# MENU CYCLE 2

**2019 (FEB 18 - 24)**

## MONDAY

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Crisp</td>
<td>Sun-dried Tomato Sausage (GF bun available)</td>
<td>Vietnamese Lemong Grass Chicken, Cheddar Cheese Sauce</td>
</tr>
<tr>
<td>Buttermilk Pancakes</td>
<td>Beef Carota</td>
<td>Bike'n Burger, Egg White Panini</td>
</tr>
<tr>
<td>Eggs: Scrambled &amp; Fried to order</td>
<td>Chorizo Sausage veg Toss</td>
<td>Bangkok Smoke, BBQ Pulled Turkey Sandwich</td>
</tr>
<tr>
<td>Sautéed Mushrooms GF</td>
<td>Sausage Links</td>
<td>Roasted Beef</td>
</tr>
<tr>
<td>Beans</td>
<td>Pork Sausage Links</td>
<td>Meatless Monte Cristo Sandwich</td>
</tr>
<tr>
<td>Eggs: Scrambled &amp; Fried to Order</td>
<td>Sweet Chili Chicken</td>
<td>Fries</td>
</tr>
<tr>
<td>Ham &amp; Cheese Omelets GF</td>
<td>Pork Sausage Links</td>
<td>Fluffy Pancakes</td>
</tr>
<tr>
<td>Crispy Bacon</td>
<td>Buffalo Chicken Pasta</td>
<td>Butternut Squash</td>
</tr>
<tr>
<td>Baby Potato Pancakes</td>
<td>Creamy Vegan Green Bean Casserole V</td>
<td>Tofu w Sundried &amp; Fresh Corn</td>
</tr>
<tr>
<td>Turkey Bacon</td>
<td>Eggplant Mills</td>
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<tr>
<td>Pork Sausage Patty</td>
<td>Portobello  GF</td>
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<tr>
<td>Meatless Breakfast Croissant</td>
<td>Sweet Ginger Tofu w Pak Choi V</td>
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<tr>
<td>Morning Breakfast Wrap</td>
<td>Mediterranean Egg White Panini</td>
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<tr>
<td>Meatless Morning Breakfast Wrap</td>
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<td>Sausage &amp; Egg Breakfast Croissant</td>
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## TUESDAY

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Fried Tortilla Chips</td>
<td>Mediterranean Egg White Panini</td>
<td>Vietnamese Lemong Grass Chicken, Cheddar Cheese Sauce</td>
</tr>
<tr>
<td>Daily Pizza &amp; Flatbread Feature</td>
<td></td>
<td>Bike'n Burger, Egg White Panini</td>
</tr>
<tr>
<td>Chef's Daily Entrée Feature...</td>
<td></td>
<td>Bangkok Smoke, BBQ Pulled Turkey Sandwich</td>
</tr>
<tr>
<td>Appeters &amp; Side Dishes</td>
<td></td>
<td>Roasted Beef</td>
</tr>
<tr>
<td>Signature Hot Sandwich</td>
<td></td>
<td>Meatless Monte Cristo Sandwich</td>
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<tr>
<td>Daily Pizza &amp; Flatbread Feature</td>
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<td>Fries</td>
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<tr>
<td>Meatless Breakfast Croissant</td>
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<td>Fluffy Pancakes</td>
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<tr>
<td>Sausage &amp; Egg Breakfast Croissant</td>
<td></td>
<td>Butternut Squash</td>
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## WEDNESDAY

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<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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</thead>
<tbody>
<tr>
<td>Chicken Congee</td>
<td>Beef Carota</td>
<td>Bike'n Burger, Egg White Panini</td>
</tr>
<tr>
<td>Eggs: Scrambled, Fried to order</td>
<td>Chorizo Sausage veg Toss</td>
<td>Bangkok Smoke, BBQ Pulled Turkey Sandwich</td>
</tr>
<tr>
<td>Sautéed Mushrooms GF</td>
<td>Sausage Links</td>
<td>Roasted Beef</td>
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<tr>
<td>Beans</td>
<td>Pork Sausage Links</td>
<td>Meatless Monte Cristo Sandwich</td>
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<tr>
<td>Eggs: Scrambled &amp; Fried to Order</td>
<td>Sweet Chili Chicken</td>
<td>Fries</td>
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<tr>
<td>Ham &amp; Cheese Omelets GF</td>
<td>Pork Sausage Links</td>
<td>Fluffy Pancakes</td>
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<tr>
<td>Crispy Bacon</td>
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<tr>
<th>Breakfast</th>
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<tbody>
<tr>
<td>Fruity Sunrise Porridge V</td>
<td>Beef Carota</td>
<td>Bike'n Burger, Egg White Panini</td>
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<tr>
<td>Eggs: Scrambled, Fried to order</td>
<td>Chorizo Sausage veg Toss</td>
<td>Bangkok Smoke, BBQ Pulled Turkey Sandwich</td>
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<td>Sautéed Mushrooms GF</td>
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<tr>
<td>Eggs Scrambled</td>
<td>Beef Carota</td>
<td>Bike'n Burger, Egg White Panini</td>
</tr>
<tr>
<td>Pork Sausage Links</td>
<td>Sausage Links</td>
<td>Roasted Beef</td>
</tr>
<tr>
<td>Moto Pie</td>
<td>Pork Sausage Links</td>
<td>Meatless Monte Cristo Sandwich</td>
</tr>
<tr>
<td>Sausage Links</td>
<td>Sweet Chili Chicken</td>
<td>Fries</td>
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<tr>
<td>Fluffy Pancakes</td>
<td>Butternut Squash</td>
<td>Vietnamese Lemong Grass Chicken, Cheddar Cheese Sauce</td>
</tr>
<tr>
<td>Eggs: Scrambled</td>
<td>Buffalo Chicken Pasta</td>
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**RATING WEEK**

- GF: GLUTEN-FREE
- V: VEGAN

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**BREAKFAST**

- Egg White: Available upon Request Daily

**LUNCH**

- APPETIZERS & SIDE DISHES
  - Steamed White Rice  V GF
  - Steel Cut Oats  V
  - Pasta (GF Available) w Alfredo or Tomato Sauce
  - Italian Sausage
  - Mexican Rice  V
  - Butternut Squash Ravioli with Cobbed Corn  V GF
  - Hand battered Haddock
  - Fire Roasted Corn and Sweet Peppers
  - Butternut Squash
  - Sautéed Zucchini  V GF
  - Spinach Feta Twister
  - Asparagus Filling
  - Spring Roll
  - Warm Naan Bread
  - Sautéed Mushrooms  V GF
  - Glass Noodles Japchae GF
  - Creamy Vegan Green Bean Casserole V
  - Fresh Market Vegetables  V GF
  - White Rice  V GF
  - Jasmine Rice  V GF
  - French Fries
  - Fried & Grain
  - Potato Wedges
  - Roasted Sweet Potato  V GF
  - Fried Fresh Tortilla Chips
  - Fries
  - Smoothies  V GF

**DINNER**

- APPETIZERS & SIDE DISHES
  - Steamed White Rice  V GF
  - Italian Sausage
  - Mediterranean Vegetable Penne  V GF
  - Mediterranean Vegetable Jambalaya  V GF
  - Spinach Feta Twister
  - Glass Noodles Japchae GF
  - Buddha Delight Stir-fried Veg  V GF
  - Baby Carrots  V GF
  - Steamed White Rice  V GF
  - Vietnamese Meatballs
  - Chef's Daily Entrée Feature...
  - Signature Hot Sandwich
  - Daily Pizza & Flatbread Feature
  - Signature Hot Sandwich
  - Daily Pizza & Flatbread Feature
  - Signature Hot Sandwich
  - Daily Pizza & Flatbread Feature
  - Signature Hot Sandwich
  - Daily Pizza & Flatbread Feature

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**MENU SUMMARY**

- GF: GLUTEN-FREE
- V: VEGAN

- Beef 10%
- Chicken 10%
- Fish 9%
- Pork 54%
- Poultry 17%
- Seafood 9%
- Vegetarian 54%
- Vegetable 37%
- Gluten-free 9%
- Whole Foods 54%

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**2019 (FEB 18 - 24)**

- JAN 7 - 13
- FEB 18 - 24
- APRIL 1 - 7

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**WEB:** www.residedining.uwo.ca

**EMAIL:** hospitalityservices@uwo.ca