



Begin Dining Hall

6 Week Sample Menu

Sample Menu - Week 1

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Grab and Go	<ul style="list-style-type: none"> Individual Yoghurt Whole Fruit Selection Yoghurt Parfait with Granola Sausage and Scrambled Egg Wrap Veggie Scrambled Egg Wrap 						
	Buffet	<ul style="list-style-type: none"> Daily Starch Bacon and Sausage Oatmeal Scrambled Egg Daily Hashbrowns 						
Lunch	Grab and Go	<ul style="list-style-type: none"> Yoghurt Parfaits Vegetable Cups Fruit Cups Daily Sandwiches 						
	Soup	• Tomato Bisque	• Lentil Stew	• Borscht	• Jalapeño Cheddar	• Chicken Noodle	• Lemongrass, Coconut, and Carrot	• Chicken Taco
	Buffet	• Chef's Choice	• Beef and Rice Stuffed Peppers	• Beef Stroganoff	• Spaghetti Bolognese	• Pork Adobo Rice	• Roast Beef, Red Wine Jus, Roasted Potato, and Vegetables	• Chef's Choice
	Short Order	• Chef's Choice	• Brie and Honey Breaded Chicken Burger	• Chili Cheese Dog	• Greek Falafel Wrap	• Caprese Grilled Cheese	• Chicken Fajitas	• Chef's Choice
	Dessert	• Strawberry Jell-O	• Millionaire Bars	• Piña Colada Cake	• Coffee Cheesecake	• Sugar Cookie Bars	• Banana Cake	• Cinnamon Buns
Dinner	Grab and Go	<ul style="list-style-type: none"> Daily Sandwiches and Leftovers 						
	Soup	• Cream of Mushroom	• Roasted Yellow Broccoli	• Chicken Noodle	• Beef Barley	• Loaded Baked Potato Stew	• Roasted Red Pepper and Tomato	• Minestrone
	Pasta	• Chef's Choice	• Linguini with Caramelized Onion Cream Sauce	• Singapore Rice Noodles	• Basil Pesto Rose Penne	• Rotini with Pomodoro and Sausage	• Gnocchi with Mushroom Cream Sauce	• Chef's Choice
	Stew / Curry	• Chef's Choice	• Green Thai Chicken Curry	• Gumbo	• Chicken Laksa	• Beef Vindaloo	• Beef and Root Vegetable Stew	• Chef's Choice
	Short Order	• Chef's Choice	• Pizza Sub	• Black Bean and Pico Quesadilla	• Bacon and Swiss Burger	• Veggie Burrito	• Louisiana Chicken Sandwich with Potato Salad	• Chef's Choice
	Dessert	• Chocolate Cake with Vanilla Frosting	• Tiramisu	• Caramel Blondies	• Peach Crumble	• Lemon Tarts	• Carrot Cake	• Strawberry Cheesecake Bars
All	Pantry	<ul style="list-style-type: none"> Coffee, Tea, Daily Flavoured Water or Beverage, Juice, Milk Baked Goods, Daily Muffin, Assorted Pastries, Assorted Breads, Bagels. Condiments for toast. 						

Sample Menu - Week 2

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Grab and Go	<ul style="list-style-type: none"> Individual Yoghurt Whole Fruit Selection Yoghurt Parfait with Granola Sausage and Scrambled Egg Wrap Veggie Scrambled Egg Wrap 						
	Buffet	<ul style="list-style-type: none"> Daily Starch Bacon and Sausage Oatmeal Scrambled Egg Daily Hashbrowns 						
Lunch	Grab and Go	<ul style="list-style-type: none"> Yoghurt Parfaits Vegetable Cups Fruit Cups Daily Sandwiches 						
	Soup	• Butternut Squash	• Tomato Bisque	• Split Pea and Ham	• Chicken Mushroom	• Chicken Noodle	• Thai Coconut Chicken	• Miso
	Buffet		• Butter Chicken	• Beef Chili with Rice	• Eggplant and Red Pepper Lasagna	• Chicken and Vegetable Shanghai Noodles	• BBQ Chicken Legs with Rice and Vegetables	
	Short Order		• Spicy Pork Quesadilla	• Smoked Chicken Tacos	• Reuben Sandwich	• Peanut Butter and Banana Grilled Cheese	• Cubano Sandwich	
	Dessert	• Confetti Bars	• Strawberry Shortcake	• Tiramisu	• Carrot Cake with Cream Cheese Frosting	• Raspberry Blondies	• Chocolate Cake with Vanilla Frosting	• Lime Jell-O
Dinner	Grab and Go	• Daily Sandwiches and Leftovers						
	Soup	• Cream of Mushroom	• Roasted Vegetable	• Chicken Noodle	• Broccoli and Cheese	• Beef and Barley	• French Onion	• Roasted Cauliflower
	Pasta		• Chicken Fettuccini Alfredo	• Baked Rotini with Tomato Basil Sauce	• Arugula Basil Pesto Cream Sauce Rigatoni	• Sausage Roasted Vegetables, Penne with Olive Oil and Parmesan	• Spicy Braised Chicken and Vegetable Spaghetti	
	Stew / Curry		• Beef Vindaloo	• Chicken Bourguignon	• Nigerian Beef Stew	• Bean and Tomato Stew	• Aloo Gobi	
	Short Order		• Teriyaki Tofu and Vegetable Wrap	• Philly Cheese Steak	• Grilled Lemon Oregano Chicken with Potato and Vegetables	• Sloppy Joes	• Fish and Chips	
	Dessert	• Vanilla Cake with Vanilla Frosting	• Brownies	• Chocolate Banana Cake	• Blueberry Oat Bars	• Red Velvet Cake	• Apple Crumble	• Cinnamon Buns
All	Pantry	<ul style="list-style-type: none"> Coffee, Tea, Daily Flavoured Water or Beverage, Juice, Milk Baked Goods, Daily Muffin, Assorted Pastries, Assorted Breads, Bagels. Condiments for toast. 						

Sample Menu - Week 3

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Grab and Go	<ul style="list-style-type: none"> Individual Yoghurt Whole Fruit Selection Yoghurt Parfait with Granola Sausage and Scrambled Egg Wrap Veggie Scrambled Egg Wrap 						
	Buffet	<ul style="list-style-type: none"> Daily Starch Bacon and Sausage Oatmeal Scrambled Egg Daily Hashbrowns 						
Lunch	Grab and Go	<ul style="list-style-type: none"> Yoghurt Parfaits Vegetable Cups Fruit Cups Daily Sandwiches 						
	Soup	• Tomato	• Beef and Vegetable	• Chicken Noodle	• Black Bean	• Hot and Sour	• Chicken Taco	• Chicken Noodle
	Buffet		• Jerk Chicken Legs with Rice and Vegetables	• Chicken Fried Rice	• Ham and Arugula Grilled Cheese	• Spaghetti Bolognese	• Chicken Pad Thai	
	Short Order		• Meatball Sub	• Pulled Pork Grilled Cheese	• Smoked Chicken Legs with Rice and Vegetables	• Portobello Grilled Cheese	• Chinese BBQ Pork Sandwich	
	Dessert	• Banana Cheesecake	• Peach Crumble	• Caramel Shortbread Squares	• Orange Jell-O	• Vanilla Cake with Orange Frosting	• Chocolate Brownies	• Coffee Cake
Dinner	Grab and Go	• Daily Sandwiches and Leftovers						
	Soup	• Minestrone	• Samosa Stew	• Corn Egg Drop	• Chicken Noodle	• Beer and Cheese	• French Onion	• Beef Barley
	Pasta		• Linguini with Rose Sauce	• Creamy Chicken and Bacon Baked Pasta	• Bacon Mac and Cheese	• Rotini Puttanesca	• Mushroom Tortellini Tetrazzini	
	Stew / Curry		• Beef Bulgogi with Rice and Vegetables	• Potato and Green Bean Curry	• Mushroom and Lentil Stew with Rice	• Sweet and Sour Pork	• Chicken Pot Pie with Potatoes and Vegetables	
	Short Order		• Donair	• Spicy Beef Quesadilla	• BBQ Beef on a Bun	• Buffalo Chicken Poutine	• Chorizo Burger	
	Dessert	• Vanilla Cake with Chocolate Frosting	• Carrot Cake with Cream Cheese Frosting	• Raspberry White Chocolate Blondies	• Oreo Cake	• Rice Krispie Squares	• Coffee Cheesecake	• Strawberry Jell-O
All	Pantry	<ul style="list-style-type: none"> Coffee, Tea, Daily Flavoured Water or Beverage, Juice, Milk Baked Goods, Daily Muffin, Assorted Pastries, Assorted Breads, Bagels. Condiments for toast. 						

Sample Menu - Week 4

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Grab and Go	<ul style="list-style-type: none"> Individual Yoghurt Whole Fruit Selection Yoghurt Parfait with Granola Sausage and Scrambled Egg Wrap Veggie Scrambled Egg Wrap 						
	Buffet	<ul style="list-style-type: none"> Daily Starch Bacon and Sausage Oatmeal Scrambled Egg Daily Hashbrowns 						
Lunch	Grab and Go	<ul style="list-style-type: none"> Yoghurt Parfaits Vegetable Cups Fruit Cups Daily Sandwiches 						
	Soup	• Thai Coconut Chicken	• Cream of Mushroom	• Chicken Noodle	• New England Clam Chowder	• Borscht	• Roasted Cauliflower	• Tuscan White Bean
	Buffet	• Chef's Choice	• Beef Chili	• 3 Cheese Grilled Cheese	• Sausage and Pierogies with Mixed Vegetables	• French Onion Burger	• Baked Ziti	• Chef's Choice
	Short Order	• Chef's Choice	• Pulled Pork Sandwich	• Tex-Mex Tater Tots	• Chicken Quesadilla	• Chicken Peanut Satay with Vermicelli and Vegetables	• Roast Pork Loin with Apple Compote, Vegetables, and Potatoes	• Chef's Choice
Dessert	• Apple Crumble	• Tiramisu	• Raspberry Mousse Cake	• Salted Caramel Blondies	• Oreo Cake	• Strawberry Jell-O	• Banana Cake	
Dinner	Grab and Go	• Daily Sandwiches and Leftovers						
	Soup	• Cream of Broccoli	• Curried Lentil	• Split Pea and Ham	• Tomato Bisque	• Chicken Noodle	• Butternut Squash	• Chicken Taco
	Pasta	• Chef's Choice	• Sundried Tomato Pesto and Roasted Vegetable Penne	• Chipotle Chicken Mafalda Ragu	• Chicken Cacciatore	• Rigatoni with Basil Cream Sauce	• Garlic and Pesto Baked Gnocchi	• Chef's Choice
	Stew / Curry	• Chef's Choice	• Beef and Broccoli	• Green Lentil Curry with Rice	• Vegetable Korma	• Paneer Butter Curry	• Chicken Pancit	• Chef's Choice
	Short Order	• Chef's Choice	• Miso Chicken Wrap	• Meatloaf with Mashed Potato and Vegetables	• Crispy Chicken Caesar Wrap	• Korean Roast Beef Sandwich	• Shredded Beef Salsa Verde Tacos	• Chef's Choice
	Dessert	• Confetti Shortbread Bars	• Red Velvet Cake	• Chocolate Tarts	• Piña Colada Cake	• Lime Jell-O	• Coffee Cheesecake	• Strawberry Shortcake
All	Pantry	<ul style="list-style-type: none"> Coffee, Tea, Daily Flavoured Water or Beverage, Juice, Milk Baked Goods, Daily Muffin, Assorted Pastries, Assorted Breads, Bagels. Condiments for toast. 						

Sample Menu - Week 5

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Grab and Go	<ul style="list-style-type: none"> Individual Yoghurt Whole Fruit Selection Yoghurt Parfait with Granola Sausage and Scrambled Egg Wrap Veggie Scrambled Egg Wrap 						
	Buffet	<ul style="list-style-type: none"> Daily Starch Bacon and Sausage Oatmeal Scrambled Egg Daily Hashbrowns 						
Lunch	Grab and Go	<ul style="list-style-type: none"> Yoghurt Parfaits Vegetable Cups Fruit Cups Daily Sandwiches 						
	Soup	• Beef Barley	• Butternut Squash	• 7 Bean and Tomato	• Jalapeño Cheddar	• Chicken Noodle	• Lemongrass Coconut Carrot	• Cream of Broccoli
	Buffet	• Chef's Choice	• Beef and Rice Stuffed Peppers	• Beef Stroganoff	• Roast Beef with Jus, Potatoes, and Vegetables	• Pork Adobo Rice	• Spaghetti Bolognese	• Chef's Choice
	Short Order	• Chef's Choice	• 'Monte Cristo' Grilled Cheese	• Caprese Grilled Cheese	• Corn Dog	• Smoked Brisket Tacos	• Chicken Fajitas	• Chef's Choice
	Dessert	• Red Velvet Cake	• Blueberry Cheesecake Bars	• Raspberry Crumble	• Chocolate Cake with Chocolate Frosting	• Millionaire Bars	• Carrot Cake	• Confetti Squares
Dinner	Grab and Go	• Daily Sandwiches and Leftovers						
	Soup	• Split Pea & Ham	• Roasted Yellow Broccoli	• Chicken Noodle	• Beef Barley	• Loaded Baked Potato Stew	• Roasted Red Pepper and Tomato	• Minestrone
	Pasta	• Chef's Choice	• Linguini with Caramelized Onion Cream Sauce	• Singapore Rice Noodles	• Basil Pesto Rose Penne	• Rotini with Pomodoro and Sausage	• Gnocchi with Mushroom Cream Sauce	• Chef's Choice
	Stew / Curry	• Chef's Choice	• Green Thai Chicken Curry	• Gumbo	• Chicken Laksa	• Beef Vindaloo	• Beef and Root Vegetable Stew	• Chef's Choice
	Short Order	• Chef's Choice	• Pizza Sub	• Black Bean and Pico Quesadilla	• BBQ Chicken Sandwich	• Bacon and Swiss Burger	• Louisiana Chicken Sandwich with Potato Salad	• Chef's Choice
	Dessert	• Coffee Cake	• Chocolate Banana Cake	• Coconut Macaroons	• Lime Jell-O	• Tiramisu	• Blueberry Oat Bars	• Peach Crumble
All	Pantry	<ul style="list-style-type: none"> Coffee, Tea, Daily Flavoured Water or Beverage, Juice, Milk Baked Goods, Daily Muffin, Assorted Pastries, Assorted Breads, Bagels. Condiments for toast. 						

Sample Menu - Week 6

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Grab and Go	<ul style="list-style-type: none"> Individual Yoghurt Whole Fruit Selection Yoghurt Parfait with Granola Sausage and Scrambled Egg Wrap Veggie Scrambled Egg Wrap 						
	Buffet	<ul style="list-style-type: none"> Daily Starch Bacon and Sausage Oatmeal Scrambled Egg Daily Hashbrowns 						
Lunch	Grab and Go	<ul style="list-style-type: none"> Yoghurt Parfaits Vegetable Cups Fruit Cups Daily Sandwiches 						
	Soup	• Beef Vegetable	• Tomato Bisque	• Split Pea and Ham	• Cream of Mushroom	• Chicken Noodle	• Thai Coconut Chicken	• Samosa
	Buffet		• Beef Chili with Rice	• Bacon Mac and Cheese	• Chicken Enchiladas	• Chicken and Vegetable Shanghai Noodles	• Butter Chicken	
	Short Order		• BBQ Chicken Legs with Rice and Vegetables	• Smoked Chicken Quesadilla	• Reuben Sandwich	• Tater Tot Poutine	• Cubano Sandwich	
Dessert	• Lime Jell-O	• Rice Krispie Squares	• Strawberry Crumble	• Chocolate Brownies	• Piña Colada Cake	• Salted Caramel Blondies	• Coffee Cheesecake	
Dinner	Grab and Go	• Daily Sandwiches and Leftovers						
	Soup	• Carrot Ginger	• Roasted Vegetable	• Chicken Noodle	• Broccoli and Cheese	• Beef Barley	• French Onion	• Tomato Bisque
	Pasta		• Chicken Fettuccini Alfredo	• Baked Rotini with Tomato Basil Sauce	• Arugula Basil Pesto Cream Sauce Rigatoni	• Sausage Roasted Vegetable Penne with Olive Oil and Parmesan	• Spicy Braised Chicken and Vegetable Spaghetti	
	Stew / Curry		• Beef Vindaloo	• Chicken Bourguignon	• Nigerian Beef Stew	• Bean and Tomato Stew	• Aloo Gobi	
	Short Order		• Teriyaki Tofu and Vegetable Wrap	• Philly Cheese Steak	• Braised Beef Tacos	• Sloppy Joes	• Fish and Chips	
	Dessert	• Oreo Cake	• Strawberry Shortcake	• Tiramisu	• Raspberry Blondies	• Chocolate Tarts	• Banana Cake	• Orange Jell-O
All	Pantry	<ul style="list-style-type: none"> Coffee, Tea, Daily Flavoured Water or Beverage, Juice, Milk Baked Goods, Daily Muffin, Assorted Pastries, Assorted Breads, Bagels. Condiments for toast. 						