## Menu

**Monday**
- **Lunch**
  - Pin Piri Drumsticks
  - Mexican Braised Beef Stew
  - Soy Chicken Stirfry
- **Dinner**
  - Hula Hula Chicken Breast
  - Jamaican Beef Curry
  - Navy Bean Curry with Kale

*Interactive: Quesadilla Bar (L) Pasta Bar (D)*

**Tuesday**
- **Lunch**
  - Meatballs
  - Sweet Chili Chicken
  - Spaghetti w Tomato Sauce
- **Dinner**
  - Pub Style Meatloaf
  - Turkey Schnitzel
  - Squash & Barley Risotto

*Interactive: Smashed Potato Bar (L)*

**Wednesday**
- **Lunch**
  - Siracha Honey Chicken Drumsticks
  - Shake & Bake Pork Chops
  - Black Chickpeas & Ginger
- **Dinner**
  - Broiled Tilapia w Sweet Chili Pineapple Mango Salsa
  - Thai Style BBQ Chicken Leg
  - Grilled Tofu Steak w Sweet Chili Sauce & Onion Straws

*Interactive: Burger Bar (L) Caesar Salad Bar (D)*

**Thursday**
- **Lunch**
  - Popcorn Chicken Bowl
  - Teriyaki Meatballs
  - Lentil & Carrots w Miso
- **Dinner**
  - Fried Chicken
  - Roadside Curried Chickpeas
  - Beet & Goat Cheese Pachetti

*Interactive: Grilled Cheese Bar (L) Stirfry Bar (D)*

**Friday**
- **Lunch**
  - Wicked Thai Chicken & Shrimp
  - Chickpeas & Spinach
  - Hand Battered Haddock
- **Dinner**
  - Basa w Black Pepper & Broiled Lemons
  - Four Bean Stew
  - Meat Lasagna

*Interactive: Waffle Bar (L)*

**Saturday**
- **Lunch**
  - Chicken Pot Pie
  - Ratatouille Tofu
  - Four Bean Stew
- **Dinner**
  - Fisherman's Pie
  - Beef Kofta
  - Vegan Mac & Cheese

**Sunday**
- **Lunch**
  - Ginger Beef
  - White Cheddar Mac & Cheese
  - Vegan "Butter" Jackfruit Curry
- **Dinner**
  - Salmon w Leek & Wild Rice Filling
  - Roast Turkey & Stuffing
  - Bean & Sweet Potato Ragout

*Interactive: Omelet Bar (L)*

**November 11-17 Cycle 5**
- Made Fresh Daily
  - Soup & Salad Bar
  - Fresh Smoothies
  - Eggs Made to Order
  - Plus a Variety of Chef Selections

All items are weighed ($1.10/100g) unless indicated otherwise
Menu items are subject to change

*Made without Gluten  Vegan*