## MENU CYCLE 6

**2019 (FEB 4 - 10)**

### BREAKFAST

**Egg Whites Available upon Request Daily**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steel Cut Oats  V</td>
<td>Eggs Scrambled &amp; Fried to order  GF</td>
<td>Fruity Sunrise Parrodi V</td>
<td>Steel Cut Oats  V</td>
<td>Mushroom &amp; Vegetable Congee  GF</td>
<td>Eggs Scrambled  GF</td>
<td>Eggs Scrambled  GF</td>
</tr>
<tr>
<td>Eggs: Scrambled &amp; Fried to order  GF</td>
<td>Texas French Toast</td>
<td>Buttermilk pancakes</td>
<td>Eggs: Scrambled  GF</td>
<td>Warm Cinnamon Rolls</td>
<td>Crispy Bacon  GF</td>
<td>Pork Sausage Links  GF</td>
</tr>
<tr>
<td>Potato Pom Poms  GF</td>
<td>Eggs Hard Boiled  GF</td>
<td>Western Omlette  GF</td>
<td>Eggs Hard Boiled  GF</td>
<td>Pork Sausage Links  GF</td>
<td>Turkey Bacon  GF</td>
<td>Crispy Bacon  GF</td>
</tr>
<tr>
<td>Crispy Bacon  GF</td>
<td>Hash Brown Potatoes</td>
<td>Hash Brown Potatoes</td>
<td>Hash Brown Potatoes</td>
<td>Pork Sausage Patty</td>
<td>Pork Sausage Links  GF</td>
<td>Turkey Sausage Links  GF</td>
</tr>
<tr>
<td>Buoens Dias (w/ Ham)</td>
<td>Pork Sausage Links  GF</td>
<td>Pork Sausage Patty</td>
<td>Pork Sausage Links  GF</td>
<td>Breakfast Burger</td>
<td>Sausage &amp; Egg Croissant  GF</td>
<td>Breakfast Burritos</td>
</tr>
<tr>
<td>Meatless Buoens Dias  GF</td>
<td>Breakfast Breakfast Burger</td>
<td>Meatless Egg Croissant</td>
<td>Breakfast Breakfast Burger</td>
<td>Mediterranean Egg White Parini</td>
<td>Mediterranean Egg White Parini</td>
<td>(Meal &amp; Meatless)</td>
</tr>
</tbody>
</table>

### LUNCH

**Menu Cycle 6 Menu Schedule 2019**

**MONDAY**

- Steel Cut Oats  V
- Eggs: Scrambled & Fried to order  GF
- Hard Boiled  GF
- Battered Cauliflower bites
- Comforting Cracker Crusted Cod
- Oven Roasted Turkey Club Sandwich
- Grilled Chicken Breast w/ Creole Sauce
- Herbed Portobello Mushrooms  GF
- Bacon & Egg Croissant
- Meatless Breakfast Burger

**TUESDAY**

- Apple Crisp
- Mushroom & Garlic Grilled Cheese
- Interactive Grilled Cheese
- Pork & Egg Croissant
- Roasted Potatoes  GF
- Shepherds Pie
- Meatball Ravioli Bake
- Penne a la Vodka
- Wilted Spinach Salad
- Whole Wheat Pasta  GF

**WEDNESDAY**

- Fruity Sunrise Parrodi V
- Buttermilk pancakes
- Eggs: Scrambled & Fried to Order  GF
- Battered Mushrooms  GF
- Italian Panini  GF
- Summer Squash Salad  GF
- Roasted Corn and Sweet Peppers  GF
- Grilled Portobello Mushrooms  GF
- Roasted Carrots & Red Onions with Fennel and Mint  GF
- Mediterranean Vegetable Toss  GF
- Mediterranean Vegetable Lasagne  GF
- Mediterranean Vegetable Lasagne  GF
- Mediterranean Vegetable Lasagne  GF
- Mediterranean Vegetable Lasagne  GF
- Mediterranean Vegetable Lasagne  GF
- Mediterranean Vegetable Lasagne  GF

**THURSDAY**

- Steel Cut Oats  V
- Buttermilk pancakes
- Eggs: Scrambled  GF
- Western Omlette  GF
- Hash Brown Potatoes
- Hash Brown Potatoes
- Hash Brown Potatoes
- Hash Brown Potatoes
- Hash Brown Potatoes
- Hash Brown Potatoes
- Hash Brown Potatoes
- Hash Brown Potatoes

**FRIDAY**

- Mushroom & Vegetable Congee  GF
- Warm Cinnamon Rolls
- Eggs: Scrambled  GF
- Eggs: Scrambled  GF
- Pork Sausage Links  GF
- Turkey Bacon  GF
- Turkey Bacon  GF
- Turkey Bacon  GF
- Turkey Bacon  GF
- Turkey Bacon  GF
- Turkey Bacon  GF
- Turkey Bacon  GF

**SATURDAY**

- Eggs Scrambled  GF
- Crispy Bacon  GF
- Hash Brown Potatoes
- Hash Brown Potatoes
- Hash Brown Potatoes
- Hash Brown Potatoes
- Hash Brown Potatoes
- Hash Brown Potatoes
- Hash Brown Potatoes
- Hash Brown Potatoes
- Hash Brown Potatoes

**SUNDAY**

- Eggs Scrambled  GF
- Crispy Bacon  GF
- Pork Sausage Links  GF
- Turkey Bacon  GF
- Turkey Bacon  GF
- Turkey Bacon  GF
- Turkey Bacon  GF
- Turkey Bacon  GF
- Turkey Bacon  GF
- Turkey Bacon  GF
- Turkey Bacon  GF

### DINNER

**Menu Cycle 6 Menu Schedule 2019**

**MONDAY**

- Grilled Chicken Breast w/ Creole Sauce
- Herbed Portobello Mushrooms  GF
- Bacon & Egg Croissant
- Meatless Breakfast Burger
- Roasted Potatoes  GF
- Steak & Eggs Benny Interactive
- Stir-Fry Bar  GF
- Portobello Mushroom Beef Burger
- Roast Beef on a Bun
- Chef’s Daily Entrée Feature... Chef’s Daily Entrée Feature...
- Appetizers & Side Dishes
- Signature Hot Sandwich Daily Pizza & Flatbread Feature

**TUESDAY**

- Grilled Chicken Thighs w Thai Green Curry Sauce  GF
- Whole Rainbow Trout w Lemon & Thyme
- Grilled Thai Style Tofu  GF
- Spinach Steak
- Roasted Carrots & Red Onions with Fennel and Mint  GF
- Mediterranean Vegetable Toss  GF
- Roasted Carrots & Red Onions with Fennel and Mint  GF
- Mediterranean Vegetable Lasagne  GF
- Mediterranean Vegetable Lasagne  GF
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**WEDNESDAY**

- Chicken Cordon Bleu  GF
- Sicilian Sole  GF
- Crispy Tofu w Broccoli Pesto Sauce  GF
- Green Beans  V
- Brussel Sprout and Bacon Sauté  GF
- French Fries
- Warm Naan Bread
- Fries
- Sweet Potato Fries
- Fries
- Fries
- Fries
- Fries
- Fries
- Fries

**THURSDAY**

- Fried Chicken
- Battered Mushrooms  GF
- Italian Panini  GF
- Grilled Portobello Mushrooms  GF
- Roasted Carrots & Red Onions with Fennel and Mint  GF
- Mediterranean Vegetable Toss  GF
- Roasted Carrots & Red Onions with Fennel and Mint  GF
- Mediterranean Vegetable Lasagne  GF
- Mediterranean Vegetable Lasagne  GF
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**FRIDAY**

- Arros con Pollo
- Battered Salmon w Creamy Spinach Filling
- Quinoa Stuffed Peppers  V
- Hand Battered Haddock
- Italian Panini  GF
- Fresh Market Vegetable  V
- Fresh Market Vegetable  V
- Fresh Market Vegetable  V
- Fresh Market Vegetable  V
- Fresh Market Vegetable  V
- Fresh Market Vegetable  V
- Fresh Market Vegetable  V
- Fresh Market Vegetable  V

**SATURDAY**

- Chicken Parmesan
- Herb Crusted Pork Chops  GF
- Smoked Vegetable Fillet  V
- Smoked Ham  GF
- Smoked Ham  GF
- Smoked Ham  GF
- Smoked Ham  GF
- Smoked Ham  GF
- Smoked Ham  GF
- Smoked Ham  GF
- Smoked Ham  GF

**SUNDAY**

- Roasted Chicken Breast  GF
- Herb Crusted Pork Chops  GF
- Smoked Vegetable Fillet  V
- Smoked Ham  GF
- Smoked Ham  GF
- Smoked Ham  GF
- Smoked Ham  GF
- Smoked Ham  GF
- Smoked Ham  GF
- Smoked Ham  GF
- Smoked Ham  GF

### CHINESE NEW YEAR

**Dinner Menu:**

- Chef’s Daily Entrée Feature...
- Appetizers & Side Dishes
- Signature Hot Sandwich Daily Pizza & Flatbread Feature
- Daily Pizza & Flatbread Feature
- Daily Pizza & Flatbread Feature
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### MENU SUMMARY

- **GF - GLUTEN-FREE**
  - Meatless  54%
  - Poultry  17%
  - Beef  10%
- **V - VEGAN**
  - Seafood  9%
  - Pork  10%

**www.residedining.uwo.ca hospitalityservices@uwo.ca**