Menu for the following weeks:

**MONDAY**
- **BREAKFAST**: Southwest scrambled tofu wrap
  - Chicken parmesan
  - Mac & cheese
  - Waffle fries
  - Vegetable of the day
- **LUNCH**:
  - Turkey chili
  - 6-Bean vegetarian chili
  - Sweet potato fries
  - Vegetable of the day
- **SOUP**:
  - Roasted red pepper
  - Butternut squash
- **SHAWARMA**:
  - Chicken/beef
  - Chicken/beef or falafel
- **DINNER**:
  - Teriyaki chicken
  - Vegetarian dumplings
  - Rice - quinoa pilaf
  - Vegetable of the day

**TUESDAY**
- **BREAKFAST**: French toast
  - McGill breakfast sandwich
- **LUNCH**:
  - Tandoori chicken
  - Vegetarian samosa
  - Basmati rice
  - Vegetable of the day
- **SOUP**:
  - Tomato & basil
  - Chicken tortilla
- **SHAWARMA**:
  - Chicken/beef
  - Chicken/beef or falafel
- **DINNER**:
  - Trinidadian beef curry
  - Mexican rice
  - Vegetable of the day

**WEDNESDAY**
- **BREAKFAST**:
  - Banana-oatmeal pancakes
  - Breakfast Poutine
- **LUNCH**:
  - Grilled sausage
  - Spinach, goat cheese & red pepper quiche
  - Crispy potato cubes
  - Vegetable of the day
- **SOUP**:
  - Broccoli & Cheddar
  - Carrot
- **SHAWARMA**:
  - Chicken/beef
  - Chicken/beef or falafel
- **DINNER**:
  - Whole roasted Halal chicken
  - Parsnip pancakes
  - Greek style lemon herb potatoes
  - Vegetable of the day

**THURSDAY**
- **BREAKFAST**: Breakfast Poutine
- **LUNCH**:
  - Grilled chicken breast
  - Vegetarian mousaka
  - Brown rice pilaf
  - Vegetable of the day
- **SOUP**:
  - Thai Coconut
  - Caribbean
- **SHAWARMA**:
  - Chicken/beef
  - Chicken/beef or falafel
- **DINNER**:
  - Roasted Salmon
  - Patatas bravas
  - Quinoa Pilaf
  - Vegetable of the Day

**FRIDAY**
- **BREAKFAST**:
  - Bacon, ham or sausage,
  - Breakfast potatoes
  - Baked beans
  - Hard boiled eggs, scrambled eggs, custom omelette, fried eggs
- **LUNCH**:
  - Chicken/beef
  - Chicken/beef or falafel
- **SOUP**:
  - Seafood chowder
  - Chunky Vegetable Lentil
- **SHAWARMA**:
  - Chicken/beef
  - Chicken/beef or falafel
- **DINNER**:
  - Chicken wings
  - Vegetarian Tex-Mex casserole
  - French fries
  - Vegetable of the day

**SATURDAY**
- **BRUNCH**: Quiche Lorraine
  - Bacon & Onion Quiche
  - Vegetable of the day
- **LUNCH**:
  - Roasted Salmon
  - Ratatouille
  - Roasted red pepper w/Eggs
  - Vegetable of the Day
- **SOUP**:
  - Seafood chowder
  - Chunky Vegetable Lentil
- **SHAWARMA**:
  - Chicken/beef
  - Chicken/beef or falafel
- **DINNER**:
  - Baby back ribs
  - Veggie stirry w/fried rice
  - Sweet potato fries
  - Vegetable of the day

**SUNDAY**
- **BRUNCH**: Quiche Lorraine
  - Bacon & Onion Quiche
  - Vegetable of the day
- **LUNCH**:
  - Chicken/beef
  - Chicken/beef or falafel
- **SOUP**:
  - Seafood chowder
  - Chunky Vegetable Lentil
- **SHAWARMA**:
  - Chicken/beef
  - Chicken/beef or falafel
- **DINNER**:
  - Baby back ribs
  - Veggie stirry w/fried rice
  - Sweet potato fries
  - 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)