



2022 Winter Menu

| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|---|---|---|
| LUNCH AND DINNER COMMON MENU INCLUDE SOUPS, FOOD BAR ITEMS, COMPOSED SALADS AND FEATURE SALAD BOWLS | | | | | | | |
| SOUPS | Pasta Fagoli (VGN) Curried Chicken (H)(GF)(DF) | Split Pea and roasted pepper (GF)(VGN) Seafood Chowder (H)(GF) | Quinoa Vegetable with Kale (GF)(VGN) Chicken Noodle (H)(DF) | Cream of Mushroom (GF)(VEG) Hearty Beef vegetable (H)(GF)(DF) | Moroccan Brown Lentil (GF)(VGN) Tom Yum Chicken (H)(GF)(DF) | Garden Vegetable (GF)(VGN) Turkey Barley (H)(DF) | Black Bean Soup (GF)(VGN) Lemon Chicken Orzo (H)(DF) |
| FOOD BAR | Hot Sandwich Bar | Pizza Bar | Hot Sandwich Bar | Pizza Bar | Hot Sandwich Bar | <u>Pizza Bar – Dinner Only</u> | <u>Pizza Bar – Dinner Only</u> |
| ROTATIONAL COMPOSED SALAD | Ratatouille Pasta Salad (VGN) | Ratatouille Pasta Salad (VGN) | Asian Kale Salad (GF)(VGN) | Asian Kale Salad (GF)(VGN) | Black-eyed Peas Salad (GF)(VGN) | Black-eyed Peas Salad (GF)(VGN) | Chef's Choice Salad (VEG) |
| FEATURED SALAD | <u>Brazilian Chicken Bowl</u> (H)(GF)(DF) | <u>Spicy BBQ Beef Strips Bowl</u> (H)(GF)(DF) | <u>Salmon Oodles Noodles Bowl</u> (H)(GF)(DF) | <u>Winter Chicken Bowl</u> (H)(GF)(DF) | <u>Lime Glazed Shrimp Noodle Bowl</u> (H)(GF)(DF) | | |
| VEGETARIAN FEATURED SALAD | <u>Brazilian Tofu Bowl</u> (GF)(VGN) | <u>Spicy BBQ Jackfruit Bowl</u> (GF)(VGN) | <u>Maple Tofu Oodles Noodles Bowl</u> (GF)(VGN) | <u>Winter Tempeh Salad Bowl</u> (GF)(VGN) | <u>Lime Glazed Tofu Noodle Bowl</u> (GF)(VGN) | | |
| DESSERT | Warm Apple Pie | Zucchini Chocolate Cake | Sticky Toffee Pudding | Oreo Cheesecake | Tres Leches Cake | Rice Krispy Square | Mini Cupcakes |
| LUNCH | | | | | | BREAKFAST FOR BRUNCH | BREAKFAST FOR BRUNCH |
| COMBO 1 - MEAT | Creamy Chicken/Spinach with Parmesan Sauce (H)(GF) | Debrezini Sausage (DF) | Crispy Fried Chicken (H) | Ginger Szechuan Beef (H)(GF)(DF) | Tempura Battered Fish (H) | <u>Combo 1</u> Lemon Garlic Chicken Breast (H)(GF)(DF) Mediterranean Bean and Vegetable Stew (GF)(VGN) White Wild Rice (GF)(VGN) Spanakopita (VEG) Greek Salad-Portioned | <u>Combo 1</u> Moroccan Beef Tagine (H)(GF)(DF) Moroccan Chickpea and Vegetable Tagine (GF)(VGN) Saffron Rice (VGN) Steamed String Beans and Green Top carrots (GF)(VGN) Naan Bread (VEG) <u>Combo 2</u> Breakfast Options |
| COMBO 1 – VEGETARIAN | Creamy Cauliflower and Chickpea with Parmesan Sauce (GF)(VEG) (VGN) – available w/o sauce | Vegan Wieners (VGN) | Tomato Sauce with Soy Ground and Vegetables (VEG)(GF) Buffalo Cauliflower (VGN) | Ginger Szechuan tofu (GF)(VGN) | Spicy Tempura Battered Tofu | <u>Combo 2</u> Breakfast Options | |
| SIDES | Onion Rice Pilaf (VGN) Cous Cous Stuffed Tomatoes (GF)(VGN) Garlic Sautéed Purple and Green Kale (VGN)(GF) | Vegetable Chilli (GF)(VGN) French Fries (GF)(VGN) Romanesco Vegetables (GF)(VGN) Sausage Buns | Red Skin Potato Wedges (VEG) Corn on the Cob (GF)(VGN) Kale Slaw-Portioned (GF)(VGN) | Jasmine Rice (GF)(VGN) Garlic Gai Lan and Ba (GF)(VGN) Mushroom Pot stickers (VEG) | French Fries (GF)(VGN) Steamed Broccoli, Carrots, Cauliflower and Green Peas (GF)(VGN) Coleslaw (VGN) | | |
| PORTION TOPPINGS | | Pickles and Banana Pepper Rings | Parmesan Cheese (ON SIDE) | Carrots, Cilantro, Bean Sprouts | Tartar Sauce, Lemon Wedges | Parmesan Cheese (ON SIDE) | |

VEGAN AND GLUTEN FREE OPTIONS ARE PROVIDED



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| DINNER | | | | | | | |
|-----------------------------|--|--|--|---|--|--|--|
| COMBO 1 - MEAT | Roasted Beef (H)(GF)(DF) Au Jus (H)(GF)(DF) | Paprika and Herbed Grilled Chicken Breast (GF)(DF) | Tandoori Fish (H)(GF)(DF) | Dry Rub Chicken Wings (H)(GF)(DF) | Ground Beef and Corn Taco (H)(GF)(DF) | Char Sui Pork Loin (GF)(DF) | Thai Red Curry Chicken (H)(GF)(DF) |
| COMBO 1 – VEGETARIAN | Chickpea and Vegetable Osso Buco with Polenta (GF)(VGN) | Paprika and Herbed Tempeh (GF)(VGN) | Tandoori paneer and Vegetable curry (GF)(VEG) | Beyond Burger and Buns (GF)(VGN) | Black Bean and Corn Taco (VGN) | Grilled Tofu Steaks in Hot Szechwan Sauce (GF)(VGN) | Veggie Thai Red Curry (H)(GF)(DF) |
| SIDES | Roasted Mini Potatoes (VEG) Roasted Brussel Sprouts, Cauliflower and Butternut Squash (GF)(VGN) Yorkshire Pudding (VEG) | Sautéed Cheddar Pierogis with Green Onion (VEG) Sautéed Button Mushrooms, Bell Peppers and Red onions (GF)(VGN) | Cumin Basmati Rice (GF)(VGN) Roasted Root Vegetable and Broccoli (GF)(VGN) Vegetable Samosa (VEG) | Garlic Sautéed Yellow and Green Zucchini and Tomatoes (GF)(VGN) Mac and Cheese (VEG) | Taco Shells (GF)(VGN) Mexican Rice (GF)(VGN) Roasted Broccoli and Grape Tomatoes (GF)(VGN) Jalapeno Poppers (VEG) | Chow Mein Noodles with Bean Sprouts (VEG) Sautéed Asian Vegetables (GF)(VGN) Vegetable Spring Rolls (VEG) | Jasmine Rice (GF)(VGN) Ginger Broccoli and Red Cabbage (GF)(VGN) Vegetable Dumpling (VEG) |
| PORTION TOPPINGS | Horseradish and Dijon Mustard | Sour Cream (ON ICE, ON SIDE) | Cucumber Raita (ON ICE, ON SIDE) | Sauces: BBQ, Hot Sauce, Honey Garlic Sauce Burger Topping: Tomato, Lettuce, Onion, Cheese | Toppings: Shredded Lettuce, Salsa, Sour Cream, Cheese | Sour Cream (ON ICE, ON SIDE) | |

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