

# MENU CYCLE 4

2017

November 27 - December 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> <small>Egg Whites Available upon Request Daily</small>	Steel Cut Oats <b>V</b>	Chicken Congee <b>GF</b>	Blueberry Breakfast Bake	Steel Cut Oats <b>V</b>	Fruity Sunrise Porridge <b>V</b>		
	Sweet Potato Maple Oatmeal Bowl <b>V</b>	Texas French Toast	Broccoli & Cheddar Quiche	Blueberry Pancakes	Pigs in a Blanket		
	Maple Roasted Sweet Potato <b>V GF</b>	Bell Pepper Egg Cups <b>GF</b>	Eggs: Scrambled & Fried to Order <b>GF</b>	Hash Brown Casserole	Hash Brown Potatoes		
	Bacon, Egg & Cheddar Danish	Eggs: Scrambled & Fried to Order <b>GF</b>	Hash Brown Potatoes	Eggs: Scrambled & Hard Boiled <b>GF</b>	Eggs: Scrambled <b>GF</b>		
	Hash Brown Potatoes	Hash Brown Potatoes	Crispy Bacon <b>GF</b>	Crispy Bacon <b>GF</b>	Ham & Cheese Omelets		
	Eggs: Scrambled & Hard Boiled <b>GF</b>	Turkey Bacon <b>GF</b>	Peameal Bacon <b>GF</b>	Turkey Peameal Bacon <b>GF</b>	Crispy Bacon <b>GF</b>		
	Turkey Sausage Links <b>GF</b>	Pork Sausage Patty	Ham & Swiss Breakfast Panini	Turkey Peameal Breakfast Croissant	Turkey Bacon <b>GF</b>		
	Crispy Bacon <b>GF</b>	Sausage & Egg Breakfast Muffin	Mediterranean Egg White Panini	Meatless Breakfast Croissant	Breakfast Quesadillas (Meat & Meatless)		
	Bacon & Egg Breakfast Muffin	Meatless Breakfast Muffin					
Meatless Breakfast Muffin							
<b>LUNCH</b>	Interactive Souvlaki and Falafel <b>V</b>	Interactive Sausage	Interactive Pizza Bar <b>V</b>	Interactive Grilled Cheese	Smoothie Bar	Interactive Waffle	Interactive Omelet <b>GF</b>
	Grilled Chicken Kabob	Homestyle Beef Pot Pie	Eggplant Mozza Melt	Chicken Fingers	Grilled Chicken Kabob w Thai Panang Curry Sauce	Eggs Scrambled <b>GF</b>	Eggs Scrambled <b>GF</b>
	Lamb Burger	Aloo Gobi <b>V GF</b>	Penne with Marinara <b>V</b> or Alfredo	Mac'n Cheese	Hand Battered Haddock	Crispy Bacon <b>GF</b>	*RWA Pork Sausage Links <b>GF</b>
	Greek Pasta Toss	Pakora	Meatballs	Southwest Baked Beans <b>V GF</b>	Crispy Tofu w Thai Panang Curry Sauce	Ratatouille Tofu <b>V GF</b>	Chicken Broccoli Pasta Bake
	Feta Twister	Peas and Paneer <b>GF</b>	Leek, Mushroom and Cheese Frittata	Beef Carnita		French Toast	Sweet Potato Chipotle Bake <b>GF</b>
	Battered Cauliflower Bites	Basmati Rice <b>V GF</b>	French Fries	Smoky Roasted Sweet Potatoes <b>V GF</b>	Spring Roll		Green Beans with Tofu <b>V GF</b>
	Sautéed Broccoli w Kale and Garlic Butter <b>V GF</b>	Butter Chicken Poutine	Zucchini <b>V GF</b>	Corn Niblets <b>V GF</b>	Jasmine Rice <b>V GF</b>	Cheese Manicotti	Jasmine Rice <b>V GF</b>
	Tri Coloured Carrot Medley <b>V GF</b>	Samosa	Sautéed Mushrooms <b>V GF</b>	Cilantro Green Rice <b>V GF</b>	Crispy Fries	Roasted Fingerling Potatoes <b>V GF</b>	Fries
	Fries	Warm Naan Bread		Fries	Sweet Green Peas <b>V GF</b>	Fresh Market Vegetable <b>V GF</b>	
		Fries			Sautéed Haystack Carrots <b>V GF</b>	Rice <b>V GF</b>	
	Sweet and Sour Meatballs	Butter Chicken <b>GF</b>	Chicken Parmesan Bowl	Tortilla Chili Bowl	Beef Shanghai Noodles	Orange Ginger Chicken	Port Teriyaki Sauté
	Pasta Bar <b>V</b>	<b>VEGAN</b> Interactive Chef's Choice	Perogies Bar	Stir-Fry Bar <b>V GF</b>			Carvery Beef Brisket <b>GF</b>
	Roasted Chicken Breast Adobo <b>GF</b>	Mediterranean Chicken Breast with Creamy Spinach and Artichoke Sauce	Showtime Sushi <b>V GF</b>	Broccoli Cheddar Chicken	Balsamic Rosemary Steak Tips <b>GF</b>	Grilled Striploin Steak w Chimichurri Sauce <b>GF</b>	Smoky Pork Chops w Roasted Red Pepper Remoulade <b>GF</b>
	Grilled Pork Chop <b>GF</b>	Pesto Crusted Cod <b>GF</b>	Meat Lasagna	Maple Soy Salmon <b>GF</b>	Sole with Chermoula <b>GF</b>	Churasco Chicken Thighs with	Shrimp Skewer <b>GF</b>
	Crispy Southwest Haddock	Grilled Striploin Steak <b>GF</b>	BBQ Baby Back Ribs <b>GF</b>	Polenta w Mushroom Bean Sundried Tomato Ragout <b>V</b>	Roasted Chicken Leg w Chermoula Sauce <b>GF</b>	Chimichurri Sauce <b>GF</b>	White Cheddar Mac and Cheese
Vegetable Enchilada w Red Enchilada Sauce <b>V</b>	Cheese Tortellini w Creamy Spinach and Artichoke Sauce	BBQ Chicken Wings	Butternut Squash Ravioli with Roasted Red Pepper Cream Sauce		Smoky Vegetable Feijoada <b>V GF</b>	Roasted Red Pepper Remoulade <b>GF</b>	
Mexican Rice <b>V</b>		Grilled Tofu with Bruschetta <b>V GF</b>		Moroccan Lentil Stew	Beef Empanada	Crispy Polenta	
Fire Roasted Corn and Sweet Peppers <b>V GF</b>	Wild Rice Medley <b>V</b>		Roasted Green Beans with Mushrooms <b>V GF</b>	7 Vegetable Couscous <b>V</b>		Sweet Potato Fries	
Roasted Squash Wedges <b>V GF</b>	Basil Pesto Mashed Potatoes <b>GF</b>	Roasted Root Vegetable Fries <b>V GF</b>	Cauliflower Florets <b>V GF</b>	Feta Twister	Asparagus <b>V GF</b>	Fire Roasted Cornbread Biscuit	
Oven Roasted Yukon Gold Wedges <b>GF</b>	Green Bean Sautéed w Garlic <b>V GF</b>	Broccoli <b>V GF</b>	Whole Grain Rice <b>V GF</b>	Honey Harissa Eggplant <b>GF</b>	Roasted Squash Rings <b>V GF</b>	Black Eyed Peas with Kale <b>V GF</b>	
	Mediterranean Vegetable Toss <b>V GF</b>	Potato Wedges	Mashed Yukon Gold's <b>GF</b>	Carrots w Fresh Dill <b>V GF</b>	Quinoa <b>V</b>	Broccoli <b>V GF</b>	
		Garlic Sticks			Roasted Baby Red Skin Potatoes <b>V GF</b>		
*After Eight Dining*	*After Eight Dining*	*After Eight Dining*	*After Eight Dining*	*After Eight Dining*	*After Eight Dining*	*After Eight Dining*	
Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	Chef's Daily Entrée Feature...	
Appetizers & Side Dishes	Appetizers & Side Dishes	Appetizers & Side Dishes	Appetizers & Side Dishes	Appetizers & Side Dishes	Appetizers & Side Dishes	Appetizers & Side Dishes	
Signature Hot Sandwich	Signature Hot Sandwich	Signature Hot Sandwich	Signature Hot Sandwich	Signature Hot Sandwich	Signature Hot Sandwich	Signature Hot Sandwich	
Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	Daily Pizza & Flatbread Feature	

## MENU SUMMARY

**GF - GLUTEN-FREE**      **V - VEGAN**  
**\*RWA - Raised WITHOUT Antibiotics**

Meatless 54%      Seafood 9%  
 Poultry 17%      Beef 10%  
 Pork 10%

Cycle 4 Menu Schedule 2017  
 September 4 - 10  
 October 16 - 22  
 November 27 - December 3