### Royal Victoria College Dining Hall

**Menu for the following weeks:**

**Sept. 24-30**
- General Tao chicken
- Ginger & sesame tofu
- Vegetarian dumpling
- Pork dumpling
- Egg roll
- Jasmin rice
- Garlic bok choy
- Parmentier potage
- Chicken noodle

**Oct. 22-28**
- Winter & fall chickpea and vegetable stew
- Soba noodle w/soya strip
- Vegetable fried rice
- Mashed potatoes
- Vegetables

**Nov. 19-25**
- Roast pork
- Wild & fall chickpea and vegetable stew
- Mexican rice
- Soy sauce
- Beans
- Minestrone

**Dec. 17-23**
- Teriyaki turkey drumstick
- Winter & fall chickpea and vegetable stew
- Soba noodle w/soya strip
- Vegetable fried rice
- Mashed potatoes
- Garlic bok choy

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**Monday**
- **Breakfast**
  - Ham
  - Sausage* (V)
  - Bacon*
  - Six bean stew
  - Indian butter chicken
  - Lasagna florentine
  - Lasagna florentine
  - Six bean stew
  - Roast pork
  - General Tao chicken

- **Lunch**
  - Mac & cheese
  - Chickpea & potato casserole
  - Chicken high saute
  - Rosemary stick
  - Whole wheat pasta
  - Red & white quinoa

- **Soup**
  - Minestrone
  - Beef & cabbage

- **Dinner**
  - Mexican casserole
  - Baja chipotle chicken
  - Mexican casserole
  - Baja chipotle chicken

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**Tuesday**
- **Breakfast**
  - Ham
  - Sausage
  - Bacon
  - Six bean stew
  - Lasagna florentine
  - Mediterranean haddock
  - Mediterranean haddock
  - Six bean stew
  - Roast pork
  - General Tao chicken

- **Lunch**
  - Macaroni and cheese
  - Chickpea & potato casserole
  - Chicken high saute
  - Rosemary stick
  - Whole wheat pasta
  - Red & white quinoa

- **Soup**
  - Minestrone
  - Beef & cabbage

- **Dinner**
  - Mexican casserole
  - Baja chipotle chicken
  - Mexican casserole
  - Baja chipotle chicken

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**Wednesday**
- **Breakfast**
  - Ham
  - Sausage
  - Bacon
  - Six bean stew
  - Lasagna florentine
  - Mediterranean haddock
  - Mediterranean haddock
  - Six bean stew
  - Roast pork
  - General Tao chicken

- **Lunch**
  - Macaroni and cheese
  - Chickpea & potato casserole
  - Chicken high saute
  - Rosemary stick
  - Whole wheat pasta
  - Red & white quinoa

- **Soup**
  - Minestrone
  - Beef & cabbage

- **Dinner**
  - Mexican casserole
  - Baja chipotle chicken
  - Mexican casserole
  - Baja chipotle chicken

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**Thursday**
- **Breakfast**
  - Ham
  - Sausage
  - Bacon
  - Six bean stew
  - Lasagna florentine
  - Mediterranean haddock
  - Mediterranean haddock
  - Six bean stew
  - Roast pork
  - General Tao chicken

- **Lunch**
  - Macaroni and cheese
  - Chickpea & potato casserole
  - Chicken high saute
  - Rosemary stick
  - Whole wheat pasta
  - Red & white quinoa

- **Soup**
  - Minestrone
  - Beef & cabbage

- **Dinner**
  - Mexican casserole
  - Baja chipotle chicken
  - Mexican casserole
  - Baja chipotle chicken

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**Friday**
- **Breakfast**
  - Ham
  - Sausage
  - Bacon
  - Six bean stew
  - Lasagna florentine
  - Mediterranean haddock
  - Mediterranean haddock
  - Six bean stew
  - Roast pork
  - General Tao chicken

- **Lunch**
  - Macaroni and cheese
  - Chickpea & potato casserole
  - Chicken high saute
  - Rosemary stick
  - Whole wheat pasta
  - Red & white quinoa

- **Soup**
  - Minestrone
  - Beef & cabbage

- **Dinner**
  - Mexican casserole
  - Baja chipotle chicken
  - Mexican casserole
  - Baja chipotle chicken

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**Saturday**
- **Lunch**
  - Macaroni and cheese
  - Chickpea & potato casserole
  - Chicken high saute
  - Rosemary stick
  - Whole wheat pasta
  - Red & white quinoa

- **Soup**
  - Minestrone
  - Beef & cabbage

- **Dinner**
  - Mexican casserole
  - Baja chipotle chicken
  - Mexican casserole
  - Baja chipotle chicken

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**Sunday**
- **Lunch**
  - Macaroni and cheese
  - Chickpea & potato casserole
  - Chicken high saute
  - Rosemary stick
  - Whole wheat pasta
  - Red & white quinoa

- **Soup**
  - Minestrone
  - Beef & cabbage

- **Dinner**
  - Mexican casserole
  - Baja chipotle chicken
  - Mexican casserole
  - Baja chipotle chicken

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