

Week 3		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
		Croissant breakfast sandwich with ham and Swiss cheese	Warm cheese croissant	Breakfast burrito	uOttawa Griddle (French toast sandwich with egg and cheese)	Warm cheese croissant	Bacon, egg, lettuce, tomato on bagel sandwich	Breakfast burrito
		Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs	Scrambled eggs
		FRENCH TOAST BAR	OVERNIGHT OATMEAL BAR (in bowls - at the dessert station)	PANCAKE BAR	CREPE BAR	FRENCH TOAST BAR	WAFFLE BAR	CHIA SEED PUDDING (in bowls - at the dessert station)
		Maple syrup, chocolate sauce, whipped cream Chocolate chips, butterscotch chips, mixed berries, sweet dark cherries, apple cinnamon pie filling, toasted coconut	Various toppings: diced kiwi, granola, sunflower seeds, blueberries, toasted coconut, dried cranberries	Maple syrup, chocolate sauce, whipped cream Chocolate chips, strawberries, mango, strawberry rhubarb pie filling, toasted coconut, sprinkles	Maple syrup, chocolate sauce, whipped cream Chocolate chips, butterscotch chips, blueberries, peaches, blueberry pie filling, toasted coconut	Maple syrup, chocolate sauce, whipped cream Chocolate chips, mango, strawberries, pumpkin pie filling, toasted coconut, sprinkles	Maple syrup, chocolate sauce, whipped cream Chocolate chips, butterscotch chips, blueberries, strawberries, apple cinnamon pie filling, toasted coconut	Various toppings: diced kiwi, granola, sunflower seeds, blueberries, toasted coconut, dried cranberries
	Protein	Ham and chicken tarragon sausage (Halal)	Sausage patty	Ham and turkey cranberry sausage (Halal)	Bacon and breakfast sausage	Maple ham, turkey pear Brie sausage (Halal)	Sausage patty and turkey cranberry sausage (Halal)	Ham and breakfast sausage
	Starch	Pompom potatoes	Triangle potatoes	Breakfast hash	Savoury diced potatoes	Pompom potatoes	Triangle potatoes	Breakfast hash
	Others	Berry Foccacia		Tofu Scramble		Breakfast Fried Rice		
		Oatmeal Bar and vegan baked beans	Oatmeal Bar and vegan baked beans	Oatmeal Bar and vegan baked beans	Oatmeal Bar and vegan baked beans	Oatmeal Bar and vegan baked beans	Oatmeal Bar and vegan baked beans	Oatmeal Bar and vegan baked beans
	Fresh Fruits	Honeydew melon	Orange wedges	Pineapple	Cantaloupe melon	Seasonal fruit SEPT TO READING WEEK, THEN orange wedges	Pineapple	Grapefruit wedges
Lunch 11 a.m. to 4 p.m.						BUILT YOUR OWN BURGER	Saturday Brunch	Sunday Brunch
		Carrot and raisin salad, creamy pasta salad				Assorted burger buns: Hamburger brioche, sesame hamburger bun, pretzel bun, slider bun	Eggs made-to-order and scrambled eggs	Eggs made-to-order and scrambled eggs
	Vegetables/ Salads	Seasonal vegetables	Glazed carrots	PEI mixed vegetables	Crudit� platter, baby carrots, broccoli, celery sticks, cauliflower	Tomato slices, pickles, hot peppers, red onion, lettuce, Swiss, Cheddar, saut�ed mushroom	Bacon, egg, lettuce, tomato on bagel sandwich	Eggs Benedict (spinach (vegetarian), ham)
	Protein	Shepherd's pie	Grilled tilapia	Grilled cheese	Deep-fried chicken wings	Chicken (halal), beef (halal), veggie (vegetarian), or fish (MSC) burger	Sausage rounds, chicken tarragon sausage (halal)	Grilled ham and turkey sausage
	Starch	Vegan sweet potato Shepherd's pie	Brown rice pilaf	Onion rings (vegetarian), sweet potato fries (vegan)	Sweet potato fries	Fresh-cut fries	Savoury diced potatoes	Pompom potatoes
	Condiment	Dinner roll (vegetarian), gravy (vegan)	Lemon wedges, crudit�s	Veggie sticks (vegan) and potato salad (vegetarian)	Choice of 4 dipping sauces	Choice of 2 specialty sauces	Savoury breakfast pastries (Bistro)	French-Canadian Baked Beans
Dinner 4 p.m. to 11 p.m.	Vegetables/ Salads					FAJITA FIESTA	PUB NIGHT	
		Saut�ed mushrooms, roasted broccoli	Assorted fresh vegetables	Bacon, green onion, diced tomato, Cheddar cheese	Root vegetable fries	Saut�ed seasoned red and green peppers, red onions, and mushrooms	pasta salad potato salad	Peas and carrots
	Protein	Montreal-spice top sirloin	Classic Montreal smoked meat sandwich	All beef stadium dogs, tofu dogs (vegan)	Chili-lime tilapia with cilantro	Fajita chicken (halal), beef, and tofu (vegan)	Chicken tenders	Hot chicken sandwich
	Starch	Roasted red potatoes	Curly fries	Fresh-cut fries	Red quinoa pilaf	Assorted 6" flour tortillas (vegan), Mexican rice and beans (vegetarian)	onion rings, root vegetable fries, zucchini sticks	Sweet potato fries
	Condiment	Peppercorn gravy (vegan), B�arnaise sauce (vegetarian)	Coleslaw, potato salad, dill pickles (vegan)	Bacon, green onion, diced tomato, Cheddar cheese, beef chili, jalapeno, sliced green olives	Arugula salad with lemon-garlic vinaigrette	Salsa, sour cream, guacamole, shredded Cheddar, lettuce	plum sauce, bbq sauce, sweet n sour, hot sauce.	Coleslaw

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World Flavours									
Lunch 11 a.m. to 4 p.m.		Roasted Power Bowl			Brisket bowl		BUILD YOUR OWN TACO		
	Vegetables/ Salads	Tri-coloured quinoa, Roasted sweet potato, brussel sprouts, beets, carrots, cherry tomatoes, Roasted chickpeas, roasted almonds, hard-boiled egg, arugula, tahini dressing	Asian greens vegetable stir fry	Vegetable guy ding	Beef brisket, rice, roasted corn, avocado, tomato, black beans, red onion, chive, chipotle sour cream, lime wedge	Roasted tomatoes, roasted eggplant	Soft flour tortillas, hard corn tortillas	Curried squash	
	Protein		Sweet and sour chicken	General Tao chicken (halal) General Tao tofu (vegan)		Assorted merguez sausages (lamb, beef)	Ground beef (halal), ground chicken (galal), Chili-lime tilapia (MSC), vegan ground (vegan)	Chicken Korma	
	Starch		Shrimp fried rice	Vegetable fried rice		Israeli couscous with raisins	Refried beans (vegetarian), Spanish rice (vegan)	Basmati rice	
	Condiment		Sesame seeds (vegan), green onion (vegan), assorted fried dumplings	Assorted fried dumplings, sweet Thai chili sauce		Parsley and green onions	Salsa, sour cream, guacamole, shredded Cheddar, lettuce	Samosas (vegetarian), naan, chutney	
Dinner 4 p.m. to 11 p.m.			Vegetarian Harvest Grain Bowl	Fish Taco Bowl (2)	SHAWARMA DAY				
	Vegetables/ Salads	Stir-fried Chinese broccoli (guy lan)	Red quinoa, Chickpeas, Black beans, Edamame, Arugula, spinach, tomatoes, apple, sweet potato, raisins, pumpkin seeds, cottage cheese, Dressing	Mexican rice, Breaded fish krunchies, Red and green cabbage, jalapeno, cilantro, queso fresco cheese, pico de gallo, corn-on-the-cob, cherry tomatoes, pickled red onion, avocado, lime wedges, hot sauces	Pita bread	Green beans, yellow string beans	Braised cabbage, steamed carrots	Vegetable korma	
	Protein	Sesame ginger beef (halal), sesame ginger shrimp with green beans		Mexican Rice, Baked Chili Lime Tilapia, Red and green cabbage, jalapeno, cilantro, queso fresco cheese, pico de gallo, corn-on-the-cob, cherry tomatoes, pickled red onion, avocado, lime wedges, hot sauces	Beef (halal) and chicken (halal) shawarma, Falafel (vegan)	Beef Jamaican patty, Vegetarian Jamaican Patty	Corned beef	Red curry chicken with green beans	
	Starch	Vegetable fried Udon noodles			Middle Eastern rice and potatoes (vegan)	Jamaican rice and beans	Roasted potatoes	Brown basmati rice	
	Condiment	Sesame seeds, green onion,		Flour tortillas on the side	Hummus, garlic sauce, tahini sauce, pickled turnips, pickles, shredded lettuce, sliced tomatoes, sliced cucumbers, hot peppers	Hot sauce	Fresh rolls	Samosas (vegetarian), roti, chutney	

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PURE								
Lunch 11 a.m. to 4 p.m.		korean bibimbap bowl		Moroccan Day		BYO taco salad bowl	vegan falafel bowl - assembled	
	Entrée 1	bibimbap	tofu mushroom burgionion	Vegan meatballs in tomato sauce with olives	White Rice	vegan ground taco meat	quinoa, kale, pickles, pickled turnip, avocado, shredded carrot, hopt pepper, falafel, hummus, red onion tahini.	root vegetable stew
	Entrée 2	wonton soup	wild rice	Vegetable tagine	Chinese aubergine	mexican chickenless tenders		creamy polenta
	Entrée 3	congee	galzed brussel sprout		Buddhas delight (Tempeh, mushroom, baby corn, broccoli) stir fried	rice and refried beans		roasted potatoes
	Starch	oranged glazed tofu	fresh dinner roll	Parsley-and-cumin roasted potatoes	Gyozas	vegan ranch		
	Sides	stirfried vegetable	chopped salad, roasted carrot salad with green goddess dressing	Moroccan couscous salad	Asian rice noodle salad	Salsa, guacamole, corn, black beans, spicy vegan mayo, pickled jalapenos, cheddar cheese		chopped chefs salad
	Condiment				plum sauce, sweet and sour sauce	Green onion		Diced tomatoes with balsamic
Dinner 4 p.m. to 11 p.m.		Pub Night						
	Entrée 1	Cauliflower Buffalo bites	vegan spaghetti pesto alfredo	bbq veggie meatballs	Spaghetti Marinara with (meat)balls	kung poa tofu	vegan hassleback potato bar	vegan meatball strogonoff
	Entrée 2	BBQ pulled jackfruit sliders	Vegan Stuffed peppers	corn on the cobb	Crimini mushroom risotto	pineapple and tofu fried rice	vegan chili	fettucine (with drizzle of canola oil)
	Entrée 3	Gravy, fries, cheese	grilled italian veg	roasted parsnip	garlic bread	vegetable guy ding	wild rice	mixed green and yellow beans
	Starch			mashed sweet potato		veggie eggrolls	Sauteed peppers and onions	fresh bread roll
	Sides	Spring rolls	olive tomato red onion salad		caesar salad		vegan sour cream, sliced green onion, sliced jalapeno, vegan cheese, vegan bacon bits, hot sauce	
	Condiment	Hot sauce, sweet and sour sauce, plum sauce						
Week 3		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday Brunch
Mind Body Soul								
Lunch 11 a.m. to 4 p.m.						CARVING STATION		
	Vegetables/ Salads	Steamed green beans, yellow beans	Collard greens	Braised curried green cabbage	Roasted butternut squash	Steamed broccoli and cauliflower	Green beans almondine	Roasted acorn squash
	Protein	Chicken à la Française (contains wine)	Fried chicken	Green Thai curry mussels	BBQ roasted chicken	Whole roasted turkey	Pan-seared basa	Tortilla-crusted tilapia
	Starch	Steamed brown rice	Cheese grits	Brown rice pilaf	Vegetable quinoa	Mashed potatoes	Garlic brown rice	Wild rice
	Condiment/Sides	Fresh parsley	Cornbread			Stuffing (vegetarian), cranberry sauce (vegan), turkey gravy	Lemon wedges	

Dinner 4 p.m. to 11 p.m.							Carving station	
	Vegetables/ Salads	Green beans, carrots with tops	Braised kale	California mixed vegetables	Garlic green beans	Steamed asparagus	Steamed PEI vegetables	Sautéed kale and brussel sprouts
	Protein	Cabbage roll	Searred fresh salmon fillet	BBQ smoked whole chicken legs	Boneless pork loin chops	Grilled haddock	Virginia baked ham	Honey-glazed roast pork with apples
	Starch	Roasted potatoes	Quinoa	Roasted potato	Rosemary roasted baby red potatoes	Barley risotto with fennel and olives	Sweet potato pie	Mashed potatoes
	Condiment	Fresh bread	Lemon wedges		BBQ sauce	Lemon wedges	Applesauce	
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Trattoria								
Lunch 11 a.m. to 4 p.m.		FLATBREAD PIZZAS						
		Meatball, roasted red pepper, kalamata olive, ricotta pizza	baked italian tomatoes	Classic meat lasagna	Pesto-roasted vegetables	Grilled vegetables, zucchini, squash, mixed peppers	Chicken parmesan sandwich (halal), eggplant parmesan sandwich (vegetarian)	Sautéed Italian kale
		Shrimp pesto pizza	Italian baked chicken meatballs in pomodoro sauce on whole wheat penne	Lasagna verde (pesto, chicken, spinach, ricotta)	Chicken fettuccine Alfredo	Shrimp scampi, seafood marinara on whole wheat pasta (contains wine)	Whole wheat penne pomodoro	Bam-Bam shrimp pasta
		Grilled veggie pizza	pesto rotini with kalamata olives and roasted fennel	Roasted vegetable lasagna	Fettuccine with sundried Alfredo, grape tomatoes, and fresh basil	Caesar salad		Baked tortellini primavera
		2-3 dipping sauces (ranch, marinara, garlic)	Garlic cheese bread	Bread sticks	Garlic bread	Baked focaccia	Fresh-baked Italian roll	Baked focaccia
Dinner 4 p.m. to 11 p.m.								
		Steamed California vegetables	Steamed broccoli	roasted red pepper alfredo pasta	Classic macaroni and cheese	Grilled vegetables: zucchini, squash, mixed peppers	Steamed baby carrots	Roasted seasonal vegetables
		baked seafood pasta	Italian-style roasted pork shoulder	macaroni a la viande	South-West macaroni and cheese	Beef ravioli	Kamut spaghetti rosso with clams	Sunday gravy (beef & pork)
		Whole wheat penne pomodoro	Wild mushroom barley risotto (contains wine)	roasted seasonal vegetable	Buffalo chicken macaroni and cheese	Cheese tortellini	Buffalo chicken cheesy penne	Bowtie pasta
		Garlic bread	Garlic bread	Baked focaccia	Fresh bread	Garlic bread	Bread sticks	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
		Bacon, turkey bacon	Chorizo, diced chicken	Ham, sausage crumbles	Bacon, diced chicken	Ham, turkey bacon	Prosciutto, sausage crumbles	Bacon, turkey bacon
		Cheddar, Parmesan	Mozzarella, Swiss	Cheddar, feta	Mozzarella, Parmesan	Mozzarella, Swiss	Ham, feta	Cheddar, 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
		Zucchini, red onion	Bell peppers, avocado	Arugula, roasted red peppers	Kale, artichokes	Green onions, zucchini	Arugula, bell peppers	Kale, roasted red peppers
Lunch and Dinner 11 a.m. to 11 p.m.		BURRITO BOWLS	MAC N' CHEESE	BURGERS	ULTIMATE SALADS	Pierogies	PERSONAL PIZZA 4 PM to 11 PM	NACHOS 4 PM to 11 PM
		Chicken (halal), steak (halal), rice and beans (vegetarian)	Ground beef (Halal), bacon, chicken strips (Halal) Cheese sauces (sharp (white) and mild (yellow))	Beef burger (Halal), chicken burger (Halal), veggie burger (vegan)	grilled chicken (halal), marinated steak (halal), taco beef (halal)	Chicken (halal), sausage, bacon	7" pizza: pepperon, bacon, ham, chicken (halal)	Corn chips, ground beef (halal), ground chicken, ground tofu (vegan)
		Cilantro, red onion, diced jalapeno, diced tomato, corn, lettuce, cheese, black beans	Green onion, tomato, diced green pepper, broccoli, jalapeno, corn, shredded cheddar, swiss cheese, shredded monterey jack	crispy onions, avocado, caramelized mushroom, caramelized onion, butter leaf lettuce, sliced tomato, red onion, pickle, hot pepper, swiss cheese, aged cheddar, sliced cheese, bacon, smoked meat, pulled pork,	quinoa, brown rice, shredded carrot, radicchio, braised mushrooms, fresh apple, cottage cheese, shredded cheddar, cherry tomato, kalamata olive, hardboiled egg, red onion	Mushrooms, cabbage, onions, celery, sundried tomatoes, peppers	Tomato sauce (vegan), alfredo sauce (vegetarian)	Sliced peppers, jalapenos, red onions
		Salsa verde, salsa roja, sour cream, choice of hot sauce	Elbow macaroni, mini shells, panko Topping sauces: Buffalo sauce, BBQ sauce, Ranch	assorted buns, bbq sauce, thousand island dressing, secret sauce,	greek dredding, ranch, house vinagrette, salad topper (seeds, nuts, dried fruit) homemade croutons,	Hot sauce, sour cream, chives	Mushrooms, onion, peppers, mozzarella cheese	Salsa, sour cream, guacamole, shredded cheddar, lettuce
	Available Upon Request	Vegan shredded cheese	Gluten-free pasta	Sliced vegan cheddar cheese	Sliced vegan cheddar cheese		Gluten-free pizza crust + Vegan shredded cheese	Vegan shredded cheese
Week 3		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

	Vegetarian
	Vegan
	MSC
	Halal