# April 1-7

# Dining Hall Hot Menu of the Day



Student Housing and Service de logement Hospitality Services étudiant et d'hôtellerie

BMH, NRH, RVC offers hot breakfast, lunch & dinner

CS offers hot lunch & dinner on weekdays; pantry style service at breakfast (7h30-10h30)

CS offers only pantry style service on weekends

Menu is subject to change without notice.

**LEGEND** Made without Gluten •

Vegetarian •

Vegan & Dairy Free

Dairy Free

MSC •

Halal •

ADDITIONAL PANTRY ITEMS: BREADS CHEESES SPREADS EGGS COLD CUTS GARDEN BAR DESSERTS FRUIT

# **MONDAY**

## BREAKFAST

Breakfast Sausages •

Chocolate & banana

Pancakes •

Greek inspired Scrambled

Eggs •

Greek inspired Scrambled

eggs ••

#### LUNCH

Pineapple Chicken • •

Pineapple Vegan Chicken • •

Sticky Coconut Rice ••

Braised Nappa cabbage & Bok Choy • •

#### DINNER

Hamburger Casserole••

Vegan Hamburger Casserole

•

Fries

Caramelized Squash & Turnips

#### ALL DAY SPECIALS

#### SOUP

Tomato & Roasted Red Pepper • •

#### PASTA

Arrabiata •

Rosé •

Pesto & Spinach •

#### PIZZA

Margherita • Chef's Special

Pepperoni

## GRILL

Chef's Choice

# **TUESDAY**

#### BREAKFAST

Bacon • •

Cinnamon French Toast w/ Cream Cheese Drizzle •

Breakfast Tacos • •

Breakfast Tacos • •

#### LUNC

Fish & Chips w/Tartar Sauce

•

Tofu & Chips w/Vegan Tartar Sauce ● •

Fries •

Roasted Rainbow Carrots w/herbs salées • •

#### DINNER

Pulled Pork Tacos ( • available)

Pulled Jackfruit Tacos

( • available)

Mexican inspired Rice • •

Mexican inspired Bean Salad

• •

## ALL DAY SPECIALS

# SOUP

Corn Chowder

#### PASTA

Puttanesca •

Carbonara

Tomato Basil •

## PIZZA

Margherita •

Vegan Pizza

Pepperoni

# GRILL

Chef's Choice

# WEDNESDAY

# BREAKFAST

Ham • •

Blueberry Bread Pudding •

BBQ Pulled Pork Frittata

•

Potato & Leek Frittata • •

#### LUNCH

Veal Swedish Meatballs

Vegan Swedish Meatballs

Oven roasted Crispy Potato Wedges • •

Brussels Sprouts & Onions

#### DINNER

Roasted Chicken in a Marsala

Sauce •

Roasted Tempeh in a Marsala Sauce

Crispy Roasted Potatoes

• •

Smoky Brussel Sprouts • •

## ALL DAY SPECIALS

## SOUP

Carrot, Butternut Squash & Ginger

## PASTA

Garlic, Parsley & Olive Oil • Alfredo •

Roasted Tomato

## PIZZA

Margherita • Pepperoni

Chef's Choice

## GRILL

Chef's Choice

# Dining Hall Menu April 1-7

Offered at BMH, NRH, RVC & CS\* (CS offers hot lunch & dinner on weekdays). Menu is subject to change without notice.

# **THURSDAY**

#### BREAKFAST

Breakfast Sausages •

Beaver Tails • •

Ham & Swiss Omelettes •

Spinach & Roasted Red Pepper Omelettes • •

#### LUNCH

HOP INTO SPRING EVENT

#### DINNER

Fish Cakes w/Remoulade Sauce Tofu Cakes w/Remoulade Sauce

Lentil Pilaf • •

Mediterranean Roasted Cauliflower

## ALL DAY SPECIALS

## SOUP

Pumpkin & Chipotle • •

#### PASTA

Arrabiata •
Pesto & Tomato •
Garlic Parmesan •

#### **PIZZA**

Margherita • Vegan Pizza • Pepperoni

# **FRIDAY**

#### RREAKEAST

Bacon • • Crêpes •

Shakshuka ••

Shakshuka inspired Vegan Scrambled Eggs • •

#### LUNCH

Cheddar & Buffalo Chicken Meatloaf

Buffalo Vegan Meatloaf • •

Polenta ••

Garlic Roasted Broccoli • •

#### DINNER

Veal Kefta

Falafels • •

Pearl Couscous Pilaf •

Charred Peppers, Onions & Broccoli • •

#### **ALL DAY SPECIALS**

#### SOUP

Lentil ••

#### **PASTA**

Puttanesca •
Pesto Cream •
Primavera •

#### PIZZA

Margherita • Chef's Special Pepperoni

#### GRILL

Chef's Choice

# Weekend Menu - **BMH**, **NRH**, **RVC**CS Weekend Menu pantry style self service only

# **SATURDAY**

# BREAKFAST

Breakfast Sausages • Raspberry Pancakes • Fried Eggs • •

Tofu Scramble • •

# LUNCH

Sweet & Sour pork • •
Sweet & Sour tempeh • •
Fried Rice • •

# DINNER

Smoked BBQ Brisket •
Smoked BBQ Tempeh •
Rustic Herbed Mashed Potatoes

Braised Onions & Cabbage • •

#### ALL DAY SPECIALS

# SOUP

Chef's Choice

# PASTA

Arrabiata • Carbonara Roasted Tomato •

#### PIZZA

Margherita • Vegan Pizza • Pepperoni

## GRILL

Chef's Choice

# **SUNDAY**

#### BREAKFAST

Ham • •

Banana Foster French Toast • English Muffin Egg Sandwiches

English Muffin Egg Sandwiches • •

#### LUNCH

Boeuf Bourguignon • • • Vegan Boeuf Bourguignon • Quinoa • •

#### DINNER

Sticky Sesame Chicken w/Hoisin Glaze • •

Sticky Vegan Sesame Chicken w/ Hoisin Glaze•

Fried Rice • •

Stir Fried Vegetables • •

## ALL DAY SPECIALS

# SOUP

Chef's Choice

#### PASTA

Tomato Basil • Alfredo •

Oregano, Garlic & Olive Oil •

#### PIZZA

Margherita • Chef's Special Pepperoni

# GRILL

Chef's Choice