<table>
<thead>
<tr>
<th>Week 2</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday Brunch</th>
<th>Sunday Brunch</th>
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</thead>
<tbody>
<tr>
<td><strong>GRILL</strong></td>
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<tr>
<td><strong>Morning 7 a.m. to 11 a.m.</strong></td>
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<tr>
<td><strong>Protein</strong></td>
<td>Sausage patty, turkey cranberry sausage (Halal)</td>
<td>Bacon</td>
<td>Ham, chicken terragon sausage (Halal)</td>
<td>Maple ham, turkey cranberry sausage (Halal)</td>
<td>Breakfast sausage, sausage patty</td>
<td>Maple bacon sausage, and ham</td>
<td>Turkey sausages</td>
</tr>
<tr>
<td><strong>Starch</strong></td>
<td>Savory diced potatoes</td>
<td>Pumpernickel</td>
<td>Triangle potatoes</td>
<td>Breakfast hash</td>
<td>Savory diced potatoes</td>
<td>Pumpernickel</td>
<td>Triangle potatoes</td>
</tr>
<tr>
<td><strong>Others</strong></td>
<td>Tots Scramble</td>
<td>Breakfast Fried Rice</td>
<td></td>
<td></td>
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<tr>
<td><strong>Fresh Fruits</strong></td>
<td>Cantaloupe melon</td>
<td>Seasonal fruit from SEPT TO READING WEEK, THEN orange wedges</td>
<td>Pineapple</td>
<td>Honeydew melon</td>
<td>Pineapple</td>
<td>Grapefruit wedges</td>
<td>Cantaloupe melon</td>
</tr>
<tr>
<td><strong>Vegetables/ Salads</strong></td>
<td>Green pepper, onion, and mushroom sauce</td>
<td>Garden salad</td>
<td>Steamed carrots</td>
<td>Roasted root vegetables</td>
<td>Steamed California vegetable medley</td>
<td>Green pepper, onion, and mushroom sauce</td>
<td>Garden salad</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>Philly-style steak sandwich</td>
<td>Battered haddock</td>
<td>Swedish meatballs</td>
<td>Pot roast</td>
<td>Shepherd’s pie</td>
<td>Bacon and turkey sausage</td>
<td>Chicken terragon sausage (Halal) and bacon</td>
</tr>
<tr>
<td><strong>Starch</strong></td>
<td>Curly fries</td>
<td>Root Vegetable Fries</td>
<td>Egg noodles</td>
<td>Mashed potatoes</td>
<td>Vegan sweet potato Shepherd’s pie</td>
<td>Savory diced potatoes</td>
<td>Triangle potatoes</td>
</tr>
<tr>
<td><strong>Condiment</strong></td>
<td>Fresh sub rolls (vegan), shredded mozzarella (vegan), choice of 2 specialty sauces</td>
<td>Tartar sauce, lemon wedges (vegan)</td>
<td>Garden salad</td>
<td>Gravy (vegan)</td>
<td>Gravy (vegan), hot sauce</td>
<td>French-Canadian Baked Beans</td>
<td>Belgian waffles</td>
</tr>
<tr>
<td><strong>Vegetables/ Salads</strong></td>
<td>Roasted mixed vegetables</td>
<td>Steamed broccoli, steamed carrots</td>
<td>Green onion, tomato, lettuce, black beans, jalapenos, cilantro</td>
<td>Caribbean smoked chicken, roasted corn, red cabbage, chiles, shaved corn, baby kale, Pepita-roasted sweet potatoes and roasted root vegetables, hot sauce</td>
<td>Caribbean smoked chicken, roasted corn, red cabbage, chiles, shaved corn, baby kale, Pepita-roasted sweet potatoes and roasted root vegetables, hot sauce</td>
<td>Roasted mixed vegetables</td>
<td>Steamed broccoli, steamed carrots</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>BBQ pork chop</td>
<td>Classic meetloaf</td>
<td>taco beef (Halal), pulled pork, beef ribs (vegan)</td>
<td>Deep-fried chicken wing</td>
<td>Sausages: Spicy Italian; Polish; bratwurst; Octoberfest; Sausage Patty</td>
<td>Chicken (Halal), beef (Halal), veggie (vegetarian), or fish (MSC) burger</td>
<td>Chicken (Halal), beef (Halal), veggie (vegetarian), or fish (MSC) burger</td>
</tr>
<tr>
<td><strong>Starch</strong></td>
<td>Baked potato wedges</td>
<td>Roasted baby red potatoes</td>
<td>Fresh-cut fries, curly fries,</td>
<td>Sweet potato fries</td>
<td>Rustic potato salad</td>
<td>Potatoes wedges</td>
<td></td>
</tr>
<tr>
<td><strong>Condiment</strong></td>
<td>Caesar salad</td>
<td></td>
<td>Gravy dressing, Fr. Robert’s thousand, mozzarella, Cheddar, sour cream, nacho cheese</td>
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<tr>
<td>Week 2</td>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
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<td>Sunday Brunch</td>
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<tr>
<td>Lunch 11 a.m. to 4 p.m.</td>
<td>Vegetables/ Salads</td>
<td>Vegetable curry</td>
<td>Leek stir-fry with broccoli and carrots</td>
<td>Soft flour tortillas, hard corn tortillas</td>
<td>Tomato, lettuce, onion, hot peppers, pickles</td>
<td>Spicy Thai curry noodle bowl</td>
<td>Ginger tahini salmon bowl</td>
</tr>
<tr>
<td>Protein</td>
<td>Tandoori chicken</td>
<td>Hunan beef with peppers and asparagus</td>
<td>Ground beef (halal), ground chicken (halal), chili-lime tilapia (MSC), vegan ground (vegan)</td>
<td>Lamb-and-beef blend donair meat</td>
<td>Glass noodles, Chicken thigh, snow peas, sweet potato, red onion, scallions, cilantro, birds-eye chilies, lime wedge</td>
<td>Black rice, Ginger salmon, kale, avocado, sautéed mushrooms, roasted cherry tomato, cucumber, red cabbage, Sesame seeds, green onion, tahini dressing</td>
<td>Mediterranean Rice, Chimichurri steak, Angus, fresh spinach, walnuts, beet noodles, fresh orange segments, salsa verde, salsa roja</td>
</tr>
<tr>
<td>Starch</td>
<td>Basmati rice</td>
<td>Basmati rice</td>
<td>Refried beans; Spanish rice</td>
<td>Roasted potato</td>
<td>Roasted potato</td>
<td>Roasted potato</td>
<td>Roasted potato</td>
</tr>
<tr>
<td>Condiment</td>
<td>Naan bread, vegetable samosas</td>
<td>Fried dumplings</td>
<td>Salsa, sour cream, guacamole, shredded Cheddar, lettuce</td>
<td>Sweet donair sauce</td>
<td>Sweet donair sauce</td>
<td>Sweet donair sauce</td>
<td>Sweet donair sauce</td>
</tr>
<tr>
<td>Dinner 4 p.m. to 11 p.m.</td>
<td>Vegetables/ Salads</td>
<td>Greek chicken couscous bowl</td>
<td>Chana Masala</td>
<td>Stir-fried okro</td>
<td>Stir-fried baby bak choy</td>
<td>Creamy sriracha shrimp poke bowl</td>
<td>SHAWARMA DAY</td>
</tr>
<tr>
<td>Protein</td>
<td>Lemony scented couscous, chicken sausakli, roasted cherry tomato, fresh cucumber, red onion, kalamata olive, pepperoncini, feta cheese, tzatziki</td>
<td>Butter chicken</td>
<td>Moroccan chicken legs</td>
<td>Shawarma chicken</td>
<td>Black rice, shrimp, Avocado, radish, red pepper, edamame, carrot, Napa cabbage, sesame seeds, green onion</td>
<td>Pita bread</td>
<td>Indian stir-fried vegetables</td>
</tr>
<tr>
<td>Starch</td>
<td>Brown basmati rice</td>
<td>Spicy potatoes</td>
<td>Asian stickly rice</td>
<td>Egg roll</td>
<td>Black rice, shredded pork, cilantro lime rice, pickled onions</td>
<td>Beef (halal) and chicken (halal) shawarma, falafel (vegan)</td>
<td>Chicken tikka Masala</td>
</tr>
<tr>
<td>Condiment</td>
<td>Vegetarian samosas</td>
<td>Falafel (vegan) with tahini, spanakopita</td>
<td>Egg roll</td>
<td>Egg roll</td>
<td>Hummus, garlic sauce, tahini sauce, pickled turnips, pickles, shredded lettuce, sliced tomatoes, sliced cucumbers, hot peppers</td>
<td>Millet, brown rice</td>
<td>Millet, brown rice</td>
</tr>
</tbody>
</table>

**Vegetables/ Salads**
- 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
- Mediterranean Rice, Chimichurri steak, Angus, fresh spinach, walnuts, beet noodles, fresh orange segments, salsa verde, salsa roja
- Pita bread
- Indian stir-fried vegetables
- Beef (halal) and chicken (halal) shawarma, falafel (vegan)
- Chicken tikka Masala
- Millet, brown rice
- Millet, brown rice

**Protein**
- Lemony scented couscous, chicken sausakli, roasted cherry tomato, fresh cucumber, red onion, kalamata olive, pepperoncini, feta cheese, tzatziki
- Butter chicken
- Moroccan chicken legs
- Shawarma chicken
- Black rice, shrimp, Avocado, radish, red pepper, edamame, carrot, Napa cabbage, sesame seeds, green onion
- Beef (halal) and chicken (halal) shawarma, falafel (vegan)
- Chicken tikka Masala
- Hummus, garlic sauce, tahini sauce, pickled turnips, pickles, shredded lettuce, sliced tomatoes, sliced cucumbers, hot peppers
- Millet, brown rice
- Millet, brown rice

**Starch**
- Basmati rice
- Basmati rice
- Refried beans; Spanish rice
- Roasted potato
- Roasted potato
- Roasted potato
- Roasted potato

**Condiment**
- Naan bread, vegetable samosas
- Fried dumplings
- Salsa, sour cream, guacamole, shredded Cheddar, lettuce
- Sweet donair sauce
- Sweet donair sauce
- Sweet donair sauce
- Sweet donair sauce
<table>
<thead>
<tr>
<th>Week 2</th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Lunch 11 a.m. - 12 p.m.</td>
<td>pure</td>
<td>sushi bowl</td>
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<tr>
<td>Entrée 1</td>
<td>Buffalo “chicken” bites</td>
<td>tri color vegetable spaghetti with sundried tomato, spinach and zucchini</td>
<td>Hungry Planet &quot;beef&quot; chili adobo</td>
<td>Mushrooms and lentils (in a gravy)</td>
<td>Tomato, onion and &quot;chicken&quot; sauté</td>
<td>Buffalo “chicken&quot; caesar wrap</td>
<td></td>
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<tr>
<td>Entrée 2</td>
<td>sweet potato burger</td>
<td>sweet potato ravioli in peri-peri sauce with pine nuts</td>
<td>Chipotle tofu and corn stew</td>
<td>Sweet garlic meatballs</td>
<td>Meatless loaf</td>
<td>rice</td>
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<tr>
<td>Entrée 3</td>
<td></td>
<td>sushi rice, nori, avocado, roasted sweet potato, shredded carrot, edamame, shredded cucumber, pickled ginger, Green onion, Sesame seed, vegan spicy mayo</td>
<td></td>
<td></td>
<td></td>
<td>vegan chili</td>
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</tr>
<tr>
<td>Starch 1</td>
<td>sweet potato fries</td>
<td>Tomato Herb Focaccia</td>
<td>Mexican wild rice</td>
<td>Vegan mashed potatoes</td>
<td>Brown rice</td>
<td>baked potato bar with sweet potato and russet</td>
<td></td>
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<tr>
<td>Side</td>
<td>Kale summer salad</td>
<td>Olive tomato red onion salad, Chickpea salad</td>
<td>Broccoli salad</td>
<td>Chopped Chef’s Salad</td>
<td>New England baked beans</td>
<td>jalapenos, diced tomato, chive, vegan cheese, vegan bacon bits</td>
<td></td>
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<tr>
<td>Condiment</td>
<td>Hummus, lemon juice</td>
<td></td>
<td>Vegan sour cream</td>
<td></td>
<td>Tomato sauce</td>
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<td>Week 2</td>
<td>Monday</td>
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<td>Sunday Brunch</td>
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<tr>
<td>Lunch 11 a.m. to 4 p.m.</td>
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<tr>
<td>Vegetables/ Salads</td>
<td>Steamed mixed vegetables</td>
<td>roasted carrots</td>
<td>Green peas, steamed carrots</td>
<td>Braised mushroom buddha bowl</td>
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<tr>
<td>Protein</td>
<td>Cod Provençal</td>
<td>Pork chop</td>
<td>Chicken and pork kabobs</td>
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<tr>
<td>Starch</td>
<td>Red quinoa pilaf</td>
<td>maple dijon roasted red skin potatoes</td>
<td>Greek-style potatoes</td>
<td></td>
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<td></td>
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<tr>
<td>Condiment</td>
<td>Dinner rolls</td>
<td>apple sauce</td>
<td>Spanakopita</td>
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| Dinner 4 p.m. to 11 p.m. | | | | | | | |
| 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 | roasted vegetable flatbread | stuffed peppers |
| Entrée 2 | Vegan Pad Thai (Tofu and Veg) | Sweet corn | falafel | vegan dahl | Vegan spaghetti bolognese | | |
| Entrée 3 | Roasted seasonal vegetables | roasted potatoes | Basmati rice | | artichoke hearts, cherry tomato, fresh basil | | |
| Starch 1 | White Rice | Fresh bread roll | couscous | vegan raita, cucumber salad, kabuli chana salad | garlic bread | | |
| Side | Garden salad | Quinoa Salad | labneh, hummus, chopped iced burg, red onion, sliced cucumber, sliced tomatoes | vegan samosa | caesar salad, baby green salad | Italian pasta salad, quinoa salad | Italian bean salad |
| Condiment | Lime wedges | pita bread | | | | | vegan dipping sauces |

**Mind Body Soul**
<table>
<thead>
<tr>
<th>Week 2</th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Brunch</th>
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</thead>
<tbody>
<tr>
<td><strong>Turnip noodle bowl with salmon</strong></td>
<td>California mixed vegetables</td>
<td>Roasted butternut squash</td>
<td>Corn-on-the-cob</td>
<td>spicy beef noodle bao</td>
<td>Steamed PEI mixed vegetables</td>
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<tr>
<td><strong>Spiced turnips, Glazed salmon, Crispy leek, asparagus, celery, carrot-ginger sauce, lime wedge</strong></td>
<td><strong>Roasted pork shoulder</strong></td>
<td><strong>Sautéed haddock with bearnaise sauce</strong></td>
<td><strong>BBQ pork ribs</strong></td>
<td><strong>Cod with tomato and herb butter</strong></td>
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<tr>
<td><strong>Pesto-roasted vegetables and couscous</strong></td>
<td><strong>Quinoa</strong></td>
<td><strong>Brown rice pilaf</strong></td>
<td><strong>Roasted sweet potato</strong></td>
<td><strong>Barley risotto</strong></td>
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<tr>
<td><strong>Lemon wedges</strong></td>
<td><strong>Jalapeño cornbread</strong></td>
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<tr>
<td><strong>Whole grain dinner rolls, lemon wedges</strong></td>
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<tr>
<td><strong>Creamy coleslaw</strong></td>
<td><strong>Quinoa salad</strong></td>
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<thead>
<tr>
<th><strong>Week 2</strong></th>
<th><strong>Pizza Day</strong></th>
<th><strong>Flatbread Pizzas</strong></th>
<th><strong>Pizza Day</strong></th>
<th><strong>Stromboli</strong></th>
<th><strong>A la Minute</strong></th>
<th><strong>Made to Order Omelettes</strong></th>
<th><strong>Made to Order Omelettes</strong></th>
<th><strong>Made to Order Omelettes</strong></th>
<th><strong>Made to Order Omelettes</strong></th>
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<tbody>
<tr>
<td>Monday</td>
<td>Pesto-roasted vegetables and couscous</td>
<td>Roasted sweet potato</td>
<td>Fresh bread</td>
<td>Roasted sweet potato</td>
<td>Green beans and roasted fennel with almonds, tomato sauce, and fresh Parmesan</td>
<td>Made to Order Omelettes</td>
<td>Made to Order Omelettes</td>
<td>Made to Order Omelettes</td>
<td>Made to Order Omelettes</td>
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<tr>
<td>Tuesday</td>
<td><strong>Roasted sweet potato</strong></td>
<td>Fresh bread</td>
<td>Herb croutons</td>
<td>Garlic cheese bread</td>
<td>Grilled vegetables</td>
<td>Made to Order Omelettes</td>
<td>Made to Order Omelettes</td>
<td>Made to Order Omelettes</td>
<td>Made to Order Omelettes</td>
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<tr>
<td>Wednesday</td>
<td><strong>Fresh focaccia</strong></td>
<td><strong>Roasted sweet potato</strong></td>
<td><strong>Fresh bread</strong></td>
<td><strong>Herb croutons</strong></td>
<td><strong>Garlic bread</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
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<tr>
<td>Thursday</td>
<td><strong>Roasted sweet potato</strong></td>
<td>Fresh bread</td>
<td>Herb croutons</td>
<td>Garlic cheese bread</td>
<td><strong>Green beans and roasted fennel with almonds, tomato sauce, and fresh Parmesan</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
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<tr>
<td>Friday</td>
<td><strong>Fresh focaccia</strong></td>
<td><strong>Roasted sweet potato</strong></td>
<td><strong>Fresh bread</strong></td>
<td><strong>Herb croutons</strong></td>
<td><strong>Garlic bread</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
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<tr>
<td>Saturday</td>
<td><strong>Roasted sweet potato</strong></td>
<td>Fresh bread</td>
<td>Herb croutons</td>
<td>Garlic cheese bread</td>
<td><strong>Green beans and roasted fennel with almonds, tomato sauce, and fresh Parmesan</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
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<tr>
<td>Sunday</td>
<td><strong>Fresh focaccia</strong></td>
<td><strong>Roasted sweet potato</strong></td>
<td><strong>Fresh bread</strong></td>
<td><strong>Herb croutons</strong></td>
<td><strong>Garlic bread</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
<td><strong>Made to Order Omelettes</strong></td>
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</table>

**Monday:**
- **Spaghetti with carrots and beetroots, roasted cherry tomatoes**
- **Sautéed zucchini and bbq chicken**
- **Grilled vegetables**
- **Mexican pizza (ground beef, tomatoes, onions, tortilla chips, salsa, sour cream, cheese)**
- **Roasted eggplant with balsamic and fresh basil**
- **Roasted red pepper Alfredo penne with chicken**
- **Garlic bread and feta macaroni and cheese**
- **Spinach and feta cannelloni**
- **Fettuccine with poola sauce, chicken, bacon, sauteed mushroom, mozzarella-parmesan blend**
- **Spaghetti with burrata and roasted fennel with almonds, lemon zest, and fresh Parmesan**
- **Focaccia with roasted potatoes, avocado**
- **Caesar salad**
- **Donair pizza (donair meat, onions, tomatoes, lettuce, donair sauce)**
- **Meatlovers**
- **Penne pomodoro**
- **Steamed wild rice**

**Tuesday:**
- **Pasta primavera**
- **Chicken pesto pizza**
- **Broccoli with olive oil, garlic and chili flakes**
- **Baked pasta with spicy Italian sausage**
- **Beef ravioli**
- **Nana's classic meat sauce**
- **Bacon cheeseburger macaroni and cheese**
- **Garlic bread**
- **Fresh bread**
- **Garlic cheese bread**

**Wednesday:**
- **Roasted pork shoulder**
- **Sautéed haddock with bearnaise sauce**
- **BBQ pork ribs**
- **Cod with tomato and herb butter**
- **Roasted eggplant with balsamic and fresh basil**
- **Roasted red pepper Alfredo penne with chicken**
- **Garlic bread**
- **Focaccia with roasted potatoes, avocado**
- **Caesar salad**
- **Donair pizza (donair meat, onions, tomatoes, lettuce, donair sauce)**
- **Meatlovers**
- **Penne pomodoro**
- **Steamed wild rice**

**Thursday:**
- **Grilled vegetables**
- **Mexican pizza (ground beef, tomatoes, onions, tortilla chips, salsa, sour cream, cheese)**
- **Roasted eggplant with balsamic and fresh basil**
- **Roasted red pepper Alfredo penne with chicken**
- **Italian spicy roast pork**
- **Fresh bread**
- **Garlic bread**
- **Garlic cheese bread**

**Friday:**
- **Roasted sweet potato**
- **Baked potatoes with spicy Italian sausage**
- **Beef ravioli**
- **Nana's classic meat sauce**
- **Hawaiian**
- **Bacon cheeseburger macaroni and cheese**
- **Garlic bread**
- **Fresh bread**
- **Garlic cheese bread**

**Saturday:**
- **Spaghetti with burrata and roasted fennel with almonds, lemon zest, and fresh Parmesan**
- **Focaccia with roasted potatoes, avocado**
- **Caesar salad**
- **Donair pizza (donair meat, onions, tomatoes, lettuce, donair sauce)**
- **Meatlovers**
- **Penne pomodoro**
- **Steamed wild rice**
- **Garlic bread**
- **Fresh bread**
- **Garlic cheese bread**

**Sunday:**
- **Fresh focaccia**
- **Roasted sweet potato**
- **Fresh bread**
- **Herb croutons**
- **Garlic bread**
- **Garlic cheese bread**
- **Chocolate pizza**
- **Fresh bread**
- **Garlic cheese bread**
- **Garlic bread**

**Breakfast:**
- **Made to Order Omelettes:**
  - **Ham, sausage crumbles, Bacon, turkey bacon, Prosciutto, dijon chicken**
  - **Chorizo, turkey bacon, Bacon, dijon chicken**
  - **Ham, sausage crumbles**
  - **Cheddar, ricotta, Mozzarella, Parmesan**
  - **Cheddar, Swiss, Mozzarella, Parmesan**
  - **Cheddar, Swiss, Mozzarella, Parmesan**
  - **Mozzarella, Ricotta**
  - **Spinach, sundried tomatoes, Portobello and roasted red pepper pizza**
  - **Steamed wild rice, Kale, roasted potatoes**

**Lunch:**
- **11 a.m. to 4 p.m.**
- **PIZZA DAY**
- **FLATBREAD PIZZAS**
- **PIZZA DAY**
- **STROMBOLI**
- **A LA MINUTE**

**Dinner:**
- **4 p.m. to 11 p.m.**
- **PIZZA DAY**
- **STROMBOLI**
- **A LA MINUTE**
- **Made to Order Omelettes**

**Until 4 p.m.**
- **Made to Order Omelettes**

**Week 2:**
- **Monday:**
  - **Turnip noodle bowl with salmon**
  - **California mixed vegetables**
  - **Roasted butternut squash**
  - **Corn-on-the-cob**
  - **Spicy beef noodle bao**
  - **Steamed PEI mixed vegetables**
- **Tuesday:**
  - **Turnip noodle bowl with salmon**
  - **California mixed vegetables**
  - **Roasted butternut squash**
  - **Corn-on-the-cob**
  - **Spicy beef noodle bao**
  - **Steamed PEI mixed vegetables**
- **Wednesday:**
  - **Turnip noodle bowl with salmon**
  - **California mixed vegetables**
  - **Roasted butternut squash**
  - **Corn-on-the-cob**
  - **Spicy beef noodle bao**
  - **Steamed PEI mixed vegetables**
- **Thursday:**
  - **Turnip noodle bowl with salmon**
  - **California mixed vegetables**
  - **Roasted butternut squash**
  - **Corn-on-the-cob**
  - **Spicy beef noodle bao**
  - **Steamed PEI mixed vegetables**
- **Friday:**
  - **Turnip noodle bowl with salmon**
  - **California mixed vegetables**
  - **Roasted butternut squash**
  - **Corn-on-the-cob**
  - **Spicy beef noodle bao**
  - **Steamed PEI mixed vegetables**
- **Saturday:**
  - **Turnip noodle bowl with salmon**
  - **California mixed vegetables**
  - **Roasted butternut squash**
  - **Corn-on-the-cob**
  - **Spicy beef noodle bao**
  - **Steamed PEI mixed vegetables**
- **Sunday:**
  - **Turnip noodle bowl with salmon**
  - **California mixed vegetables**
  - **Roasted butternut squash**
  - **Corn-on-the-cob**
  - **Spicy beef noodle bao**
  - **Steamed PEI mixed vegetables**
<table>
<thead>
<tr>
<th>Lunch and Dinner 11 a.m. to 11 p.m.</th>
<th>Pierogies</th>
<th>NACHOS</th>
<th>MAC &amp; CHEESE</th>
<th>FRESH HOMEMADE PASTA</th>
<th>PERSONAL PIZZA</th>
<th>SUBWAY 4 PM to 11 PM</th>
<th>QUESADILLAS 4 PM to 11 PM</th>
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</thead>
<tbody>
<tr>
<td>Chicken (halal), sausage, bacon</td>
<td>Corn chips, ground beef (halal), ground chicken, ground tofu (vegan)</td>
<td>Ground beef (halal), bacon, chicken strips (halal), Cheese sauces (sour cream and mild yellow)</td>
<td>House-made fusilli pasta with tomato sauce (vegan), or Alfredo sauce (vegetarian), or Pesto sauce (vegetarian)</td>
<td>7” pizza, pepperoni, bacon, ham, chicken (halal)</td>
<td>Capicola, turkey breast, meatballs in marinara sauce, ham</td>
<td>Diced chicken (halal), diced steak (halal)</td>
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<tr>
<td>Mushrooms, cabbage, onions, celery, sundried tomatoes, peppers</td>
<td>Sliced peppers, jalapenos, red onions</td>
<td>Green onion, tomato, diced green pepper, broccoli, jalapenos, corn, shredded cheddar, salsa cheese, shredded mozzarella jack</td>
<td>Chicken (halal), ground beef (halal), toma (vegan)</td>
<td>Tomato sauce (vegan), Alfredo sauce (vegetarian)</td>
<td>Fresh sub buns</td>
<td>Green onion, tomato, diced green pepper, broccoli, jalapenos, corn, lettuce, cheese, black beans</td>
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<td>Hot sauce, sour cream, chives</td>
<td>Salsa, sour cream, guacamole, shredded cheddar, lettuce</td>
<td>Elbow macaroni, mini-shells, panko Topping sauce: buffalo sauce, RR sauce, Ranch</td>
<td>Mushrooms, onions, garlic, peppers, chili flakes, parmesan</td>
<td>Mushrooms, onions, peppers, mozzarella cheese</td>
<td>Lettuce, tomato, green pepper, green onion, jalapenos, red onion, salsa, cheddar, ranch, mozzarella dressing</td>
<td>Salsa verde, salsa roja, sour cream, choice of hot sauce</td>
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<tr>
<td>Available Upon Request</td>
<td>Veggie</td>
<td>Gluten-free pasta</td>
<td>Gluten-free pasta + Veggie shredded cheese</td>
<td>Gluten-free pizza crust + Veggie shredded cheese</td>
<td>Sliced vegan cheddar cheese</td>
<td>Vegan shredded cheese</td>
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**Week 2**

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday Brunch</th>
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**Vegetarian**

**Vegan**

**Halal**

**MSC**