### Royal Victoria College Dining Hall

#### Menu for the following weeks:

- **Sept. 4-9**
- **Oct. 1-7**
- **Oct. 29**
- **Nov. 4**
- **Nov. 26 - Dec. 2**

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#### Monday

**Breakfast**
- Ham
- Scrambled tofu
- French Toast

**Lunch**
- Mac & cheese
- Soba noodle w/soya strips
- Chicken Fajitas
- Mexican rice
- Egg roll

**Dinner**
- Chicken noodle soup
- Broccoli & creamy tofu

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#### Tuesday

**Breakfast**
- Sausage
- Scrambled egg
- Breakfast Poutine

**Lunch**
- Creole soya meatball stew
- Vegetarian lasagna
- Roasted Jamaican jerk chicken
- Calypso rice
e Garlic bread

**Dinner**
- Satay tofu stew
- Ukrainian style perogies
- Quebec beef bourguignon
- Eggs noodles & herbs
- 7 Grain rice
- Basmati rice

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#### Wednesday

**Breakfast**
- Bacon
- Blueberry pancakes
- Scrambled Eggs

**Lunch**
- Turkey enchiladas
- Dr. Joe’s guajillo
- Vegan shepherd’s pie
- Eggs noodles & herbs
- Black beans puree

**Dinner**
- Chicken tajine
- Turkey & abricot pastilla
- Couscous
- Couscous w/merguez & lamb
- Zaalouk eggplant & tofu

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#### Thursday

**Breakfast**
- Ham
- Scrambled eggs
- Breakfast burritos

**Lunch**
- Tortellini
- Sauce rose tomato Napoletana
- Chipotle & lime pork chop
- Barley & mushroom pilaf
- Rosemary bread stick

**Dinner**
- Chicken thign saute w/lemon & herbs
- Roast beef au jus

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#### Friday

**Breakfast**
- Bacon
- Breakfast special

**Lunch**
- 3 Cheese quiche
- Spaghetti w/meat sauce
- Falafel
- Garlic potatoes
- Rosemary bread stick

**Dinner**
- Manicotti gratiner
- Roast beef & gravy
- Sweet & sour soya meatball
- Mashed potatoes
- Vegetable of the day

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#### Saturday

**Brunch**
- Chicken thigh saute w/lemon & herbs
- Double cooked bread pudding

**Lunch**
- Miso mushroom soup
- Chicken noodle

**Dinner**
- Mango & papaya crepe
- Mango & papaya sorbet
- Indian butter tofu
- Palak paneer
- Samosas

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#### Sunday

**Brunch**
- Breakfast poutine
- Chicken noodle

**Lunch**
- Lentil & spinach soup
- Chicken noodle

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

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### LEGEND

- **Made without Gluten (GF)**
- **Vegetarian (V)**
- **Vegan (VE)**
- **Halal (H)**
- **Dairy free (DF)**
- **Veggie**

**Recipes from the Smart Palate (SP)**

**MSC (MSC)**