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<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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<td><strong>MONDAY</strong></td>
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<td>Signature Hot Sandwich (Meat &amp; Meatless)</td>
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**LUNCH**

- **Portobello Provolone Panini**
  - Loaded Hot Dog
  - Chicken (or Vegan) Shawarma V GF
  - Italian Sloppy Joe
  - Beef Barbecue Sandwich
- **Loaded Turkey Club Sandwich**
  - Smoked Meat
  - Spring Roll

**DINNER**

- **Pasta Bar**
  - Baby Back Ribs and Loaded Fries
  - Mexican Rice Bowl
  - Beef Barbecue Sandwich
  - Beef Barbecue Calamari Bites
  - Smoked Meat

**Meat**

- Beef 10%
- Pork 10%
- Chicken 45%
- Turkey 10%
- Fish 10%

**Dairy**

- Cheese 15%
- Buttermilk 15%
- Milk 10%

**Grain**

- Rice 10%
- Pasta 20%
- Bread 10%
- Cereal 10%

**Vegetables**

- Corn 5%
- Beans 20%
- Squash 5%
- Tomatoes 5%
- Spinach 5%

**Fruits**

- Apples 5%
- Pears 5%
- Peaches 5%
- Grapes 5%

**Salad**

- Lettuce 5%
- Tomatoes 5%
- Cucumber 5%
- Bell Peppers 5%

**Fats**

- Oils 5%
- Dressings 5%
- Butter 5%

**Eggs**

- Fried 10%
- Scrambled 10%
- Poached 10%

**Breakfast Options**

- Eggs Scrambled GF
- Eggs Scrambled
- Eggs Fried
- Eggs Poached
- Eggs Baked

**Lunch Options**

- Turkey Bacon GF
- Cheese Omelets GF
- Bacon & Egg Muffin
- Sausage Patty GF
- Sausage & Egg Muffin
- Meatless Egg Muffin
- Sausage Patty

**Dinner Options**

- Sausage Patty
- Meatless Egg Muffin
- Sausage Patty
- Meatless Egg Muffin

**After Eight Dining**

- Meatballs
- Chicken Parmesan
- Grilled Cheese
- Omelet GF

**Valentine's Day**

- Gallo, Guacamole
- Spring Roll
- **Sundays**
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled

**Menu Summary**

- GF - Gluten-Free
- V - Vegan
- Meatless 54%
- Poultry 17%
- Meat 9%
- Fish 17%
- Beef 10%
- Pork 10%

- Cycle 1 Menu Schedule 2019
  - DEC 31 - JAN 6
  - FEB 11 - 17
  - MAR 25 - 31

- www.residencedining.uwo.ca
- hospitalityservices@uwo.ca