### MENU CYCLE 2

**2019 (JAN 7 - 13)**

#### MONDAY
- **Breakfast**
  - Steel Cut Oats
  - Sautéed Mushrooms
  - Eggs, Scrambled, Fried to order
  - Ham & Cheese Omelets
  - Diced Harvest Pride Potatoes
  - Pork Sausage Patty
  - Meatless Breakfast Croissant
  - Meatless & Egg Breakfast Croissant

- **Lunch**
  - Chicken Caesar Wrap
  - Italian Sausage
  - Cod with Black Pepper and Broiled Lemons
  - Ginger Beef
  - Carbonara Pasta Bake
  - Carrots with Fresh Dill
  - Sautéed Zucchini
  - White Rice
  - French Fries

- **Dinner**
  - Pasta Bar
  - Chicken Caesar Wrap
  - Vietnamese Lemon Grass Chicken
  - Tilapia with Turmeric and Dill
  - Sticky Spicy Tofu

#### TUESDAY
- **Breakfast**
  - Steel Cut Oats
  - Buttermilk Pancakes
  - Eggs, Scrambled, Hard Boiled, to order
  - Bacon Sausage Links
  - Baby Potato Pancakes
  - Pork Sausage Links
  - Meatless Breakfast Wrap
  - Meatless Monte Cristo Sandwich

- **Lunch**
  - Taco Tuesday Interactive
  - Shredded Potato Bar
  - Beef Burger & Veggie Burger
  - Meatballs
  - Rainbow Cheese Tortellini
  - Crispy Pollo Bird Bites
  - Fresh Market Vegetables
  - Fries and Gravy

- **Dinner**
  - Interactive Ramen Bar
  - Chicken Parmesan Sub
  - Cajun Chicken Drumstick
  - Mediterranean Vegetable Penne
  - Mediterranean Style Rice
  - Vietnamese Meatballs

#### WEDNESDAY
- **Breakfast**
  - Chicken Congee
  - Warm Cinnamon Buns
  - Turkey Sausage Links
  - Crispy Bacon
  - Breakfast Burrito
  - Meatless Breakfast Burrito

- **Lunch**
  - Interactive Grilled Cheese
  - BBQ Pulled Turkey Sandwich
  - Chicken Pot Pie
  - Zucchini and Corn Sauté
  - Mexican Rice
  - Roasted Sweet Potato
  - Garlic Breadstick

- **Dinner**
  - Beef Eggplant Mozzarella Melt
  - Mediterranean Vegetable Penne
  - Portuguese Chicken
  - Mediterranean Style Rice
  - Vietnamese Meatballs

#### THURSDAY
- **Breakfast**
  - Fruity Sunrise Porridge
  - Hash Brown Potatoes
  - Hash Brown Potatoes
  - Breakfast Burrito
  - Meatless Breakfast Burrito

- **Lunch**
  - Interactive Waffle
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled
  - Fries

- **Dinner**
  - Mediterranean Egg White Panini
  - Warm Cinnamon Buns
  - Beef Burger & Veggie Burger
  - Mediterranean Style Rice
  - Vietnamese Meatballs

#### FRIDAY
- **Breakfast**
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled
  - Fluffy Pancakes

- **Lunch**
  - Interactive Omelet
  - Warm Cinnamon Buns
  - Beef Burger & Veggie Burger
  - Zucchini and Corn Sauté
  - Mexican Rice
  - Roasted Sweet Potato

- **Dinner**
  - Meatless Breakfast Croissant
  - Mediterranean Egg White Panini
  - Warm Cinnamon Buns
  - Beef Burger & Veggie Burger
  - Mediterranean Style Rice
  - Vietnamese Meatballs

#### SATURDAY
- **Breakfast**
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled
  - Fluffy Pancakes

- **Lunch**
  - Interactive Salad
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled

- **Dinner**
  - Mediterranean Egg White Panini
  - Warm Cinnamon Buns
  - Chicken Parmesan Sub
  - Mediterranean Style Rice
  - Vietnamese Meatballs

#### SUNDAY
- **Breakfast**
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled
  - Fluffy Pancakes

- **Lunch**
  - Interactive Waffle
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled
  - Eggs Scrambled

- **Dinner**
  - Mediterranean Egg White Panini
  - Warm Cinnamon Buns
  - Chicken Parmesan Sub
  - Mediterranean Style Rice
  - Vietnamese Meatballs

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**Breakfast Options**
- Egg Whites
- Buttermilk Pancakes
- Hash Brown Potatoes
- Pork Sausage Links
- Meatless Breakfast Croissant

**Lunch Options**
- Interactive Salad
- Eggs Scrambled
- Eggs Scrambled
- Eggs Scrambled
- Eggs Scrambled

**Dinner Options**
- Mediterranean Egg White Panini
- Warm Cinnamon Buns
- Chicken Parmesan Sub
- Mediterranean Style Rice
- Vietnamese Meatballs

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**Contact Information**
- www.residedining.uwo.ca
- hospitalityservices@uwo.ca

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**Menu Summary**
- GF - Gluten-Free
- V - Vegan
- Meatless: 54%
Poultry: 17%
Beef: 10%
Seafood: 9%
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**Cycle 2 Menu Schedule 2019**
- JAN 7 - 13
- FEB 10 - 14
- APR 1 - 7