

Coffee and assorted beverages available with each meal

This Week's Special

TACO Tuesday Waffle Wednesday Smoothie Saturday

BREAKFAST

MONDAY

Made to order Eggs & Omelet
Fruit & Yogurt Bar ▲
Hash Browns
Sausage
Boiled Eggs
Spicy Tofu Scramble ●
Buttermilk Pancakes
Cold & Hot Cereal
Assorted Baked Goods ●

TUESDAY

Made to order Eggs & Omelet
Fruit & Yogurt Bar ▲
Dollar Fries
Bacon
Poached Eggs
Baked Beans ●
French Toast
Cold & Hot Cereal
Assorted Baked Goods ●

WEDNESDAY

Made to order Eggs & Omelet
Fruit & Yogurt Bar ▲
Dice Home Fries
Breakfast Ham
Boiled Eggs
Tofu Scramble ●
Buttermilk Pancakes
Cold & Hot Cereal
Assorted Baked Goods ●

THURSDAY

Made to order Eggs & Omelet
Fruit & Yogurt Bar ▲
Potato Wedges
Sausage Patties
Poached Eggs
Baked Beans ●
Waffles
Cold & Hot Cereal
Assorted Baked Goods ●

FRIDAY

Made to order Eggs & Omelet
Fruit & Yogurt Bar ▲
Hash Brown Patties
Sausage Link
Boiled Eggs
Spicy Tofu Scramble ●
French Toast
Cold & Hot Cereal
Assorted Baked Goods ●

LUNCH

Spicy Spiral Fries ●
Vegetarian Chilli ●
Garlic Perogies with Bacon
Roasted Curry Cauliflower ▲
Vegan Paella ●
Made to order Pasta & Stir Fry ●
Assorted Desserts

Chicken Tinga Burrito
Salisbury Steak
Roasted Green Beans & Mushrooms ●
Seasoned White Rice
Red Lentil Dal ●
Made to order Pasta & Stir Fry ●
Assorted Desserts

Grilled Italian Sausage with Sautéed Onions
Black Bean Burger ●
Roasted Honey Garlic Chicken
Spicy Potato Wedges ●
Seasonal Vegetables ●
Tofu Cacciatore ●
Made to order Stir Fry ●
Assorted Desserts

Black Bean Tacos
Black Bean Quesadillas ▲
Shanghai Beef Noodle Bowl
Seasonal Vegetables ●
Sweet Potato & Chickpea Buddha Bowl ●
Made to order Stir Fry ●
Assorted Desserts

Banh Mi Turkey Slider
Banh Mi Plant Based Slider
Jerk Pork Souvlaki
Roasted Cajun Potatoes
Basmati Rice Pilaf with Chickpeas ●
Sautéed Garlic Lemon Spinach ●
Made to order Stir Fry ●
Assorted Desserts

BRUNCH

SATURDAY

Made to order Eggs & Omelet
Fruit & Yogurt Bar ▲
Dollar Fries ●
Bacon
Baked Beans ●
Cold & Hot Cereal ▲
Assorted Baked Goods
Made to order Pasta & Stir Fry ●
Assorted Desserts

SUNDAY

Made to order Eggs & Omelet
Fruit & Yogurt Bar ▲
Diced Home Fries ●
Breakfast Ham
Baked Apple Oatmeal ●
Cold Cereal ▲
Assorted Baked Goods
Made to order Pasta & Stir Fry ●
Assorted Desserts

ALL DAY

Chicken Noodle Soup
Minestrone Bean Soup
Build Your Own Salad ●
Pepperoni Pizza
Cheese Pizza ▲
Taco Pizza

Beef Barley Soup
Cream of Tomato Soup ●
Build Your Own Salad ●
Pepperoni Pizza
Cheese Pizza ▲
Margherita Pizza

Chicken & Rice Soup
Vegetable Soup ●
Build Your Own Salad ●
Pepperoni Pizza
Cheese Pizza ▲
Spicy Sausage Pizza

Cauliflower Cheddar Soup ●
Thai Curry Chicken Soup
Build Your Own Salad ●
Pepperoni Pizza
Cheese Pizza ▲
Salami & Olive Pizza

Corn Chowder
Turkey Noodle Soup
Build Your Own Salad ●
Pepperoni Pizza
Cheese Pizza ▲
Mediterranean Pizza

Chef's Choice Soup
Vegetable Soup ●
Build Your Own Salad ●
Pepperoni Pizza
Cheese Pizza ▲
Chef's Choice Pizza

Chef's Choice Soup
Vegetable Soup ●
Build Your Own Salad ●
Pepperoni Pizza
Cheese Pizza ▲
Spicy Sausage Pizza

DINNER

Meatball Sub
Plant Based Marinara Sub ●
Baked Chicken & Mushroom Penne
Baked Primavera Penne ▲
Steamed Brown Rice
Sautéed Edamame, Corn & Black Beans ▲
Made to order Pasta & Stir Fry ●
Assorted Desserts

Gyros Wrap
Greek Wraps ●
Chicken Fajitas
Shanghai Noodles
Seasonal Vegetables ▲
Vegetable Fajitas ●
Made to order Pasta & Stir Fry ●
Assorted Desserts
Gluten Free Coffee Cake

Hamburger & Fries
Plant Based Burger & Fries ●
Sweet & Sour Chicken Balls
Vegetable Fried Rice ●
Baby Bok Choi
Baked Egg Rolls ▲
Made to order Pasta & Stir Fry ●
Assorted Desserts
Gluten Free Chocolate Chip Cookies

Chicken Nuggets
Panko Tofu ●
Beef Lasagna
Vegetable Lasagna ●
Garlic Bread Sticks ▲
Seasonal Vegetables ●
Made to order Pasta & Stir Fry ●
Assorted Desserts
Gluten Free Pumpkin Spice Blondie

Grilled Rubeen Wraps
Veggie Caesar Wraps ●
Grilled Latin Chicken
Rosemary Roasted Potatoes ●
Honey Roasted Parsnips & Carrots ●
Teriyaki Sesame Tofu ●
Made to order Pasta & Stir Fry ●
Assorted Desserts

Buffalo Cauliflower Bites ●
Thai Turkey Meatloaf
Baked Russet Potatoes ●
Seasonal Vegetables ●
Quinoa Ratatouille ●
Made to order Pasta & Stir Fry ●
Assorted Desserts
Gluten Free Coffee Cake

Grilled Cheese Sandwich ▲
Vegan Grilled Cheese Sandwich ●
Carved Roasted Pork Loin
Mashed Potatoes ●
Seasonal Vegetables ●
Roasted Chickpea & Broccoli Burritos ●
Made to order Pasta & Stir Fry ●
Assorted Desserts

Vegan ●
Vegetarian ▲

NOTE: This is a sample only - a wider variety & selection is available, including options to suit your individual dietary needs.



Lakehead UNIVERSITY

Food and Conference Services

