

## RESIDENCE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
French Toast Potatoes,Diced,Savoury Oatmeal Gluten-free Oatmeal Bacon,Slices, Eggs,Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Cheese	Pancakes, Buttermilk, Chocolate Chip Potatoes,Pom Poms Oatmeal Gluten-free Oatmeal Breakfast Sausage Eggs,Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with peppers	Waffles Potatoes,Wedge,Seasoned Oatmeal Gluten-free Oatmeal Breakfast Ham,Grilled Eggs,Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Mushrooms	English Muffin, Egg & Cheese Hash Brown Oatmeal Gluten-free Oatmeal Bacon Eggs,Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Ham	Pancakes Potatoes,Diced,Savoury Oatmeal Gluten-free Oatmeal Breakfast Sausage, Link Eggs,Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Chives	Waffles Potatoes,Pom Poms Oatmeal Gluten-free Oatmeal Breakfast Ham,Grilled Eggs,Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Spinach	French Toast Potatoes,Wedge,Seasoned Oatmeal Gluten-free Oatmeal Bacon Eggs,Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Bacon
LUNCH						
	Egg Rolls		Samosas			
Cranberry Turkey Burger	Chicken Fried Basmati Rice	Ball Park Hot Dog	Hamburger	Haddock, Fried, Battered	<u>Hamburger</u>	<u>Sub, Beef &amp; Cheddar Melt</u>
Black Bean Burger	Tofu Fried Rice	Veggie Dog on a Bun	Veggie Burger	Greek Falafel Pita	<u>Veggie Burger</u>	<u>Panini, Mozzarella Pesto</u>
<u>Sub, Italian Cold Cut</u>	<u>Ciabatta, Turkey &amp; Ham Club</u>	<u>Wrap, Chickpea Pesto, Whole Wheat</u>	<u>Southwest Tofu Scramble Burrito</u>	<u>Sandwich, Tuna Salad, White</u>	<u>Baguette, Turkey Provolone</u>	<u>Lentil Barbacoa Taco</u>
Curry Chicken Fried Rice	Salisbury Steak Side, Potato, Scalloped	Honey Garlic Roasted Chicken Buffalo Cauliflower Mac & Cheese	Salmon, Roasted, Maple Glazed Wild Rice	Meatloaf, Turkey, Thai Wasabi Mashed Potatoes	Teriyaki Chicken Stir Fry Brown Rice	Country Meat Loaf Pergies with Sautéed Onions & Garlic Butter
Chili Garlic Stir Fry	Oven Roasted Vegetables	Fresh Steamed Rapini	Sauteed Vegetable Medley	Baby Spinach Sautéed with Garlic & Lemon	Sauteed Bok Choy	Broccoli
Tofu Fried Rice	Veggie Shepherd's Pie	Tofu Cacciatore	General Tso's Tofu	Teriyaki Tofu Stir Fry	Eggplant Curry	Mushroom Lentil Loaf
DINNER						
				Vietnamese Hoisin Chicken Stir Fry	Dumplings	
Stir Fry with Chow mein noodles	Pulled Pork on Kaiser	Poutine	Chicken Souvlaki Pita	Pad Thai Chicken	Fried Rice	Quesadillas
Baked BBQ Chicken Rosemary Roasted Potatoes Honey Roasted Parsnips & Carrots	Lentil "Pulled Pork" Sandwich Butter Chicken Jasmine Rice Cauliflower, Fresh Garlic & Cumin	Carved Roast Loin of Pork Garlic Red Skin Mashed Potatoes Corn on the Cob, grilled	Greek Falafel Pita Beef Chili Potatoes, Russet, Baked Asparagus	Pad Thai Tofu Pork Chops, Grilled Cajun Potatoes, Rosemary, Roasted, Wedge Sautéed Garden Vegetables	Masala Beef Basmati Rice Pilaf with Chickpeas Acorn Squash	Baked Tortellini w/ Tomato & Basil Warm Garlic Bread Broccoli, Fresh
Sweet & Sour Harvest Lentils	Lentil Spinach Masala	Tri-colour Bean Ragout	Seven Bean Vegan Chili	Vegan Paella	Potato & Pea Curry	Vegan GF Baked Penne w/ Swiss Chard
	Grilled Naan Bread	Beef Chili		Grilled Latin Chicken		
ALL DAY						
Chicken Noodle Soup Minestrone Bean Soup Marinated Vegetable	Vegetable Beef & Barley Soup Butternut Squash Soup Salad, Kale Quinoa w/ Sweet Potato	Chicken & Brown Rice Soup Vegetable Soup Roasted Red Beet Salad	Bacon & Potato Chowder Tomato Basil Soup Spinach, Corn & Quinoa Salad	Mushroom Cream Soup Mulligatawny Soup Jalapeno Coleslaw	Cauliflower Cheddar Soup Curried Pumpkin Soup Black Bean & Corn	Moroccan Chickpea Soup Vegetable Soup Citrus Beet Salad
Fattoush Salad Pepperoni Pizza Classic Mushroom Pizza Deluxe Pizza	Creamy Potato Salad Cheese Pizza Margherita Pizza BBQ Chicken Pizza	Tri-Coloured Fusilli Pasta Pepperoni Pizza Garden Vegetable Pizza Ham, Spinach & Feta Pizza	Apple Cranberry Couscous Cheese Pizza Spinach & Ricotta Pizza Buffalo Chicken Pizza	Asian Fusion Salad Pepperoni Pizza Pizza, Spinach, Olive, Goat Cheese Chicken and Broccoli Pizza	Fiesta Mix Salad Cheese Pizza Mediterranean Pizza Hawaiian Pizza	Cajun Corn Salad Pepperoni Pizza Sweet Potato Pizza & Caramelized Onions Meat Lovers Pizza
Pesto	Pesto	Pesto	Sauce Rose	MTO Sauce Rose	Sauce Rose	Pesto Alfredo Sauce
Blondie Bars, Pumpkin Spice	Cresp, Peach	Loaf, Chocolate Chip Banana	Lemon Coconut Square	Cake, Chocolate Beet	Pie, Chocolate Cream	Traditional Sugar Pie
Cupcake, Pineapple Upside Down	Carrot Cake	Tiramisu	Brownie	Oreo Rice Krispie Squares	Lemon Raspberry Cake	Banana Slab Cake
Express Cherry Cheesecake Parfait <i>*Available at The Buzz only</i>	Instant Pudding, Chocolate	Lemon Pudding	Express Salted Caramel Cheesecake Parfait	Watermelon & Honeydew	Coconut Cream Pudding	Sticky Toffee Pudding