**Bishop Mountain Dining Hall**

Menu for the following weeks:

- **Sept. 9-17**
- **Oct. 1-7**
- **Oct. 8-14**
- **Oct. 22-28**
- **Nov. 26-Dec. 2**

### Monday

- **Breakfast**: Southwest scrambled tofu wrap (V)
- **Lunch**: Portuguese chicken (GF) Eggplant parmesan (V) Steak spice crisp potatoes (V) Vegetable of the day (GF)
- **Soup**: Hot & Sour Soup (V)
- **Shawarma**: Chicken/beef or falafel (GF) (V)
- **Dinner**: Roast beef (GF) Mushroom & Brie Phyllo (V) Baked Potatoes (V) Vegetable of the day (GF)

### Tuesday

- **Breakfast**: French toast (V)
- **Lunch**: Tomato & basil chicken pasta (GF) Baked cheese rotolo (V) Garlic bread (GF) Vegetable of the day (GF)
- **Soup**: Cuban black beans (GF) Beef & barley (V)
- **Shawarma**: Chicken/beef or falafel (GF) (V)
- **Dinner**: Tacos (GF) Veggie tacos (V) Mexican rice (V) Vegetable of the day (GF)

### Wednesday

- **Breakfast**: McGill breakfast sandwich (V)
- **Lunch**: Chicken cacciatore (GF) Vegan cacciatore (VE) Herbed egg noodles (GF) Vegetable of the day (GF)
- **Soup**: Chunky vegetable lentil (GF) Miso, tofu & mushroom (GF)
- **Shawarma**: Chicken/beef or falafel (GF) (V)
- **Dinner**: Baby back ribs (H) Vegetarian Chilli & Corn bread (GF) Onion rings (GF) Vegetable of the day (GF)

### Thursday

- **Breakfast**: Breakfast burrito (V)
- **Lunch**: Ginger-green onion cod (GF) Southwest tofu stew (V) 7-Grain rice pilaf (V) Vegetable of the day (GF)
- **Soup**: Leek & potato (VE) Kale, chorizo & potato (GF)
- **Shawarma**: Chicken/beef or falafel (GF) (V)
- **Dinner**: Whole roasted halal chicken (H) Greek butter bean stew (GF) Rice & quinoa pilaf (V) Vegetable of the day (GF)

### Friday

- **Breakfast**: Buckwheat pancakes (V)
- **Lunch**: Chicken burrito (V) Sweet potato & black bean burrito (V) French fries (GF) Vegetable of the day (GF)
- **Soup**: Lentil Dahl (GF) Thai Chicken Coconut (GF)
- **Shawarma**: Chicken/beef or falafel (GF) (V)
- **Dinner**: General Tao chicken (GF) General Tofu cauliflower (GF) Brown rice pilaf (GF) Vegetable of the day (GF)

### Saturday

- **Brunch**: Chicken Lorraine (V)
- **Lunch**: Bacon & Onion Quiche (GF)
- **Soup**: Moroccan harira (GF) Thai chicken coconut (GF)
- **Shawarma**: Chicken/beef or falafel (GF) (V)
- **Dinner**: Roast pork (GF) Soy vegan shepherd’s pie (V)

### Sunday

- **Brunch**: Quiche Lorraine (V)
- **Lunch**: Bacon & Onion Quiche (GF)
- **Soup**: Moroccan harira (GF) Chicken noodle (V)
- **Shawarma**: Chicken/beef or falafel (GF) (V)
- **Dinner**: Vegetable of the day (GF)

### General Notes

- **GF**: Made without Gluten
- **V**: Vegetarian
- **VE**: Vegan
- **H**: Halal
- **SP**: Recipes from the Smart Palate
- **MSC**: Made with Sustainable Ingredients

Please note that the menu is subject to change without notice.

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