

*OFFERED DAILY AT BREAKFAST/BRUNCH:

Eggs (various preparations) Scrambled Tofu Ham GF/bacon GF/sausage
Breakfast potatoes VE GF Baked beans V Oatmeal VE Waffles

*OFFERED DAILY AT LUNCH

Vegetables of the day VE GF

MONDAY

BREAKFAST

French Toast
V

SOUP

Chicken Noodle
Caribbean
VE

LUNCH

Mac & Cheese V
Mac & Cheese
w/Ham & Broccoli
Roasted Chicken H GF
w/BBQ Sauce V GF DF
Roasted Spicy Potatoes
Red & White Quinoa Pilaf
VE

DINNER

Soy Beef Bourguignon
VE GF
3 Cheese Lasagna V
Ginger Honey Pork Roast
GF
Mashed Potatoes & Fine
Herbs VE
Garlic Bread VE

TUESDAY

BREAKFAST

Breakfast Poutine
V
option w/Meat

SOUP

Broccoli & Tofu Potage
VE
Greek Lima Beans

LUNCH

Vegetarian Tofu Curry VE GF
Chipotle & Lime Crusted
Haddock DF MSC
Beef Curry
Whole Wheat Pasta w/Fresh
Herbs VE
Basmati Rice VE GF DF
Naan Bread V

DINNER

Spinach & Cheese Manicotti
V
Smoky Roasted Chicken
w/BBQ Sauce
Korean Style Haddock MSC
Baked Potato
7 Grain Rice
VE GF

WEDNESDAY

BREAKFAST

Blueberry Pancakes

SOUP

Hearty Lentil
VE
Carrot & Tofu Potage
VE

LUNCH

Dr. Joe's Goulash VE
Haddock w/Creamy Lemon
& Dill Sauce MSC
Montreal Smoked Meat GF
Egg Noodles w/Fresh Herbs
V
Roasted Spicy Potatoes VE
GF

DINNER

Indian Butter Chicken
Chickpea & Potato Curry
VE GF
Samosas V
Naan Bread V
Lentil Dahl VE GF
Basmati Rice VE GF

LEGEND

Made without Gluten (GF) Vegetarian (V) Vegan & Dairy Free (VE) Dairy Free (DF) MSC (MSC) Halal (H)



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THURSDAY

BREAKFAST

McGill McMuffin
V
Option W/Ham

SOUP

Chicken Noodle
Kale & Potato
VE

LUNCH

Cheesy Perogies
V
Halal Roasted Chicken w/
Pepito Molle
Mexican Bean Stew
VE
Mashed Potatoes w/Herbs
Mexican Rice
VE GF

DINNER

Dubretton Roast Pork Dijonaise
GF
Greek Butter Beans VE
Chicken Red Curry GF DF
Broccoli Chickpea & Potato
Gratinee Vegetarian GF
Baked Potato
Basmati Rice VE GF

FRIDAY

BREAKFAST

\$9 Friday Breakfast
Special

SOUP

Beef & Barley
Minestrone
VE

LUNCH

Lemon & Herb Crusted Cod
MSC
Chicken Fajitas
Mac & Cheese w/Spinach
V
Basmati Rice VE GF
Roasted Garlic & Honey
Potatoes
VE

DINNER

Manicotti w/Rose Sauce
V
Samosa Style Pot Pie VE
Fish & Chips
Barley & Mushroom Pilaf
VE
Roasted Garlic Potatoes
VE GF

SATURDAY

BRUNCH

McGill Breakfast
Sandwich V
Spinach & Swiss
Cheese Quiche
Penne Pasta
Cream Chicken w/
Mushroom sauce

SOUP

Chicken Noodle
Tomato & Tofu
Potage VE

DINNER

Chicken Saute w/
Sriracha
GF DF
Lasagna Florentine
(Spinach & Cottage
Cheese)
V
Red Curry Tofu VE
Garlic Bread VE
Basmati Rice VE GF

SUNDAY

BRUNCH

Breakfast Poutine
V option w/Meat
Roasted Turkey
w/Cranberries
Penne Pasta w/
Primavera Sauce

SOUP

Chicken Noodle
French Canadian
Pea VE

DINNER

Chicken Brochette
Pork Brochette
Cod Nuggets w/
Lemon & Oregano
GF MSC
Spanakopita V
Greek Rice V
Roasted Greek Style
Potato Wedges
GF

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