

Bishop Mountain Hall Dining Hall

Menu for the following weeks

Jan 23-29	Feb 20-26	Mar 20-26	Apr 17-23
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***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**
Southwest Tofu Scramble **GF VE**

SOUP

Miso, Tofu & Mushroom **VE**
Minestrone **VE**

LUNCH

Chicken Parmigiana
Eggplant Parmesan **V**
Barley Risotto **V**

SHAWARMA LUNCH & DINNER

Chicken/beef or falafel

DINNER

Sweet Chili Garlic Tofu Stir Fry **GF VE**
Jasmine Coconut Rice **GF VE**
Crispy Vegetarian Spring Roll **V**

TUESDAY

BREAKFAST

McGill Breakfast Sandwich **V**
option w/bacon

SOUP

Tomato - Basil **GF VE**
Chicken Tortilla Soup

LUNCH

Beef Tacos **GF**
Beyond Meat Tacos **GF VE**
Mexican Style Rice **GF VE**

SHAWARMA LUNCH & DINNER

Chicken/beef or falafel

DINNER

Dijon Roast Pork **GF**
Mushroom, Pearl Onion, Pepper & Soy Beef Sauté **V**
Spicy Potato Wedges **GF VE**

WEDNESDAY

BREAKFAST

Chocolate Chip Pancakes **V**

SOUP

Indo - Mex Soup **VE**
Chicken Noodle

LUNCH

Meatball Sub
Grilled Vegetable Sub w/Pesto **V**
Spicy Curly Fries **VE**

SHAWARMA LUNCH & DINNER

Chicken/beef or falafel

DINNER

Jerk Chicken **GF**
Jamaican Casserole **GF VE**
Rice & Beans **GF VE**

LEGEND

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

Please note that the menu is subject to change without notice.



McGill

Student Housing and Hospitality Services Service de logement étudiant et d'hôtellerie

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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**

THURSDAY

BREAKFAST

Breakfast Burrito **V**
Southwestern Tofu Scramble **GF VE**

SOUP

Dr. Joe's Cauliflower Soup **VE**
Zucchini Basil - Lemon **VE**

LUNCH

Butter Chicken **GF**
Butternut Squash & Chickpea Curry **GF VE**
Basmati Rice **GF VE**

SHAWARMA LUNCH & DINNER

Chicken/beef or falafel

DINNER

Shepherd's Pie **GF**
Beyond Meat Shepherd's Pie / Sweet Potato **GF VE**
Onion Rings **V**

FRIDAY

BREAKFAST

\$9 Friday Breakfast Special
Blueberry Pancakes **V**
McGill Breakfast Sandwich w/bacon

SOUP

Quebec Pea Soup **GF VE**
Broccoli & Cheddar **V GF**

LUNCH

Herb Crusted Cod
Singapore Style Noodles **VE**
Brown Rice Pilaf **GF VE**
Garlic Bread **VE**

SHAWARMA LUNCH & DINNER

Chicken/beef or falafel

DINNER

Chicken Brochette **GF**
Grilled Tofu & Pepper Brochettes **GF VE**
Lemon-Herb Roasted Potatoes **GF VE**
Spanakopita **V**

SATURDAY

BRUNCH

Quiche Florentine **V**
Bacon & Onion Quiche
Beef Burgers
Beyond Meat Burger **VE**
French fries **VE**

SOUP

Carrot & Ginger **GF VE**

Stracciatella

DINNER

Texas BBQ Chicken Drumsticks
Grilled Vegetable Portabello Towers w/cheese **V** (vegan cheese option)
Spicy Curly Fries **VE**

SUNDAY

BRUNCH

Quiche Florentine **V**
Bacon & Onion Quiche
Chicken Wings
Cauliflower Buffalo Wings **VE**
French fries **VE**

SOUP

Mushroom **GF VE**
Chicken Noodle

DINNER

Roast Turkey
Mac n Cheese **V**
Baked Potatoes **GF VE**

LEGEND

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