

Week 2		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Brunch	Sunday Brunch
GRILL								
Morning 7 a.m. to 11 a.m.		Eggs made-to-order	Eggs made-to-order	Eggs made-to-order	Eggs made-to-order	Eggs made-to-order	Eggs made-to-order	Eggs made-to-order
		Breakfast burrito	Sausage, egg, and cheese on English muffin	Warm cheese croissant	Croissant breakfast sandwich with ham and swiss cheese	Bacon, egg, lettuce and tomato on bagel sandwich	Sausage, egg, and cheese on English muffin	Warm cheese croissant
		Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs
		CREPE BAR	PANCAKE BAR	CREPE BAR	CHIA SEED PUDDING (in bowls - at the dessert station)	WAFFLE BAR	OVERNIGHT OATMEAL BAR (in bowls - at the dessert station)	FRENCH TOAST BAR
		Maple syrup, chocolate sauce, whipped cream Chocolate chips, strawberries, peaches, blueberry pie filling, toasted coconut, sprinkles	Maple syrup, chocolate sauce, whipped cream Chocolate chips, butterscotch chips, blueberries, mixed berries, pumpkin pie filling, toasted coconut	Maple syrup, chocolate sauce, whipped cream Chocolate chips, mango, strawberries, apple-cinnamon pie filling, toasted coconut, sprinkles	Various toppings: diced kiwi, granola, sunflower seeds, blueberries, toasted coconut, dried cranberries	Maple syrup, chocolate sauce, whipped cream Chocolate chips, butterscotch chips, peaches, mixed berries, blueberry pie filling, toasted coconut	Various toppings: diced kiwi, granola, sunflower seeds, blueberries, toasted coconut, dried cranberries	Maple syrup, chocolate sauce, whipped cream Chocolate chips, mango, strawberries, apple-cinnamon pie filling, toasted coconut, sprinkles
	Protein	Sausage patty, turkey cranberry sausage (Halal)	Bacon	Ham, chicken tarragon sausage (Halal)	Maple ham, turkey cranberry sausage (Halal)	Breakfast sausage, sausage patty	Maple bacon sausage, and ham	Turkey sausages
	Starch	Savoury diced potatoes	Pompom potatoes	Triangle potatoes	Breakfast hash	Savoury diced potatoes	Pompom potatoes	Triangle potatoes
	Others	Tofu Scramble	Breakfast Fried Rice			Berry Foccacia		
		Oatmeal bar, vegan baked beans	Oatmeal bar, vegan baked beans	Oatmeal bar, vegan baked beans	Oatmeal bar, vegan baked beans	Oatmeal bar, vegan baked beans	Oatmeal bar, vegan baked beans	Oatmeal bar, vegan baked beans
	Fresh Fruits	Cantaloupe melon	Seasonal fruit from SEPT TO READING WEEK, THEN orange wedges.	Pineapple	Honeydew melon	Pineapple	Grapefruit wedges	Cantaloupe melon
Lunch 11 a.m. to 4 p.m.							Saturday Brunch	Sunday Brunch
						Potato salad, Creamy pasta salad	Eggs made-to-order and scrambled eggs	Eggs made-to-order and western omelette
	Vegetables/ Salads	Green pepper, onion, and mushroom sautee	Garden salad	Steamed carrots	Roasted root vegetables	Steamed California vegetable medley	Eggs Benedict (spinach (vegetarian), ham)	Warm cheese croissant
	Protein	Philly-style steak sandwich	Battered haddock	Swedish meatballs	Pot roast	Shepherd's pie	Bacon and turkey sausage	Chicken tarragon sausage (Halal) and bacon
	Starch	Curly fries	Root Vegetable Fries	Egg noodles	Mashed potatoes	Vegan sweet potato Shepherd's pie	Savoury diced potatoes	Triangle potatoes
	Condiment	Fresh sub rolls (vegan), shredded mozzarella (veg), choice of 2 specialty sauces	Tartar sauce, lemon wedges (vegan)	Garden salad	Gravy (vegan)	Gravy (vegan), hot sauce	French-Canadian Baked Beans	Belgian waffles
Dinner 4 p.m. to 11 p.m.				Gourmet Poutine Day	Carribean Smoked Chicken Bowl		STREET MEAT	BUILT YOUR OWN BURGER
				fries Supreme, classic poutine, chili cheese fries, pulled pork	Carribean smoked chicken, roasted corn, red cabbage, chickpeas, shredded carrot, baby kale, Paprika-roasted sweet potatoes and roasted root vegetables, hot sauce			Assorted burger buns: Hamburger brioche, sesame hamburger bun, pretzel bun, slider bun
	Vegetables/ Salads	Roasted mixed vegetables	Steamed broccoli, steamed carrots	Green onion, tomato, lettuce, black beans, jalapeno, cilantro		Crudit� platter, baby carrots, broccoli, celery sticks, cauliflower	Coleslaw	Tomato slices, pickles, hot peppers, red onion, lettuce, Swiss, Cheddar, saut�ed mushroom
	Protein	BBQ pork chop	Classic meatloaf	taco beef (halal), pulled pork, bean chili (vegan)		Deep-fried chicken wings	Sausages: Spicy Italian; Polish; bratwurst; Oktoberfest; Sausage Patty	Chicken (halal), beef (halal), veggie (vegetarian), or fish (MSC) burger
	Starch	Baked potato wedges	Roasted baby red potatoes	Fresh-cut fries, curly fries,		Sweet potato fries	Rustic potato salad	Potatoes wedges
	Condiment	Caesar salad		Gravy (vegan), St Albert cheese curds, mozzarella, Cheddar, sour cream, nacho cheese sauce		Choice of 4 dipping sauces	Sauerkraut, sliced green olives, diced white onion, hot peppers	Choice of 2 specialty sauces

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World Flavours								
Lunch 11 a.m. to 4 p.m.				TACOS	HALIFAX DONAIR	Spicy Thai curry noodle bowl	Ginger tahini salmon bowl	Chimichurri steak bowl
	Vegetables/ Salads	Vegetable curry	Leek stir-fry with broccoli and carrots	Soft flour tortillas, hard corn tortillas	Tomato, lettuce, onion, hot peppers, pickles	Glass noodles, Chicken thigh, snow peas, sweet potato, Red onion, scallions, cilantro, birds-eye chilies, lime wedge	Black rice, Ginger salmon, Kale, avocado, sautéed mushrooms, roasted cherry tomato, cucumber, red cabbage, Sesame seeds, green onion, tahini dressing	Mexican Rice, Chimichurri strak, Arugula, fresh spinach, walnuts, beet noodles, fresh orange segments, salsa verde, salsa roja
	Protein	Tandoori chicken	Hunan beef with peppers and asparagus	Ground beef (halal), ground chicken (halal), chili-lime tilapia (MSC), vegan ground (vegan)	Lamb-and-beef blend donair meat			
	Starch	Basmati rice	Basmati rice	Refried beans; Spanish rice	roasted potato			
	Condiment	Naan bread, vegetable samosas	Fried dumplings	Salsa, sour cream, guacamole, shredded Cheddar, lettuce	Sweet donair sauce			
Dinner 4 p.m. to 11 p.m.		Greek chicken couscous bowl				Creamy sriracha shrimp poke bowl	SHAWARMA DAY	
	Vegetables/ Salads	lemon scented couscous, chicken souvlaki, roasted cherry tomato, fresh cucumber, red onion, kalamata olive, pepperoncini, feta cheese, tatziki	Chana Masala	Stir-fried okra	Stir-fried baby bok choy	Black rice, shrimp, Avocado, radish, red pepper, edamame, carrot, Napa cabbage, sesame seeds, green onion	Pita bread	Indian stir-fried vegetables
	Protein		Butter chicken	Moroccan chicken legs	Szechwan chicken		Beef (halal) and chicken (halal) shawarma, Falafel (vegan)	Chicken tikka Masala
	Starch		Brown basmati rice	Spicy potatoes	Asian sticky rice		Middle Eastern rice and potatoes (vegan)	Dhal, brown rice
	Condiment		Vegetarian samosas	Falafel (vegan) with tahini, spanikopita	Egg roll		Hummus, garlic sauce, tahini sauce, pickled turnips, pickles, shredded lettuce, sliced tomatoes, sliced cucumbers, hot peppers	Naan bread

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PURE								
Lunch 11 a.m. to 4 p.m.				sushi bowl				
	Entrée 1	Buffalo "chicken" bites	tri color vegetable spaghetti with sundried tomato, spinach and zucchini	sushi rice, nori, avocado, roasted sweet potato, shredded carrot, edamame, shredded cucumber, pickled ginger. Green onion. Sesame seed, vegan spicy mayo	Hungry Planet "beef" chili adobo	Mushrooms and lentils (in a gravy)	Tomato, onion and "chicken" sauté	Buffalo "chicken" caesar wrap
	Entrée 2	sweet potato burger	sweet potato ravioli in peri peri sauce with pine nuts		Chipotle tofu and corn stew	Sweet garlic meatballs	Meatless loaf	rice
	Entrée 3					Roasted carrots		vegan chili
	Starch 1	sweet potato fries	Tomato Herb Focaccia		Mexican wild rice	Vegan mashed potatoes	Brown rice	baked potato bar with sweet potato and russet
	Side	Kale summer salad	Olive tomato red onion salad, Chickpea salad		Broccoli salad	Chopped Chef's Salad	New England baked beans	jalapeno, diced tomato, chive, vegan cheese, vegan bacon bits
	Condiment	Hummus, lemon juice			Vegan sour cream		Tomato sauce	

Dinner 4 p.m. to 11 p.m.							vegan flatbread pizza day	
	Entrée 1	Lentil and Vegetable Coconut Curry (sweet potato, cauliflower, broccoli, carrots, spinach)	Vegan Shepherd's Pie	middle eastern tofu and chickpea patties	curried potato and peas	vegan lasagna	raosted vegetable flatbread	stuffed peppers
	Entrée 2	Vegan Pad Thai (Tofu and Veg)	Sweet corn	falafel	vegan dahl	Vegan spaghetti bolognese	pesto, roasted cherry tomato, kalamata olive, pepperonccini, arugula and fresh squeezed lemon juice	roasted italian mushrooms
	Entrée 3		Roasted seasonal vegetables	roasted potatoes	Basmati rice		artichoke hearts, cherry tomato, fresh basil	vegan carbonara
	Starch 1	White Rice	Fresh bread roll	couscous	vegan raita, cucumber salad, kabuli chana salad	garlic bread		
	Side	Garden salad	Quinoa Salad	tabouleh, hummus, chopped iced burg, red onion, sliced cucumber, sliced tomato	vegan samosa	caesar salad, baby green salad	italian pasta salad, quinoa salad	Italian bean salad
	Condiment	Lime wedges		pita bread			vegan dipping sauces	
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Mind Body Soul								
Lunch 11 a.m. to 4 p.m.					Braised mushroom buddah bowl			
	Vegetables/ Salads	Steamed mixed vegetables	roasted carrots	Green peas, steamed carrots	red quinoa, braised mushrooms, sauteed leek, avocado, alfalfa sprouts, shredded carrots, roasted asperagus, raddish, house vinagrette	Roasted parsnip	Green beans Almondine	Roasted turnips
	Protein	Cod Provençal	Pork chop	Chicken and pork kebabs		Grilled salmon	French-onion-soup-roasted pork tenderloin	Seared haddock fillet with fresh parsley and lemon
	Starch	Red quinoa pilaf	maple dijon roasted red skin potatoes	Greek-style potatoes		Tex-Mex vegetable quinoa	Potato Dauphinoise	Roasted fall vegetables and farro
	Condiment	Dinner rolls	apple sauce	Spanakopita		Pineapple salsa	Fresh bread	Fresh bread

Dinner 4 p.m. to 11 p.m.			Turnip noodle bowl with salmon				spicy beet noodle bowl	
	Vegetables/ Salads	Sautéed green and yellow zucchini	Spiralized turnips, Glazed salmon, Crispy leek, asparagus, celery, carrot-ginger sauce, lime wedge	California mixed vegetables	Roasted butternut squash	Corn-on-the-cob	roasted sweet potato, shredded red cabbage, fresh cucumber, avocado, carrot ribbons, ornamental radish, green onion, spicy garlic aioli	Steamed PEI mixed vegetables
	Protein	Oven-roasted tilapia		Roasted pork shoulder	Seared haddock fillet with beurre blanc	BBQ pork ribs		Cod with tomato and herbed butter
	Starch	Pesto-roasted vegetables and couscous		Quinoa	Brown rice pilaf	Roasted sweet potato		Barley risotto
	Condiment	Lemon wedges		Jalapeno cornbread	Whole grain dinner rolls, lemon wedges (vegan)	Creamy coleslaw		Quinoa salad
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Trattoria								
Lunch 11 a.m. to 4 p.m.			PIZZA DAY				FLATBREAD PIZZAS	
		pasta primavara	Chicken pesto pizza	Broccoli with olive oil, garlic and chili flakes	Grilled vegetables	Sautéed zucchini	bbq chicken	Classic macaroni and cheese
		pizza pasta bake	Pepperoni pizza	baked pasta with spicy italian sausage	Beef ravioli	Nana's classic meat sauce	hawaiian	Bacon cheeseburger macaroni and cheese
		Garlic and chili roasted broccoli	Vegetarian pizza	brocoli pesto pasta	Cheese and spinach cannelloni	Fettuccini	grilled vegetables	Spinach and feta macaroni and cheese
		fresh focaccia	Roasted sweet potato	Fresh bread	Herb ciabatta	Garlic cheese bread	chocolate pizza	Fresh bread
Dinner 4 p.m. to 11 p.m.					PIZZA DAY	STROMBOLI		
		Green beans and roasted fennel with almonds, lemon zest, and fresh Parmesan	Grilled vegetables	Meat lasagna	Mexican pizza (ground beef, tomatoes, onions, tortilla chips, salsa and sour cream, cheddar cheese)	Pesto cream sauce, chicken, bacon, sauteed mushroom, mozzarella-parmesan blend	Roasted eggplant with balsamic and fresh basil	Grilled Italian vegetables
		Spaghetti with burrata and blistered cherry tomatoes	Spaghetti and homemade meatballs	Spinach ricotta lasagna	Portobello and roasted red pepper pizza	Vegan roasted vegetables with Chao cheese	Roasted red pepper alfredo penne with chicken	Italian spiced roast pork
		Shrimp scampi (contains wine)	whole wheat penne in pesto sauce	Caesar Salad	Donair pizza (donair meat, onions, tomatoes, lettuce, doanir sauce)	Meatlovers	Penne pomodoro	Steamed wild rice
		Garlic bread	Focaccia	Rosemary baked bread	2-3 dipping sauces (ranch, marinara, garlic)	2-3 dipping sauces (ranch, marinara, garlic)	Garlic bread	Garlic bread
A LA MINUTE								
Breakfast 7 a.m. to 11 a.m.		MADE TO ORDER OMELETTES	MADE TO ORDER OMELETTES	MADE TO ORDER OMELETTES	MADE TO ORDER OMELETTES	MADE TO ORDER OMELETTES	MADE TO ORDER OMELETTES UNTIL 4 PM	MADE TO ORDER OMELETTES UNTIL 4 PM
		Ham, sausage crumbles	Bacon, turkey bacon	Prosciutto, diced chicken	Ham, diced chicken	Chorizo, turkey bacon	Bacon, diced chicken	Ham, sausage crumbles
		Cheddar, ricotta	Mozzarella, Parmesan	Cheddar, Swiss	Cheddar, feta	Mozzarella, Parmesan	Cheddar, Swiss	Mozzarella, Ricotta
		Spinach, caramelized onion, sautéed mushroom, tomato	Spinach, caramelized onion, sautéed mushroom, tomato	Spinach, caramelized onion, sautéed mushroom, tomato	Spinach, caramelized onion, sautéed mushroom, tomato	Spinach, Caramelized Onion, Sautéed Mushroom, Tomato	Spinach, caramelized onion, sautéed mushroom, tomato	Spinach, caramelized onion, sautéed mushroom, tomato
		Arugula, sundried tomaotes	Artichokes, green onions	Bell peppers, green onions	Roasted potatoes, avocado	Artichokes, Bell peppers	Roasted red pepper, avocado	Kale, roasted potaotes

Lunch and Dinner 11 a.m. to 11 p.m.		Pierogies	NACHOS	MAC N' CHEESE	FRESH HOMEMADE PASTA	PERSONAL PIZZA	SUBWAY 4 PM to 11 PM	QUESADILLAS 4 PM to 11 PM
		Chicken (halal), sausage, bacon	Corn chips, ground beef (halal), ground chicken, ground tofu (vegan)	Ground beef (Halal), bacon, chicken strips (Halal) Cheese sauces (sharp (white) and mild (yellow))	House-made fusilli pasta with tomato sauce (vegan), or alfredo sauce (vegetarian), or pesto sauce (vegetarian)	7"pizza, pepperoni, bacon, ham, chicken (halal)	capicola, turkey breast, meatballs in marinara sauce, ham	Diced chicken (Halal), diced steak (Halal)
		Mushrooms, cabbage, onions, celery, sundried tomatoes, peppers	Sliced peppers, jalapenos, red onions	Green onion, tomato, diced green pepper, broccoli, jalapeno, corn, shredded cheddar, swiss cheese, shredded monterey jack	Chicken (halal), ground beef (halal), tofu (vegan)	Tomato sauce (vegan), alfredo sauce (vegetarian)	Fresh sub buns	Cilantro, red onion, diced jalapeno, diced tomato, corn, lettuce, cheese, black beans
		Hot sauce, sour cream, chives	Salsa, sour cream, guacamole, shredded cheddar, lettuce	Elbow macaroni, mini shells, panko Topping sauces: Buffalo sauce, BBQ sauce, Ranch	Mushrooms, onion, garlic, peppers, chili flakes, parmesan	Mushrooms, onions, peppers, mozzarella cheese	lettuce, tomato, green pepper, green olive, jalapeno, red onion, swiss, cheddar, ranch, mayo, italian dressing	Salsa verde, salsa roja, sour cream, choice of hot sauce
	Available Upon Request		Vegan shredded cheese	Gluten-free pasta	Gluten-free pasta + Vegan shredded cheese	Gluten-free pizza crust + Vegan shredded cheese	Sliced vegan cheddar cheese	Vegan shredded cheese
Week 2		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday Brunch

	Vegetarian
	Vegan
	MSC
	Halal

