Menu for the following weeks:

**MONDAY**
- **BREAKFAST**
  - French toast
- **LUNCH**
  - Chicken quesadilla
  - Grilled veg quesadilla
  - French fries
  - Vegetables of the day
- **SOUP**
  - Miso, tofu & mushroom
  - Minestrone
- **SHAWARMA - LUNCH & DINNER**
  - Chicken/beef or falafel
- **DINNER**
  - Jerk chicken
  - Jamaican caserole
  - Rice & beans
  - Vegetables of the day

**TUESDAY**
- **BREAKFAST**
  - McGill Breakfast sandwich
- **LUNCH**
  - Tacos
  - Veggie tacos
  - Mexican rice
  - Vegetables of the day
- **SOUP**
  - Tomato & basil
  - Straciatella
- **SHAWARMA - LUNCH & DINNER**
  - Chicken/beef or falafel
- **DINNER**
  - Dijon roast pork
  - Cheese tortellini w/ rose sauce
  - 7 Grain rice/ garlic bread
  - Vegetables of the day

**WEDNESDAY**
- **BREAKFAST**
  - Chocolate Chip Pancakes
- **LUNCH**
  - Pasta w/meat sauce
  - Baked cheese manicotti
  - Garlic bread
  - Vegetable of the day
- **SOUP**
  - Indo - Mex Soup
  - Stracciatella
- **SHAWARMA - LUNCH & DINNER**
  - Chicken/beef or falafel
- **DINNER**
  - Turkey Schnitzel
  - Spicy potato wedges
  - 7 Grain rice/ garlic bread
  - Vegetables of the day

**THURSDAY**
- **BREAKFAST**
  - Breakfast burrito
- **LUNCH**
  - Butter chicken
  - Vegetable curry
  - Balsamic rice
  - Vegetable of the day
- **SOUP**
  - Dr. Joe's cauliflower soup
  - Muligatwany
- **SHAWARMA - LUNCH & DINNER**
  - Chicken/beef or falafel
- **DINNER**
  - Shepherd's pie
  - Vegetarian lasagna
  - Garlic bread
  - Vegetable of the day

**FRIDAY**
- **BREAKFAST**
  - Blueberry Pancakes
- **LUNCH**
  - Herb crusted cod
  - Vegetable curry
  - Ethiopian lentil & soy beef stew
  - Vegetable of the day
- **SOUP**
  - Quebec Pea Soup
  - Ham ribollita
- **SHAWARMA - LUNCH & DINNER**
  - Chicken/beef or falafel
- **DINNER**
  - Chicken Schnitzel
  - Spaghetti
  - Lemon-herb roasted potatoes
  - Vegetable of the day

**SATURDAY**
- **BREAKFAST**
  - Quiche Lorraine
  - Bacon & Onion Quiche
- **LUNCH**
  - Roast turkey
  - Vegetarian fried rice
  - Mashed potatoes
  - Vegetable of the day
- **SOUP**
  - Butter chicken
  - Vegetable curry
  - Basmati rice pilaf
  - Vegetable of the day
- **SHAWARMA - LUNCH & DINNER**
  - Chicken/beef or falafel
- **DINNER**
  - Chicken Fajitas
  - Vegetarian Fajitas
  - Mexican Rice
  - Vegetable of the day

**SUNDAY**
- **BREAKFAST**
  - Blueberry Pancakes
  - Breakfast burrito
  - Baked beans
  - Hard boiled eggs, scrambled eggs, custom omelette, fried eggs
- **LUNCH**
  - Vegetable of the day
  - Roast turkey
  - Vegetarian fried rice
  - Vegetable of the day
- **SOUP**
  - Butter chicken
  - Vegetable curry
  - Vegetable of the day
- **SHAWARMA - LUNCH & DINNER**
  - Chicken/beef or falafel
- **DINNER**
  - Roast turkey
  - Vegetarian fried rice
  - Mashed potatoes
  - Vegetable of the day

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

**LEGEND**
- Made without gluten (GF)
- Vegetarian (V)
- Vegan (VE)
- Halal (H)
- Recipes from the Smart Palate (SP)
- MSC (MSC)