



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
LUNCH AND DINNER COMMON MENU INCLUDE SOUPS, BEVERAGES, FOOD BAR ITEMS (PIZZA/PANINI), SALAD BAR, WHOLE FRUIT AND DESSERTS								
SOUPS	Mexican Bean Tom Yum Chicken 	Lentil Dahl Italian Wedding 	Broccoli & Cheese Lemon Turkey Orzo 	Miso- Mushroom Chicken Mulligatawny 	Cream Of Roasted Squash Seafood Creole 	Moroccan Chickpea Spicy Thai Chicken 	Hot and Sour with Tofu Beef & Red Bean 	
LUNCH						BREAKFAST FOR BRUNCH	BREAKFAST FOR BRUNCH	
ENTRÉE	Lemon Herb Chicken 	Hungarian Goulash 	Jerk Chicken Legs 	BBQ Beef Burgers/Buns Bacon Jam 	Grilled Salmon w Maple citrus Glaze on Greens 	Vietnamese Noodle Bowls		
VEGETARIAN ENTRÉE	Falafel Chickpea stuffed peppers 	Vegetable Goulash 	Jamaican Vegetable Curry 	Impossible Burger/Buns Onion jam 	Vegetable Moussaka 	Soya Chicken Soya Tofu 		
SIDES	Paprika Roasted Potato Broccoli Floret &roasted Red Peppers Spanakopita 	Classic Rice Pilaf Fried Pickle Sautéed Green & Yellow beans 	Red Bean Rice Jamaican Veggie Patty Corn succotash 	Garlic Sautéed Yellow and Green Zucchini and Tomatoes Poutine with Vegan Gravy 	Wild Rice Pilaf Avocado Fries Winter Veg Mix 	Vegetable Udon Noodle Spring rolls Asian Vegetable Medley 		
DINNER								
ENTRÉE	Korean Bulgogi Beef 	Chicken Alfredo 	BBQ Pork Ribs 	Chicken Fingers 	Beef Fajita 	Chicken Vindaloo 	Thai Sweet Chili Pork Loin 	
VEGETARIAN ENTRÉE	Korean Spicy BBQ Tofu Steak and Broccoli 	Vegan Bolognese 	BBQ Tofu Steaks 	Plant Based Chicken Fingers 	Ground Soy, Bean Fajita with Bell Peppers 	Spicy Potato, Spinach and Paneer Curry 	Vegan Tofu And Mushroom Satay 	
SIDES	Vegetable Rice Noodles Sautéed Bok Choy and Asian vegetable Mushroom Dumpling-3pcs 	Fettuccini Roasted Heirloom Carrot Garlic Naan Batter Mushroom Bits 	Pierogi W sautéed Onion Creamy Coleslaw Roasted Acorn Squash Slices 	Chunky Bruschetta and Roast Vegetables Herbed Smash Potatoes Cheese & Garlic Baguette Toast 	Warm Flour Tortillas Mexican Rice with Corn California Roast vegetable Mix Jalapeno Poppers 	Wild Rice Pilaf Roasted Button Mushroom, Bell Peppers and Cauliflower Mini Vegetable Samosa 		Honey Garlic String Beans and Root Vegetable Blend Jasmine Rice Tempura Vegetable

VEGAN AND GLUTEN FREE OPTIONS ARE PROVIDED