# March 25-31

# 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 •

Cinnamon French Toast •

Cheddar Scrambled Eggs • •

Vegan Egg Scramble • •

#### LUNCH

Shepherd's Pie • •

Vegan Shepherd's Pie • •

Rice Pilaf • •

Garlic Green Beans

#### DINNER

Pineapple Pork Stew • •

Tofu & Pineapple Stew • •

Roasted Potatoes • •

Roast Root Vegetables • •

#### ALL DAY SPECIALS

#### SOUP

Tomato • •

PASTA

Arrabiata •

Rosé •

Pesto & Spinach •

#### PIZZA

Margherita •

Chef's Special

Pepperoni

#### GRILL

Grilled Cheese •

## **TUESDAY**

#### **BREAKFAST**

Bacon • •

Blueberry Pancake •

Frittata Florentine • •

Tofu Florentine • •

#### LUNCH

Shawarma inspired Chicken

Platter • • •

Shawarma inspired Vegan

Chicken • •

Roasted Potatoes • •

Beet Juice Pickled Turnips • •

### DINNER

Crispy Cod • •

Tofu & Vegetables • •

Herbed Rice • •

Carrots & Cauliflower • •

### ALL DAY SPECIALS

#### SOUP

Lentil • •

#### PASTA

Puttanesca •

Carbonara

Tomato Basil •

#### PIZZA

Margherita •

Vegan Pizza •

Pepperoni

#### GRILL

Roast Beef Sandwich

• •

## WEDNESDAY

## BREAKFAST

Ham • •

Rhubarb Bread Pudding •

Mexican Scrambled Eggs • •

Mexican Scrambled Vegan

Eggs • •

#### LUNCH

BBQ Meatloaf • •

Vegan Meatloaf • •

Yukon Gold Mashed Potato

• •

Creamed Cauliflower • •

#### DINNER

Chicken w/ Cacciatore Sauce

• • •

Vegan Chicken Cacciatore • •

Pearl Couscous •

Eggplant & Peppers • •

# ALL DAY SPECIALS

## SOUP

Broccoli • •

## PASTA

Garlic, Parsley & Olive Oil •

Alfredo •

Roasted Tomato

### PIZZA

larabarit

Margherita • Pepperoni

Chef's Choice

## GRILL

Veggie Wrap •

# Dining Hall Menu Mar 25-31

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

# **THURSDAY**

# **LOCAL FOOD DAY SUGAR SHACK**

#### **ALL DAY SPECIALS**

PASTA

Arrabiata •

Pesto & Tomato •

Garlic Parmesan •

Margherita •

Vegan Pizza

Pepperoni

# **FRIDAY**

BREAKFAST

Ham • •

Carrot & Zucchini Cake •

Fried Eggs • • •

Vegan Omelette w/ Caramelized Onion • • LUNCH

Beef Taco Buffet ● • ( • available)

Vegan Taco Beef

( • available)

Mexican Rice • •

Roasted Vegetables • •

DINNER

Asian Roasted Duck Wings • •

Asian Vegan Chicken • •

Vegetable Fried Rice • •

Chili Garlic Broccoli • •

#### ALL DAY SPECIALS

Cauliflower • •

Puttanesca •

Pesto Cream •

Primavera •

Margherita •

Chef's Special

Pepperoni

GRILL

Turkey Hoagie

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

# SATURDAY

BREAKFAST

Breakfast Sausages •

Chocolate French Toast •

Ham & Cheese Scramble •

Scrambled Vegetable Tofu • •

LUNCH

Vegetable Frittata • •

Tofu Stew • •

Potato & Vegetable Casserole

DINNER

Roast Beef w/ Gravy • • •

Vegan Beef & Curried Lentil • •

Mashed Potatoes • •

## **ALL DAY SPECIALS**

SOUP

Chef's Choice

PASTA

Arrabiata • Carbonara

Roasted Tomato

Margherita •

Vegan Pizza

Pepperoni Pizza Rolls

Chef's Choice

# SUNDAY

BREAKFAST

Ham • •

Banana Pancake •

Potato & Onion Scramble

Potato & Onion Scramble • •

LUNCH

Scrambled Eggs • •

Chickpea Stew • •

Fried Rice • •

DINNER

Chicken w/ Mushroom Sauce

Tofu w/ Mushroom Sauce • •

Vegetable Rice • •

### ALL DAY SPECIALS

Chef's Choice

PASTA

Tomato Basil •

Alfredo • Oregano, Garlic & Olive Oil • PIZZA

Margherita • Chef's Special

Pepperoni

GRILL

Chef's Choice