

RESIDENCE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Pancakes, Blueberry Hash Brown, Oatmeal Gluten-free Oatmeal Breakfast Sausage Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Cheese	Waffles Potatoes, Diced, Savoury Oatmeal Gluten-free Oatmeal Breakfast Ham, Grilled Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with peppers	English Muffin, Egg, Cheese & Turkey Potatoes, Pom Poms Oatmeal Gluten-free Oatmeal Bacon Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Mushrooms	Pancakes, Chocolate Chip Potatoes, Wedge Oatmeal Gluten-free Oatmeal Breakfast Sausage Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Ham	Waffles Hash Brown Oatmeal Gluten-free Oatmeal Breakfast Ham, Grilled Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Chives	French Toast Potatoes, Diced, Savoury Oatmeal Gluten-free Oatmeal Bacon Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Spinach	Pancakes, Buttermilk, Blueberry Potatoes, Pom Poms Oatmeal Gluten-free Oatmeal Breakfast Sausage Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Bacon
LUNCH						
Dumplings						
Veal Parmesan Sandwich	Chicken Fried Basmati Rice	Sub, Meatball Melt	Crispy Chicken Burger	Sloppy Joe	<u>Hamburger</u>	<u>Tacos</u>
Eggplant Parmesan Sandwich	Tofu Fried Rice	Wrap, Buffalo Tempeh, Whole Wheat	BBQ Tofu Burger	Sloppy Joe	<u>Veggie Burger</u>	
<u>Burrito, Breakfast, Bacon, Egg & Cheese</u>	<u>Taco, Fish with Corn, Black Bean & Edamame Salsa</u>	<u>Sub, Vegetarian w/ Cheese</u>	<u>Baguette, Turkey, Cranberry</u>	<u>Wrap, Artisan, Vegetable</u>	<u>Baguette, Reuben</u>	<u>Grilled Ham & Cheddar on White</u>
Smoked Paprika Chicken Thigh Mexican White Rice Corn on the Cob, Grilled Lentil Shepherd's Pie Smoked Paprika Chicken Thigh	Beef Lasagna Fresh Steamed Rapini Vegan Lasagna	Herb Roasted Chicken Quinoa w/ Beans & Vegetables Oven Roasted Vegetables Chickpea Tagine	Homestyle Chicken Pot Pie Brown Rice Zucchini, Green & Yellow Sauté Marrakesh Vegan Stew	Kale Pesto Sole Zucchini Rice Casserole Italian Vegetable Mix Butternut & Black Bean Chili	Beef Vindaloo Jasmine Rice Broccoli Cauliflower & Red Lentil Curry	Cheese Canneloni Potatoes, Sweet, Roasted, Wedge Vegetable Medley Cabbage Roll-Style Casserole Baked Penne w/ Chicken, Mushrooms, & Spinach
DINNER						
Egg Rolls						
Perogies	Hot Dog, Sausage, Italian, Sautéed Onions	Taco, grilled chicken res	Sandwich, Grilled, Reuben	Soba Noodle Stir Fry	Poutine	Breaded Fish Burger
Tacos	Veggie Dog on a Bun	Taco, soft, black bean	Sandwich, Tempeh Maple Glazed			Veggie Malibu Burger
Roast Beef Garlic Smashed Potatoes Green beans Sautéed Edamame, Corn & Black Beans chicken, herb, garlic, orange, baked	Coconut Curry Basa Basmati Rice Curried Carrots Coconut Tofu with Sweet Chili Sauce	Thai Sweet & Spicy Pork Stir Fry RES Seven Grain Rice Grilled Vegetables Lentil Stuffed Peppers Thai Sweet & Spicy Beef Stir Fry	Thai Turkey Meatloaf Potatoes, Mashed, Garlic Grilled Vegetables Spaghetti Squash Chow Mein w/ Tofu Baked BBQ Chicken 9 Cut	Cranberry Glazed Roasted Pork Loin Potatoes, Oven Roasted Brussel Sprouts, Fresh Cuban Black Bean Stew Baked Jerk Chicken	Chicken Cacciatore Tomato Rice Garlic Roasted Green Beans & Mushrooms Falafel	Salisbury Steak Garlic Mashed Potatoes Fresh Green Beans Veggie Shepherd's Pie
ALL DAY						
Chicken & Brown Rice Soup Split Green Pea Soup Garden Pesto Salad Marinated Vegetable Cheese Pizza Teriyaki Chicken Pizza Garden Vegetable Pizza Pesto Alfredo Sauce Berry Oat Bars Cake, Strawberry Shortcake w/ Buttercream Frosting Express Oreo Cheesecake Parfait <u>*Available at The Buzz only</u>	ConU Cream of Broccoli Soup Vegetable Soup Jerk Sweet Potato Salad Canadian Bean & Bell Pepper Salad Pepperoni Pizza Margherita Pizza Mediterranean Pesto Pizza Pesto Alfredo Sauce Marble Cake with Chocolate Frosting Melasses Cookies Instant Pudding, Butterscotch	Vegetable Beef & Barley Soup Minestrone Bean Soup Spinach, Corn & Quinoa Salad Kachumber Cheese Pizza Pizza, Spicy Sausage Bruschetta Pizza Vegetable Pasta Sauce Cookie, Snickerdoodle, Banana Brownie, Cream Cheese Vanilla Pudding	Chicken Chili Soup Sweet Potato & Leek Soup Broccoli Penne Pasta Asian Fusion Salad Pepperoni Pizza Classic Mushroom Pizza 16" RES Bacon, Caramelized Onion and Goat Cheese Pizza Vegetable Pasta Sauce Apple Crumble Squares Cake, Chocolate Zucchini Express Cherry Cheesecake Parfait	Seafood Chowder Moroccan Chickpea Soup Feta & Vegetable Orzo Salad Asian Kale Salad Cheese Pizza Pizza, Spinach, Olive, Goat Cheese Pizza, Chicken, Cordon Bleu Vegetable Pasta Sauce Tart, Lemon Meringue ConU Melasses Cupcakes Honeydew & Pineapple	Broccoli Cheddar Soup Roasted Vegetable Soup Creamy Potato Salad Gazpacho Salad Pepperoni Pizza Pizza, Mushroom & Caramelized Onion Mediterranean Pizza Mushroom Cream Sauce Pie, Strawberry Rhubarb Vanilla Advantageous cake Chocolate Instant Pudding	Chicken & Corn Chowder Tomato Basil Soup Feta Tomato Quinoa Salad ConU Marinated Tofu Salad Cheese Pizza Sweet Potato Pizza & Caramelized Onions Meat Lovers Pizza Mushroom Cream Sauce Tart, Lemon Pre-sliced brownies Instant Pudding, Butterscotch