Stew  	Vegetable Chimichanga 	Chicken Chow Mein 	Baked Mushroom Ravioli 	Chickpea Curry 	Tomato and Vegetable Galette 
Baked Mac and Cheese 	Israeli Couscous with Roasted Chickpeas, Lemon, Parsley, and Olive Oil 	Mexican Rice  	Jasmine Rice  	Basmati Rice  	Farfalle Aglio Olio with Baby Spinach 	Four-Cheese Stuffed Tortellini 
Omelette Bar  	Basmati Rice  	Guacamole Bar  	Seasonal Market Vegetables  	Tostones 	French Fries 	Roasted Baby Red Skin Potatoes  
Seasonal Market Vegetables  	Hummus Bar 	Seasonal Market Vegetables  		Seasonal Market Vegetables  	Marinated Coleslaw  	Fresh Waffles with Assorted Toppings 
	Seasonal Market Vegetables  				Seasonal Market Vegetables  	Seasonal Market Vegetables  
Roasted Pork Loin Carvery 	Mediterranean Roasted Chicken Thighs  	Tandoori Chicken Legs  	Buttermilk Fried Western-Style Hot Chicken	Chicken Tonkatsu 	Italian Meatballs with Marinara 	Jerk Chicken Drumsticks and Thighs  
Shepherd's Pie  	Oven-Roasted Cod with Tomato and Fennel  	Oven-Fired Naan 	Dill Pickle Sauce 	Grilled Kalbi Beef Ribs 	Italian Breadcrumbs Haddock with Lemon and Parsley 	Coconut-Crusted Tilapia with Mango Salsa
Apple and Sage Sausage with Braised Red Cabbage 	Tuscan Chickpeas and Kale  	Matar Paneer  	Smoked Back Ribs with Maple BBQ Sauce 	Braised Tofu 	Tempeh 'Bolognese' 	Jamaican Beef Curry 
Smashed Red Skin Potatoes  	Greek Orzo 	Tofu Curry  	Southwest Crispy Haddock 	Vegetable Japchae  	Plant-Based Chicken Parmesan 	Jerk-Style Chickpeas  
Savoury Bread Pudding	Lemon and Olive Oil-Roasted Potato Wedges  	Vegetable Rice Pilau  	Plant-Based Western Style Hot Chicken with Dill Pickles 	Kimchi Fried Rice 	Penne with Olive Oil and Herbs 	Jamaican Vegetable Rundown  
Seasonal Market Vegetables  	Warm Spinach Dip with Fresh Fried Pita Chips 	Cucumber Raita  	Jalapeno Cheddar Corn Bread 	Seasonal Market Vegetables  	Baked Garlic Breadsticks 	Red Beans and Rice  
	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Marinated Coleslaw  		Dairy-Free Baked Garlic Bread 	
	Merch: Feta Twister 		French Fry Bar		Seasonal Market Vegetables  	
			Seasonal Market Vegetables  			
	Dietary Symbols:	 Halal	 Made without Gluten	 Vegan	 Vegetarian	