

WINTER RESIDENCE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Waffles Potatoes, Wedge, Seasoned Oatmeal Gluten-free Oatmeal Breakfast Ham, Grilled Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Cheese	Bagel, Egg & Cheese Potatoes, Hash Brown, Patty Oatmeal Gluten-free Oatmeal Bacon, Slices, Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with peppers	Pancakes, Blueberry Potatoes, Diced, Savoury - Batch Oatmeal Gluten-free Oatmeal Breakfast Sausage Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Mushrooms	Waffles (AP Mix) Potatoes, Diced, Pom Poms Oatmeal Gluten-free Oatmeal Breakfast Ham, Grilled Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Ham	French Toast Potatoes, Wedge, Seasoned Oatmeal Gluten-free Oatmeal Bacon, Slices, Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Chives	Pancakes, Chocolate Chip Potatoes, Hash Brown, Patty Oatmeal Gluten-free Oatmeal Breakfast Sausage, Link Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Spinach	Waffles Potatoes, Diced, Savoury - Batch Oatmeal Gluten-free Oatmeal Breakfast Ham, Grilled Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Bacon
LUNCH						
Shrimp Po Boy Cajun Tofu Po Boy	Stir Fry	Wrap, Chicken, Shawarma Wrap, Chickpea, Shawarma	Hamburger Veggie Burger	Hot Dog, Sausage, Italian, Sautéed Onions ConU Veggie Dog on a Bun	<u>Crispy Chicken Burger</u> <u>BBQ Tofu Burger</u>	<u>Pad Thai Chicken</u> <u>Pad Thai Tofu</u>
<u>English Muffin, Mexicali</u>	<u>Wrap, Hummus, Cucumber & Tomato on Whole Wheat</u>	<u>Taco, Fish with Corn, Black Bean & Edamame Salsa</u>	<u>Baguette, Chicken Salad</u>	<u>Wrap, BBQ Tofu w/ Slaw, Whole Wheat</u>	<u>Ciabatta, Turkey & Ham Club</u>	<u>Sub, B.L.T.</u>
Beef & Broccoli Stir Fry Brown Rice Sautéed Bok Choy Sweet & Sour Tofu Stir Fry	Honey Garlic Chicken Stir Fry Rice, Jasmine Fresh Green Beans Middle Eastern Chickpeas & Spinach	Beef Chili Potatoes, Russet, Baked Maple Roasted Vegetables Tofu and Eggplant Stew	Lemon Thyme Roasted Turkey Breast Potatoes, Oven Roasted, Cajun, Red Skin Roasted Balsamic Brussel Sprouts Quinoa, Kale & Lentil Stew Herb Roasted Chicken	Beef Pot Pies Vegetable Fried Rice Broccoli, General Tso's Tofu	Traditional Beef Stew Potatoes, Mashed, Garlic Sautéed Vegetables Chickpea Coconut Curry	Shepherds Pie Squash, Roasted Asparagus, Grilled Veggie Shepherd's Pie (190 Cals)
DINNER						
Quesadillas Baked Jerk Chicken Caribbean Red Beans with Coconut Rice Cauliflower Quinoa Stuffed Peppers	Philly Cheese Steak Kaiser BBQ Tofu Burger Hoisin & Sriracha Baked Basa Vegetable Fried Basmati Rice Broccoli Kung Pao Tofu	Dumplings Beef Fried Rice Vegan Fried Rice Carved Brown Sugar Pineapple Ham Yukon Mashed Potatoes Sautéed Baby Spinach with Garlic & lemons Seven Bean Vegan Chili	Chicken Fajitas Burrito, Black beeb Fajita Maple Glazed Salmon Wild Rice Sautéed Green Beans & Cherry Tomatoes Roasted Spaghetti Squash Chow Mein with Tofu	Pasta Pork Chops, Grilled, Cajun Scalloped Potatoes Roasted Carrots Butternut & Black Bean Chili Country Meat Loaf	Stir Fry with Chow mein noodles Chicken A la King Vol Au Vent Cooked Peas Chilean Stew	Chicken, Thigh, Baked, Smoked Paprika ConU Black Bean Burger Teriyaki Beef Stir Fry Vegan Fried Rice Broccoli Korean BBQ Tofu
ALL DAY						
Chicken Noodle Soup Hearty Bean Soup Garden Pesto Salad Marinated Vegetable Pepperoni Pizza Garden Vegetable Pizza BBQ Chicken Pizza Mushroom Cream Sauce Cake, Chocolate Ganache Oatmeal Cookies	Beef & Vegetable Soup Roasted Vegetable Soup Gazpacho Salad Chickpea & Feta Cheese Pizza Garden Vegetable Pizza Deluxe Pizza Gigi Sauce Apple Square Brownie, Cream Cheese	Broccoli Cheddar Soup Minestrone Bean Soup Gazpacho Salad Canadian Bean & Bell Pepper Salad Pepperoni Pizza Mediterranean Pizza Ham, Spinach & Feta Pizza Gigi Sauce Cookie, Chocolate Peppermint Crinkle Cake, Cheesecake, Pumpkin	Chicken & Brown Rice Soup Soup, Cauliflower, Potato, No Gluten Broccoli Penne Pasta Citrus Beet Salad Cheese Pizza Classic Mushroom Pizza Buffalo Chicken Pizza Gigi Sauce Blondie, Bars Tiramisu	Seafood Chowder Tomato Basil Soup Creamy Potato Salad Vinaigrette Coleslaw Pepperoni Pizza Margherita Pizza Canadian Mushroom, Bacon & Pepperoni Pizza Pesto Date Cake Salted Caramel Brownie	Chicken Noodle Soup Chickpea Moroccan Soup Black Bean & Corn Jalapeno Coleslaw Cheese Pizza Pepperoni Pizza Hawaiian Pizza Pesto Tart, Two Bite, Raspberry Chocolate Advantageous Cake	Cream of Tomato Soup Mediterranean Kale Minestrone Soup Quinoa Salad w/ Cucumber & Tomato Cajun Corn Salad Pepperoni Pizza Meat Lover's Pizza Cheese Pizza Pesto Pie, Chocolate Cream Lemon Raspberry Cake
LEGEND Available at The Buzz Only Vegan Dessert Available at Grey Nun's only						