

New College Lunch Menus Week 1

	24-Feb-20	25-Feb-20	26-Feb-20	27-Feb-20	28-Feb-20	29-Feb-20	1-Mar-20
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vegetarian Soup of the Day	Mama's Vegetable Noodle (V)	Potato and Leek (Vg)	Swiss Chard and Lentil (V)	Cabbage Goulash (V)	Tomato and Spinach Puree (V)	8.30 am to 2.30 pm  Seasonal Whole Fruits, Melons, Orange and Grapefruit Wedges, Fresh Fruit Cocktail, Hard Boiled Eggs, Scrambled Eggs, Buttermilk Pancakes, Tater Tots, Cream of Wheat(V), Congee(V), Smoked Bacon, Cold Cuts, Cheddar and Swiss Cheese, Muesli Bar  10.30 am to 2.30 pm  Omelet Bar With Assorted Fillings ~ Make Your own Waffle Bar With Assorted Toppings  Entrée ~ Chef's Choice	8.30 am to 2.30 pm  Seasonal Whole Fruits, Melons, Orange and Grapefruit Wedges, Fresh Fruit Cocktail, Hard Boiled Eggs, Scrambled Eggs, Crepe with Smoked Ham and Cheese Sauce, Tri Tater Patty Oatmeal(V), Congee(V), Link Sausages, Cold Cuts, Cheddar and Swiss Cheese, Muesli Bar  10.30 am to 2.30 pm  Omelet Bar With Assorted Fillings ~ Make Your own Waffle Bar With Assorted Toppings  Entrée ~ Chef's Choice
Meat Based Soup of the Day	Chicken Quesadilla	Italian Beef Noodle	Chicken Corn Chowder	French Canadian Pea and Ham	Boston Clam Chowder		
Grill Station	Beef Burger(H) Chicken Burger(H) French Fries Gravy/Poutine Daily Special: Mexican Burger with Fried Jalapenos	Beef Burger(H) Italian Sausage Sweet Potato Fries Gravy/Poutine Daily Special: Chicken Ranch Burger	Beef Burger(H) Corn Dog French Fries Gravy/Poutine Daily Special: Fish Burger with Spicy Cocktail Sauce	Beef Burger(H) Knackwurst Sausage Waffle Fries Gravy/Poutine Special: Grilled Swiss Cheese with Bacon and Tomato	Beef Burger(H) Hot Dog French Fries Gravy/Poutine Daily Special: Shrimp Po Boy with Cajoun Mayo		
Chef Table Entrée	Texas Beef Chili	Oven Roasted Chicken Legs Mole (H)	International Day: Irish Beef Stew	Taste of Home: Butter Chicken Curry(H)	Coconut Crusted Basa with Tomato, Cucumber and Ginger Salsa		
Vegan Entrée	Texas Vegan Chili (V)	Pan Seared Tofu Mole (V)	Irish Vegetable Stew(V)		Coconut Crusted Tofu with Tomato Cucumber and Ginger Salsa(V)		
Chef Table Vegetable	Chipotle Spiced Corn(V)	Pepper and Onion Sauté(V)	Irish Champ(V)	Aloo Gobi(V)	Steamed Cauliflower and Broccoli(V)		
Vegetable of The Day	Thai Eggplant with peppers, onions and basil	Oven Roasted Okra	Roasted Root Vegetable Medley	Balsamic Glazed Carrots	Sauted Patty Pan Squash		
Chef Table Starch	Mexican Steamed Rice(V)	Black Bean Rice(V)	Sour Dough Roll	Scented Basmati Rice(V)	Cumin Roasted Sweet Potatoes(V)		
Action Station	Fried Rice Station	Pasta Station	Noodle Soup Station	Pasta Station	Fried Rice Station		
Greens and Things	Classic Cobb Salad: Chicken, Bacon, Red Onions, Avocado, Blue Cheese, Tomatoes, Cucumber, Carrots	Subs Away: Cold Cuts, Turkey, Roasted Vegetables, Egg Salad, Tuna Salad, Cheddar, Swiss, Tomatoes, Red Onions, Hot peppers, Cucumber, Sub Sauce	Chinese Bao: Asian Braised Pork, Onions, Green Onions, Chilies, Cilantro,Marinated Daikon and Carrots	Poke Bowl: Sticky Rice, Baby Kale, Cucumber, Edamame, Tabiko, Green Onions, Avocado, Wakame, Nori, Carrots, Corn, Tamago	Bubble Tea: Daily Flavoured Tea, Daily Milk Tea, Tapioca Bubbles, Daily Fruit		
Pizza Station	Pepperoni Cheese(VG) Spicy Vegetarian(VG)  Texas Pulled Pork	Pepperoni Cheese(VG) Mushroom Lovers(VG)  Pesto Chicken and Spinach	Pepperoni Cheese(VG) Classic Canadian  Sun Dried Tomato and Red Onion(VG)	Special Event : Cheese Pizza Day 5 Cheese Pizza/ Margarita Pizza Neapolitan Pizza  Vegan Pizza/Cauliflower Crust Pizza	Pepperoni Cheese(VG) Meat Lovers  Caprese(VG)		
Desserts	Carrot Cake with Cream Cheese Frosting	Baked Apples	Banana Whole Wheat Cake	Rice Pudding	Sticky Toffee Pudding		