

*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
Sweet Potato Bisque
VE

LUNCH

Mac & Cheese
V
Mac & Cheese
w/Ham & Broccoli
Teriyaki Chicken Breast
DF
Vegetable Fried Rice
Garlic Bread

DINNER

Mexican Casserole
V GF
Baja Chipotle Roasted
Chicken H
w/BBQ Sauce V GF DF
Mexican Chili GF VE
Mexican Rice GF VE
Roasted Sweet Potatoes
GF VE

TUESDAY

BREAKFAST

Breakfast Poutine

SOUP

Parmentier Potage w/soy
Milk
VE
Chucky Vegetable Lentil
VE

LUNCH

Spaghetti
w/Spicy Soy Meat Sauce VE
w/Quebec Beef Sauce H
Roasted Portuguese Chicken
H GF w/Sauce GF
7 Grain
VE
Roasted Garlic Potatoes

DINNER

Spanakopita
V
Mediterranean Style Haddock
GF DF MSC
Marinated Greek Grilled
Chicken Breast
GF
Mashed Potatoes w/
Chimichurri GF VE
Greek Rice V

WEDNESDAY

BREAKFAST

Blueberry Pancakes

SOUP

Hot & Sour VE
French Canadian Pea
soup w/Pork

LUNCH

Teriyaki Pork Chops GF DF
Soba Noodles & Soy Strips
VE
Honey Ginger & Sesame
Roasted Haddock MSC
Egg Roll V
Jasmine Rice GF VE
Bangkok Style Noodles DF VE

DINNER

Chicken Tacos
Vegetarian Tacos
V
Beef Tacos
DF
Refried Pinto Beans
VE
Mexican 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

Carrot Orange Ginger &
Tofu Potage VE

Lentil & Spinach
VE

LUNCH

Chicken Sautee w/Adobo
Sauce GF DF

Lentil Burritios VE

Manicotti w/Rose Sauce
V

Black Bean Rice
GF VE

Egg Noodles w/McGill Garlic
Greens V

DINNER

Jamaican Curry
VE

Cod Loin in Potato Crust
MSC

Vegetable & Pork Stew

Fried Rice w/Black Beans
GF VE

Mashed Potatoes
GF VE

FRIDAY

BREAKFAST

\$9 Friday Breakfast
Special

SOUP

Thai Coconut
VE

Spinach & Tofu Potage
VE

LUNCH

Cod In Herb Crust

Lasagna
V

Beef Lasagna

Vegetable Fried Rice
V

Rosemary Bread Stick

DINNER

Roast Beef w/Gravy

Chicken Fajitas

Manicotti

Baked Potato

Mexican Rice
GF VE

SATURDAY

BRUNCH

French Toast V

Herbed Grilled
Chicken

Cheese
Cannelloni

SOUP

Chicken Noodle

Tomato & Tofu
Potage VE

DINNER

Jamaican Spicy Curry
Beef

Pub Style Battered Cod
Filets w/Flavoured
Mayo MSC

Ukranian Style Perogies
V

Medium Spicy Chipotle
Flavoured Mayo

Vegetable Fried Rice
GF VE

Calypso Rice GF VE

SUNDAY

BRUNCH

Breakfast Poutine
V
option w/Meat

Fettucine Pasta
w/Carbonara
Sauce

SOUP

Chicken Noodle

Cauliflower & Tofu
Potage
VE

DINNER

General Tao Chicken

Tofu Sesame Ginger
Broccoli VE

Korean Style
Haddock MSC

Egg Roll V

Jasmin Rice
GF VE

Sauteed Bok Choy
Stir Fry Vegetables

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