### MENU CYCLE 3

**MONDAY**
- Apple Cinnamon Oatmeal
- Steel Cut Oats
- Granola & Fruit Bake
- Hot Quinoa & Oat Breakfast Cereal
- Mushroom & Vegetable Congee
- Eggs Scrambled

**TUESDAY**
- Eggs Scrambled & Fried to Order
- Buttermilk Pancakes
- Eggs: Scrambled, Fried to Order
- Hash Brown Potatoes
- Baby Potato Pancakes
- Crispy Bacon

**WEDNESDAY**
- Sautéed Mushrooms
- Eggs: Scrambled, Fried to Order
- Hash Brown Potatoes
- Turkey Bacon
- Baby Potato Pancakes
- Pork Sausage Links

**THURSDAY**
- Spicy Thai Beef Sausage
- Cheese Omelets
- Hash Brown Potatoes
- Peameal Bacon
- Bacon & Egg Breakfaest Muffin
- Pork Sausage Links

**FRIDAY**
- Turkey Sausage Links
- Diced Savory Potatoes
- Hot Roasted Mushroom Steak
- Roasted Butternut Squash
- Beef Pot roast with Veg Garnish
- Black Eyed Peas with Kale

**SATURDAY**
- Turkey Sausage Links
- Diced Savory Potatoes
- Roasted Butternut Squash
- Beef Pot roast with Veg Garnish
- Black Eyed Peas with Kale
- Turkey Sausage Links

**SUNDAY**
- Turkey Sausage Links
- Diced Savory Potatoes
- Roasted Butternut Squash
- Beef Pot roast with Veg Garnish
- Black Eyed Peas with Kale
- Turkey Sausage Links

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**BREAKFAST**

- Apple and Onion Sausage on a Bun
- Meatball Sub
- Sloppy Pig
- Portobello Mushroom

- Beef Burger
- Italian Sloppy Joe
- Chicken or Falafel Souvlaki

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**BREAKFAST**

- Apple Cinnamon Oatmeal
- Steel Cut Oats
- Granola & Fruit Bake
- Hot Quinoa & Oat Breakfast Cereal
- Mushroom & Vegetable Congee
- Eggs Scrambled

- Eggs Scrambled & Fried to Order
- Buttermilk Pancakes
- Eggs: Scrambled, Fried to Order
- Hash Brown Potatoes
- Baby Potato Pancakes
- Crispy Bacon

- Sautéed Mushrooms
- Eggs: Scrambled, Fried to Order
- Hash Brown Potatoes
- Turkey Bacon
- Baby Potato Pancakes
- Pork Sausage Links

- Spicy Thai Beef Sausage
- Cheese Omelets
- Hash Brown Potatoes
- Peameal Bacon
- Bacon & Egg Breakfast Muffin
- Pork Sausage Links

- Turkey Sausage Links
- Diced Savory Potatoes
- Roasted Butternut Squash
- Beef Pot roast with Veg Garnish
- Black Eyed Peas with Kale
- Turkey Sausage Links

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**LUNCH**

- Egg Whites Available
- Loaded Nachos
- Chicken or Falafel Souvlaki
- Lamb Burger

- Fajita Bar
- Interactive Burger Bar
- Interactive Grilled Cheese
- Italian Sloppy Joe
- Chicken or Falafel Souvlaki

- Hand Battered Haddock
- Spring Roll
- Pork Sausage Links
- Fried to Order
- GF

- Turkey Sausage Links
- GF

- Meatless Breakfast Burger
- Meatless Breakfast Muffin
- Meatless Mornin' Breakfast Wrap

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**DINNER**

- Apple and Onion Sausage on a Bun
- Kimchi and Pork Dumplings

- Sautéed Haddock
- Roasted Ham with Cider Glaze
- Roasted Lemon Rosemary Porkloin
- Chicken Breast w Oven Roasted Vegetable Marinara Sauce
- Chicken Parmesan

- Korean Fried Chicken
- Beef Shepherds Pie
- Tilapia w Cherry Tomatoes and Leeks
- Tuscan Beans w Rosemary Style Tofu
- Roasted Haddock with Tomato & Fennel

- Soy Chicken Stirfry
- Four Bean Stew
- Salmon Fillet
- Fire Treasure rice
- Grilled Tofu w Bruschetta
- Tomato Basil Galette

- Hot and Sour Shrimp Noodle
- BBQ Ribs
- Fire Roasted Lemon Grass Aroma
- Mediterranean Style Tofu
- Pasta with Meat or Alfredo

- Sautéed Bok Choy
- Roasted Carrots & Rad Onions with Fennel and Mint
- Italian Sausage and Fennel Bake
- Cheese Ravioli w Italian Sausage, Red Pepper and Gouda
- Roasted Quarter Chicken

- Roasted Green Beans with Mushrooms
- Whole Grain Rice
- Roasted Carrots & Rad Onions with Fennel and Mint
- Roasted Carrots and Fennel Bake
- Roasted Quarter Chicken

- Bamboo Rice
- Roasted Butternut Squash
- Fresh Market Vegetable
- Roasted Butternut Squash
- Roasted Quarter Chicken

- Steamed Potatoes with Fine Herbs
- Egg Rolls
- Roasted Butternut Squash
- Egg Rolls
- Roasted Quarter Chicken

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**DINNE**

- After Eight Dining
- After Eight Dining
- After Eight Dining
- After Eight Dining
- After Eight Dining
- After Eight Dining

- Appetizers & Side Dishes
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- Appetizers & Side Dishes

- Signature Hot Sandwich
- Signature Hot Sandwich
- Signature Hot Sandwich
- Signature Hot Sandwich
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- Daily Pizza & Flatbread Feature
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**MENU SUMMARY**

- Meatless Beef: 54%
- Meatless Pork: 17%
- Seafood Beef: 9%
- Seafood Pork: 10%

- GF & VEGAN: 60%

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**2019 (FEB 25 - MAR 3)**

www.residedining.uwo.ca
tel: hospitalityservices@uwo.ca