## Daily Breakfast Choices:

<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>Bacon GF V</td>
<td>Sausage GF V</td>
<td>Broccoli VE</td>
<td>Lentil V</td>
<td>Cream of corn V</td>
<td>Chicken thai GF VE</td>
<td>Waffles V</td>
</tr>
<tr>
<td>Spinach &amp; cream GF V</td>
<td>Chicken noodle GF VE</td>
<td>Beef &amp; barley GF VE</td>
<td>Lentil V</td>
<td>Celerly &amp; leek VE</td>
<td>Sweet potato GF VE</td>
<td>Carrot &amp; ginger GF VE</td>
</tr>
<tr>
<td>Curried squash GF VE</td>
<td>Rhutabaga &amp; apple GF VE</td>
<td>Broccoli VE</td>
<td>Tomato &amp; corn tortilla VE</td>
<td>Celery &amp; leek VE</td>
<td>Minestrone GF VE</td>
<td></td>
</tr>
</tbody>
</table>

### Menu of the Day

#### Monday
- Beef teriyaki GF V
- Vegetarian chili GF V
- Turmeric barley GF V
- Oven-roasted potatoes GF V
- Vegetables of the day GF V

#### Tuesday
- Shepherd’s pie GF V
- General tao tofu GF V
- Stuffed butternut squash w/rosemary GF V
- Vegetables of the day GF V

#### Wednesday
- Honey & sesame chicken GF V
- Indian chickpea & cauliflower curry GF V
- Couscous GF V
- Basmati rice GF V
- Vegetables of the day GF V

#### Thursday
- Chipotle Lime MSC Haddock GF V
- Vegetable pad thai GF V
- Mashed sweet potato GF V
- Vegetables of the day GF V

#### Friday
- Chicken breast w/ mushroom sauce GF V
- Vegetarian pad thai GF V
- Cajun style red skin potatoes GF V
- Garlic bread GF V
- Vegetables of the day GF V

#### Saturday
- Beef & carrots GF V
- Thai fried rice GF V
- Vegetarian spring rolls GF V
- Vegetables of the day GF V

#### Sunday
- Korean glazed chicken GF V
- Red curry tofu GF V
- Brown rice pilaf GF V
- Vegetables of the day GF V

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

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**Make to Order**

**Breakfast**: Asian stir fry, Italian pasta

**Lunch**: Asian stir fry, Italian pasta

**Dinner**: Asian stir fry, Italian pasta

**Legend**:
- GF: Made without Gluten
- V: Vegetarian
- VE: Vegan
- MSC: Made to order

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Carrefour Sherbrooke Dining Hall

Menu for the following weeks:

- Jan 21-27
- Feb 18-24

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**Enjoy your meal!**