

BREAKFAST WEEKS 1-4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jimmy Dean Breakfast Sandwiches: Egg/Cheese	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Jimmy Dean Breakfast Sandwiches: Egg/Cheese
Jimmy Dean Breakfast Sandwiches: Egg/Cheese/Bacon	Hard Boiled Eggs	Shakshuka	Leek, Mushroom and Cheese Frittata	Mexican Breakfast Skillet	Cooked to Order Eggs	Jimmy Dean Breakfast Sandwiches: Egg/Cheese/Bacon
Scrambled Eggs	Cooked to Order Eggs	Cooked to Order Eggs	Cooked to Order Eggs	Cooked to Order Eggs	Cooked to Order JUST Eggs	Scrambled 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	Tofu Scramble, PB Chorizo Sausage Crumble, Pico De Gallo	Cooked to Order Eggs
Cooked to Order JUST Eggs		Black Bean Patties	Plant-Based Sage And Apple Skillete, With Sweet Potato And Brussel Sprouts	Baked Beans	Turkey Breakfast Sausages	Cooked to Order JUST Eggs
Triangle Hash Brown	Smoked Turkey Bacon	Chicken Breakfast Sausages	Smoked Bacon	Pork Breakfast Sausage	Diced Home Fries	Chicken Breakfast Sausages
Beef Breakfast Sausages	Pom Pom Potatoes	Diced Home Fries	Triangle Hash Brown	Sweet Potato Pom Poms	Ham and Cheese Muffins	Smoked Bacon
Smoked Bacon	Glazed Cinnamon Buns	House made Pancakes, assorted garnishes	French Toast with Apples and Cinnamon	Carrot Cake Pancakes with Cream Cheese Drizzle	Roasted Tomatoes	Spiced Potato Wedges
Fresh Waffles with Assorted Toppings	Roasted Tomatoes	Sauteed Zucchini with Peppers, Grape Tomatoes, Garlic and Chilis	Sauteed Mushrooms with Balsamic Vinegar	Sauteed Sweet Peppers and Onions	House-Made Breakfast Sandwiches	Churros and Chocolate
Sauteed, Kale, Sweet Peppers and Onions	House-Made Breakfast Sandwiches	House-Made Breakfast Sandwiches	House-Made Breakfast Sandwiches	House-Made Breakfast Sandwiches	Vegan House-Made Breakfast Sandwiches (upon request)	Baked Beans
House-Made Breakfast Sandwiches	Vegan House-Made Breakfast Sandwiches (upon request)	Vegan House-Made Breakfast Sandwiches (upon request)	Vegan House-Made Breakfast Sandwiches (upon request)	Vegan House-Made Breakfast Sandwiches (upon request)		House-Made Breakfast Sandwiches
Vegan House-Made Breakfast Sandwiches (upon request)						Vegan House-Made Breakfast Sandwiches (upon request)
						Eggs Benny Interactive (week 1,3)
						Omelette Bar Interactive (week 2,4)

Menu Cycle 1						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Roasted Chicken Drumsticks	Korean Fried Chicken	Popcorn Chicken	Shawarma Chicken	Baked Tilapia with Fresh Pico de Gallo	Fresh Battered Haddock	Grilled Chicken Skewers with Lemon
Peameal Bacon Roast	Thai Pork Chops	Beef and Root Vegetable Stew	Bkd Haddock w Lemon & Garlic	Pork Carnitas Tacos	Butter Chicken	Tzatziki
Navy Beans and Kale	Sweet Chili Tofu	Veggie Nuggets	Moroccan Lentil Stew	Vegetable Enchiladas	Thai Green Curry	Mediterranean Lemon Rice
Baked Mac and Cheese	Glass Noodles with Vegetables	Mashed Potatoes	Israeli Couscous with Roasted Chickpeas, Lemon, Parsley and Olive Oil	Cumin-Spiced Black Beans with Corn, Roasted Red Peppers and Caramelized Onions	Poutine Gravy	Chickpea and Eggplant Tagine
Roasted Baby Red Skin Potatoes	Jasmine Rice	Gravy	Roasted Carrots with Harissa and Brown Sugar	Mexican Rice	French Fries	Baked Feta and Cherry Tomato Penne
Chalet Sauce	Sriracha Cod	Sweet Corn	Warm Spinach Dip with Fresh Fried Pita Chips	Grilled Flank Steak, White Balsamic, Basil	Cheese Curds	French Fries
Fresh Waffles with Assorted Toppings	Seasonal Market Vegetables	Seasonal Market Vegetables	Basmati Rice	Fresh Fried Tortilla Chips	Creamy Coleslaw	Eggs Benny Interactive
Seasonal Market Vegetables			Seasonal Market Vegetables	Seasonal Market Vegetables	Seasonal Market Vegetables	Seasonal Market Vegetables
					Basmati Rice	
Roast Beef Carvery	Rosemary-Roasted Chicken Breasts	Vegetarian Samosa	Salmon with Buttered Leeks	Italian Meatballs with Marinara	Cod with Braised Fennel, Lemon and Parsley	Orange Ginger Chicken
Herb-Roasted Chicken Thighs	Vegetable Lasagna	Chicken Tikka Masala	Rosemary Rubbed Pork Loin	Chicken Parmesan	Smoked Farmers Sausages, Caramelized onions	Barbequed Pork Tenderloin
Curried Butter Beans	Meat Lasagna	Spicy Fish Pakora, Corriander Chutney	Smashed Red Skin Potatoes	Plant-Based Chicken Parmesan	Tofu Schnitzel	Soy Fried Noodles With Scallions
Mushroom Ravioli	Baked Garlic Bread with Cheese	Chickpea Curry	Braised White Beans with Fresh Herbs	Pasta	Baked Pasta Al Forno	Sweet and Sour Tofu
Mashed Potatoes	Dairy-Free Baked Garlic Bread	Basmati Rice	Roasted Root Vegetable Fries	Tomato Sauce	Smashed White Skin Potatoes	Jasmine Rice
Yorkshire Pudding	Quinoa Stuffed Peppers	Oven-Fired Naan	Seasonal Market Vegetables	Alfredo Sauce	Gravy	Seasonal Market Vegetables
Gravy	Lemon and Olive Oil-Roasted Potato Wedges	Seasonal Market Vegetables		Seasonal Market Vegetables	Seasonal Market Vegetables	
Seasonal Market Vegetables	Seasonal Market Vegetables					

Menu Cycle 2						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Smoked BBQ Glazed Chicken Thighs	Chicken Picatta	Seared Arctic Char, Herbed Crema	Chicken Drumsticks with Chimichurri	Sweet and Sour Pork	Fresh Battered Haddock	Beef Barbacoa Tacos
Maple Mustard Glazed Ham	Baked Cod with Sicilian Tomato Sauce	Plant Based Chicken Schnitzel	Beef Carnitas	Chicken Chow Mein	Butter Chicken	Crispy Chorizo, Pepper and Onion Skillet
Baked Mac and Cheese	Eggplant Caprese	Chicken Schnitzel	Vegetable Chili	Vegetable Fried Rice	Thai Green Curry	Chicken Breakfast Sausages
French Toast	Pasta Puttanesca	Egg Noodles with Fine Herbs	Spanish Rice	Spicy Garlic Tofu	Poutine Gravy	Spiced Potato Wedges
Triangle Hash Brown	Baked Garlic Bread with Cheese	Mushroom Gravy	Spicy Fries	Red Bean Steam Bun	French Fries	Cheese Tortellini, Marinara
Grilled Tofu Steaks with Smoked BBQ Sauce	Dairy-Free Baked Garlic Bread	Seasonal Market Vegetables	Seasonal Market Vegetables	Seasonal Market Vegetables	Cheese Curds	Black Beans and Corn with Fire-Roasted Red Peppers
Fresh Waffles with Assorted Toppings	Mediterranean Lemon Rice				Creamy Coleslaw	Omelette Bar Interactive
Seasonal Market Vegetables	Seasonal Market Vegetables				Seasonal Market Vegetables	Seasonal Market Vegetables
Baked Salmon Carvery	Buttermilk Fried Chicken with Hot Honey	Jamaican Beef Curry	Salmon with Buttered Leeks	Baked Pork Tenderloin, Mushroom Ragout, Balsamic	Thai Grilled Chicken Thighs	Grilled Chicken Skewers with Lemon
Thyme-Roasted Chicken Thighs and Breasts	Smoked Tofu 'Burnt Ends'	Jerk Chicken 8 Cut	Rosemary Rubbed Pork Loin	Seared Salmon with Brown Butter, Caper and Lemon Sauce	Thai Red Curry Beef	Halifax Donair
Braised Chickpeas with Spinach	Smoked Back Ribs with Maple BBQ Sauce	Coconut-Crusted Tilapia with Mango Salsa	Smashed Red Skin Potatoes	Plant-Based Chicken Parmesan	Lemongrass Tofu with Fresh Basil	Plant-Based Chicken Cutlets
Mushroom Ravioli, Alfredo	Baked buffalo Moz & Veg Pasta	Jerk-Style Chickpeas	Braised White Beans with Fresh Herbs	Four-Cheese Stuffed Tortellini	Soy Fried Noodles With Scallions	Tzatziki
Roasted Baby Red Skin Potatoes	Spiced Potato Wedges	Caribbean Rice	Roasted Root Vegetable Fries	Lemon and Olive Oil-Roasted Potato Wedges	Coconut Rice	Toasted Orzo with Lemon and Parsley
Seasonal Market Vegetables	Seasonal Market Vegetables	Seasonal Market Vegetables	Seasonal Market Vegetables	Seasonal Market Vegetables	Seasonal Market Vegetables	French Fries
						Seasonal Market Vegetables

Menu Cycle 3						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chicken Fried Steak White Gravy	Pasta with Bolognese	Popcorn Chicken	Chicken Tikka Masala	Chicken Fajitas	Fresh Battered Haddock	Grilled Chicken Skewers with Lemon
Peameal Bacon Roast	Italian Sausages with Grilled Vegetables and Parsley	Beef and Root Vegetable Stew	Spicy Fish Pakora, Corriander Chutney	Grilled Cuban Flank Steak	Butter Chicken	Tzatziki
Smoked Pork Sausage, cramelized onion and potato skillet	Pesto-Crusted Cod	Veggie Nuggets	Oven-Fired Naan	Red Beans and Rice	Thai Green Curry	Smoked Bacon
Baked Beans	Tuscan Chickpeas and Kale	Mashed Potatoes	Curried Lentils	Oven-Roasted Sweet Potatoes	Poutine Gravy	Tofu Breakfast Hash
Baked Mac and Cheese	Roasted Cremini Mushrooms	Gravy	Basmati Rice	Vegetable Enchiladas	French Fries	Spiced Potato Wedges
Fresh Waffles with Assorted Toppings	Baked Garlic Bread with Cheese	Sweet Corn	French Fries	Seasonal Market Vegetables	Cheese Curds	Mediterranean Lemon Rice
Seasonal Market Vegetables	Dairy Free Baked Garlic Bread	Seasonal Market Vegetables	Seasonal Market Vegetables	Tostones	Creamy Coleslaw	Eggs Benny Interactive
	Seasonal Market Vegetables				Seasonal Market Vegetables	Seasonal Market Vegetables
Roast Beef Carvery	Ginger Beef	Herb-Roasted Chicken Thighs	Chicken Parmesan	Chicken Paprikash	Kung Fu Cod	Smoked Back Ribs with Maple BBQ Sauce
Pommerey and Horseradish Crusted Salmon	Thai Grilled Chicken Satays	Fish Cakes with Lemon and Dill Sauce	Meat Lasagna	Smoked Farmers Sausages, Caramelized onions	Barbequed Pork Tenderloin	Chicken Drumsticks with Chimichurri
Tofu Schnitzel	Grilled Miso Marinated Tofu	Braised Chickpeas with Spinach	Vegetable Lasagna	Mushroom Stroganoff	Orange Ginger Chicken	Southwest Quinoa
Mushroom Gravy	Vegetable Pad Thai	Baked Feta and Cherry Tomato Penne	Plant-Based Chicken Parmesan	Egg Noodles with Fine Herbs	Sweet and Sour Tofu	BBQ Baked Beans
Mashed Potatoes	Jasmine Rice	Lemon and Olive Oil-Roasted Potato Wedges	Grilled Broccolini	Pierogis with Caramelized Onions	Jasmine Rice	Spiced Potato Wedges
Seasonal Market Vegetables	Seasonal Market Vegetables	Seasonal Market Vegetables	Dairy-Free Baked Garlic Bread	Seasonal Market Vegetables	Seasonal Market Vegetables	Seasonal Market Vegetables
			Baked Garlic Bread with Cheese			

MENU CYCLE 4						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Smoked BBQ Glazed Chicken Thighs	Shawarma Chicken	Grilled Chicken Skewers with Lemon	Sweet and Sour Pork	Chicken Enchilada	Fresh Battered Haddock	Spinach, Sundried Tomato and Feta Frittata
Maple Mustard Glazed Ham	Beef Kafta Meat Balls	Halifax Donair	Mongolian Beef	Baked Tilapia with Fresh Pico de Gallo	Butter Chicken	Bbq Flank Steak
Baked Mac and Cheese	Falafel	Plant-Based Chicken Cutlets	Crispy Salt and Pepper Tofu	Braised Chicken Thighs with Green Sauce	Thai Green Curry	Plant-Based Breakfast Sausage Patties
French Toast	Moroccan Lentil Stew	Tzatziki	Chicken Chow Mein	Vegetable Chili	Poutine Gravy	Tomato Tart
Triangle Hash Brown	Israeli Couscous with Roasted Chickpeas, Lemon, Parsley, and Olive Oil	Toasted Orzo with Lemon and Parsley	Jasmine Rice	Mexican Rice	French Fries	Four-Cheese Stuffed Tortellini
Grilled Tofu Steaks with Smoked BBQ Sauce	Basmati Rice	French Fries	Seasonal Market Vegetables	Tostones	Cheese Curds	Roasted Baby Red Skin Potatoes
Fresh Waffles with Assorted Toppings	Seasonal Market Vegetables	Seasonal Market Vegetables		Seasonal Market Vegetables	Creamy Coleslaw	Omelette Bar Interactive
Seasonal Market Vegetables					Seasonal Market Vegetables	Seasonal Market Vegetables
					Oven-Fired Naan	
Roasted Turkey Carvery	Mediterranean Roasted Chicken Thighs	Tandoori Chicken Legs	Buttermilk Fried Western-Style Hot Chicken	Jerk Chicken 8 Cut	Chicken Tonkatsu	Italian Breadcrumbs Haddock with Lemon and Parsley
Roasted Salmon, Herb Butter	Oven-Roasted Cod with Tomato and Fennel	Oven-Fired Naan	Dill Pickle Sauce	Coconut-Crusted Tilapia with Mango Salsa	Grilled Kalbi Beef Ribs	Chicken Parmesan
PB Saus W Butternut onion peps	Tuscan Chickpeas and Kale	Vegetarian Samosa	Smoked Back Ribs with Maple BBQ Sauce	Jamaican Beef Curry	Braised Tofu	Pasta
Smashed Red Skin Potatoes	Lemon and Olive Oil-Roasted Potato Wedges	Beef Vindaloo	Plant-Based Western Style Hot Chicken with Dill Pickles	Jerk-Style Chickpeas	Vegetable Japchae	Tomato Sauce
Stuffing	Warm Spinach Dip with Fresh Fried Pita Chips	Basmati Rice	Marinated Coleslaw	Red Beans and Rice	Kimchi Fried Rice	Alfredo Sauce
Poutine Gravy	Seasonal Market Vegetables	Curried Butter Beans	French Fries	Seasonal Market Vegetables	Seasonal Market Vegetables	Baked Garlic Bread with Cheese
Seasonal Market Vegetables	Merch: Feta Twister	Seasonal Market Vegetables	Seasonal Market Vegetables			Dairy-Free Baked Garlic Bread
						Seasonal Market Vegetables
						Plant-Based Chicken Parmesan