

RESIDENCE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Sandwich, Breakfast, Grilled Cheese w/ Bacon Potatoes, Pom Poms Oatmeal Gluten-free Oatmeal Bacon Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Cheese	Pancakes Potatoes, Wedge, Seasoned Oatmeal Gluten-free Oatmeal Breakfast Sausage, Link Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with peppers	Waffles Potatoes, Hash Brown, Patty Oatmeal Gluten-free Oatmeal Breakfast Ham, Grilled Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Mushrooms	French Toast Potatoes, Diced, Savoury Oatmeal Gluten-free Oatmeal Bacon Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Ham	Pancakes, Blueberry Potatoes, Pom Poms Oatmeal Gluten-free Oatmeal Breakfast Sausage Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Chives	Waffles Potatoes, Wedge, Seasoned Oatmeal Gluten-free Oatmeal Breakfast Ham, Grilled Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Spinach	Pancakes, Chocolate Chip Hash Brown Oatmeal Gluten-free Oatmeal Breakfast Sausage Eggs, Scrambled Vegan Sausage Tofu Scramble Scrambled Eggs with Bacon
LUNCH						
Gyro	Sloppy Joe	Breaded Fish Burger	Pork Souvlaki	Baked Tandoori chicken thighs	<u>Crispy Chicken Burger</u>	<u>Falitas</u>
Black Bean Corn & Edamame WW Wrap w/ Cilantro Pesto	Sandwich, Tempeh Maple Glazed, No Gluten	Veggie Burger	Wrap, buffalo tempeh, whole wheat	Wrap, Tempeh korean BBQ,	<u>Black Bean Burger</u>	
<u>Baguette, Club</u>	<u>Sub, Pizza Melt</u>	<u>English Muffin, Egg White, Pesto, Spinach</u>	<u>Sub, Chicken & Bacon Ranch Melt</u>	<u>Taco, Soft - Shredded Pork Carnita</u>	<u>Baguette, Turkey, Provolone</u>	<u>Wrap, Artisan, Vegetable</u>
General Tso's Chicken Rice, Basmati Broccoli Teriyaki Tofu Stir Fry	Pork Loin, Roasted, Maple, Mustard & Herb Potatoes, Sweet, Roasted, Wedges Zucchini, Green & Yellow Saute Harissa Lentils with Roasted Squash Honey Garlic Chicken Stir Fry	Veal Kafta w/ Harissa Yogurt Sauce Rice, Wild Blend Honey Roasted Parsnips and Carrots Tofu & Eggplant Stew	Cajun Baked Basa Quinoa & Butternut Squash Casserole Moroccan Carrots Sautéed Edamame, Corn & Black Beans	Pork loin, herbed Baked Sweet Potato Roasted Balsamic Brussels Sprouts Tofu Paela Traditional Beef Chili	Beef Vindaloo Basmati Rice Pilaf with Chickpeas Sautéed Zucchini & Tomato Vietnamese Hoisin Tofu Stir Fry	Pasta, Ravioli, Cheese, Bolognese Squash, Roasted, Acorn Rapini, Fresh Vegan Lasagna
DINNER						
			Egg Rolls	Perogies		
Tacos	Stir Fry (beef or Tofu with rice vermicelli)	Poutine	Chicken Fried Rice	Cranberry Turkey Burger	Sandwich, Roast Beef w/ Caramelized Onion Baguette	Sub, Chicken w/ Honey Mustard
Haddock, Fried, Battered Potatoes, Oven Roasted w/ Lemon & Paprika Garlic & Lemon Sautéed Spinach Sweet Potato Coconut Curry	Chicken Tikka Masala Basmati Rice Pilaf with Chickpeas Broccoli Butternut Tikka Masala with Tofu	Roast Beef Roasted Rosemary Potatoes Oven Roasted Vegetables Chickpea & Coconut Curry Baked BBQ Chicken	Tofu Fried Rice Beef Stroganoff Egg Noodles Broccoli Quinoa, Lentil, & Kale Stew	Black Bean Burger Baked BBQ Chicken Scalloped Potatoes Sautéed Collard Greens with Onions & Bacon Vegetarian Cabbage Roll-Style Casserole	BBQ Tofu Burger on White Thai Sweet & Spicy Chicken Stir Fry Tomato Rice Sautéed Garden Vegetables Coconut Tofu with Sweet Chili Sauce	Greek Falafel Pita Mediterranean Beef Meatballs Couscous with Grilled Vegetables Baby Spinach Sautéed with Garlic & Lemon Marrakesh Vegetable Stew
ALL DAY						
Cream of Mushroom Soup Coconut Curry Chickpea Lentil Soup Caesar Salad Garden Pesto Salad Cheese Pizza Fajita Chicken Pizza Antipasto Pizza Classic Cheese Sauce	Italian Wedding Soup with Quinoa Tomato Basil Soup Asian Sesame Kale Salad Veggie Quinoa Salad Pepperoni Pizza Four Cheese Pizza Garden Vegetable Pizza Classic Cheese Sauce	Chicken Noodle Soup Mulligatawny Soup Vinaigrette Coleslaw Spinach, Corn & Quinoa Salad Cheese Pizza Taco Pizza Bruschetta Pizza Classic Cheese Sauce	Vegetable Beef & Barley Soup Butternut Squash Soup Greek Rotini Salad Marinated Cucumber Salad Pepperoni Pizza Classic Mushroom Pizza Chicken and Broccoli Pizza Mushroom Cream Sauce	Egg Roll Soup Split Green Pea Soup Kachumber Salad Creamy Potato Salad Cheese Pizza Pizza, Spinach, Olive, Goat Cheese Canadian Mushroom, Bacon & Pepperoni Pizza Mushroom Cream Sauce	Pasta Fagioli Soup Corn Lentil Soup Black Bean & Corn Jalapeno Coleslaw Pepperoni Pizza Mediterranean Pizza Teriyaki Chicken Pizza Vegetable Pasta Sauce	Chicken Chili Soup Cauliflower Potato Soup Roasted Cauliflower & potato Salad Jerk Sweet Potato Salad Cheese Pizza Sweet Potato Pizza & Caramelized Onions Chicken Parmesan Pizza Vegetable Pasta Sauce
Berry Oat Bars	Pie, Blueberry Crumble	Chocolate Cupcake w/ Mint Frosting	Apple Oat Cookies	Cupcake, Black Forest	Tart, Lemon	Pie, Apple
Lemon Cheesecake	Brownie	ConU Bread Pudding	Cake,Cheesecake,Oreo	Tart, Key Lime w/ Whipped Topping	Vanilla Advantageous cake	Brownies
Instant Pudding, Butterscotch	Apple Pudding	Express Cherry Cheesecake Parfait	Instant Pudding, Chocolate	Cantaloupe & Watermelon	Express Oreo Cheesecake Parfait	Instant Pudding, Butterscotch
*Avaliable at The Buzz only						