

Menu Cycle Week 1						
Breakfast						
Monday		Wednesday	Thursday	Friday	Saturday	Sunday
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	MTO Eggs and Omelets	MTO Eggs and Omelets
Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Waffle Bar	Waffle Bar
Seasoned Baked Tofu	Seasoned Baked Tofu	Seasoned Baked Tofu	Seasoned Baked Tofu	Seasoned Baked Tofu		
Country Style Potatoes	Dollar Chips	Pom Pom Potatoes	Diced Savoury Potatoes	Hash Brown Patties	Country Style Potatoes	Dollar Chips
Bacon	Breakfast Sausage Links	Grilled Ham	Breakfast Sausage Patties	Bacon	Breakfast Sausage Links	Grilled Ham
Double Chocolate Muffins	Golden Raisin Bran Muffins	Oatmeal Blueberry Muffins	Maple Cinnamon Swirl Muffins	Cranberry Lemon Muffins	Banana Muffins	Cranberry Orange Muffins
Carrot Loaf	Blueberry Loaf	Banana Walnut Loaf	Coffee Cake	Blueberry Loaf	Carrot Loaf	Carrot Loaf
Blueberry Scones	Apple Cinnamon Scones	Cranberry White Chocolate Scones	Cinnamon Scones	Plain Scones		
Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar
Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal
Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves
All Day Salad Bar						
Chickpea & Feta Salad	Carrot & Raisin Salad	Marinated Veggie Salad	Broccoli Penne Pasta	Couscous Grilled Veggie	Chef's Choice	Chef's Choice
Garden Pasta Pesto Salad	Creamy Potato Salad	Jalapeno Coleslaw	Curried Veggie Bulgur Salad	Sweet Potato Chipotle Salad	Chef's Choice	Chef's Choice
All Day Soups						
Beef Vegetable Soup	Chicken & White Rice Soup	Vegetable Beef Barley	Turkey & Wild Rice	Minestrone Bean Soup	Chef's Choice	Chef's Choice
Cauliflower Cheddar Soup	Creamy Tomato & Roasted Red Pepper Soup	Corn Chowder	Cream of Potato & Leek	Clam Chowder	Chef's Choice	Chef's Choice
Lunch Grill						
Cheese Burgers	Pogos	Grilled Cheese Sandwiches	Crispy Buffalo Chicken Snacker	Breaded Fish Burgers	MTO Eggs and Omelets	MTO Eggs and Omelets
Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item		
Lunch Entree						
BBQ Chicken	Baked Bombay Cod	Salisbury Steak	Cabbage Rolls	Chicken Stew	Shepherds Pie	Thai Red Curry Pork
Oven Roasted Potatoes	Steamed Broccoli	Cauliflower	Garlic Perogies	Beef Stew	Roast Brussel Sprouts	Seasoned White Rice
Roasted Corn and Peppers	Basmati Rice	Parsley Potatoes	Mixed Vegetables	Baked Russet Potatoes	Vegan Shepherds Pie	Mixed Vegetables
Middle Eastern Chickpeas	Butternut Tikka Masala Tofu	Eggplant Parmesan	Chickpea Tagine	Roasted Carrots		Tri-Colour Bean Ragout
Lunch Pizza (From 4pm on Weekends)						
Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Grilled Veggie Pizza	Mediterranean Pizza	Deluxe Pizza	Bacon Cheeseburger Pizza	Mushroom & Pepperoni Pizza	Garden Veggie Pizza	Classic Mushroom Pizza
Lunch Deli						
Panini Grilled Cheese	Ham & Cream Cheese Wraps	Chicken Caesar Wraps	Made to Order	Tuna Melts		
Mediterranean Wraps	Mediterranean Wraps	Mediterranean Wraps	Mediterranean Wraps	Mediterranean Wraps		
Lunch Global						
Fettuccine Alfredo	Sweet & Sour Chicken or Tofu	Baked Farfalle Alfredo	Korean Beef or Tofu Stir Fry	Cheese Tortellini Rose		
Fettuccine Bolognese	Basmati Rice		Shanghai Noodles			
Lunch Bakery						
Blueberry Pie	Raspberry Jell-O	Chocolate Chip Cookies	Butter tart Bars	Lemon burst Bar	Carrot Cake	Vanilla Caramel Swirl
Dinner Grill						
Grilled Chicken Taco	Black Bean Burritos	Italian Hot Beef Sandwich	Crispy Sriracha Chicken Snacker	Pork Souvlaki	Chili Dogs	Grilled Cheese Sandwiches
Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item
Dinner Entree						
Beef Lasagna	Cajun Grilled Pork Chops	Pad Thai Tofu	Sweet & Sour Tofu	Quinoa Lentil & Kale Stew	Baked Quinoa Ratatouille	Pineapple Brown Sugar Roast Ham
Vegetable Lasagna	Baby Carrots	Chicken Chow Mein	Thai Sweet & Spicy Beef	Honey Garlic Baked Chicken	Beef Fajitas	Scalloped Potatoes
Seasoned Wedge Potatoes	Egg Noodles	Butter Chicken	Basmati Rice	Smashed Garlic Red Potatoes	Seven Grain Rice	Mixed Vegetables
Mixed Vegetables	Palak Tofu	Roasted Rosemary Potatoes	Mexican Style Corn	Mixed Vegetables	Sautéed Veggies	
Dinner Bakery						
Haystack Brownie	Lemon Buttermilk Cake	Nanaimo Bars	Banana Walnut Loaf	Wildberry Macaroon	Carrot Cake	Vanilla Caramel Swirl

Menu Cycle Week 2						
Breakfast						
Monday		Wednesday	Thursday	Friday	Saturday	Sunday
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	MTO Eggs and Omelets	MTO Eggs and Omelets
Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Waffle Bar	Waffle Bar
Seasoned Baked Tofu	Seasoned Baked Tofu	Seasoned Baked Tofu	Seasoned Baked Tofu	Seasoned Baked Tofu		
Pom Pom Potatoes	Diced Savoury Potatoes	Hash brown Patties	Country Style Potatoes	Dollar Chips	Pom Pom Potatoes	Diced Savoury Potatoes
Breakfast Sausage Patties	Bacon	Breakfast Sausage Links	Grilled Ham	Breakfast Sausage Patties	Bacon	Breakfast Sausage Links
Double Chocolate Muffins	Golden Raisin Bran Muffins	Oatmeal Blueberry Muffins	Maple Cinnamon Swirl Muffins	Cranberry Lemon Muffins	Banana Muffins	Cranberry Orange Muffins
Carrot Loaf	Blueberry Loaf	Banana Walnut Loaf	Coffee Cake	Blueberry Loaf	Carrot Loaf	Carrot Loaf
Blueberry Scones	Apple Cinnamon Scones	Cranberry White Chocolate Scones	Cinnamon Scones	Plain Scones		
Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar
Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal
Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves
All Day Salad Bar						
Asian Noodle Salad	Asian Fusion Salad	Garden Pesto Pasta Salad	Southwestern Black Bean & Rice Salad	Greek Rotini Salad	Chef's Choice	Chef's Choice
Seven Grain Edamame Salad	Couscous & Grilled Veggie Salad	Chickpea & Feta Salad	Jalapeno Coleslaw	Barley Salad with Sweet Corn & Cilantro	Chef's Choice	Chef's Choice
All Day Soups						
Beef Vegetable Soup	Chicken Noodle Soup	Cream of Chicken Soup	Harvest Vegetable Soup	Beef Vegetable Soup	Chef's Choice	Chef's Choice
Cauliflower Cheddar Soup	Cream of Mushroom Soup	Hearty Bean Soup	Red Thai Curry Chicken & Rice	Cream of Broccoli	Chef's Choice	Chef's Choice
Lunch Grill						
Pancakes	Poutine	Crispy Chicken Burgers	Monte Cristo Sandwiches	Grilled Italian Sausages	MTO Eggs and Omelets	MTO Eggs and Omelets
Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item		
Lunch Entree						
Baked Basa with Kale Pesto	Chicken Marengo	Grilled Cajun Pork Chops	Beef Vindaloo	Chana Masala	Seafood Newburg	Traditional Beef Chili
Seasoned White Rice	Egg Noodles	Maple Roasted Vegetables	Seasoned White Rice	Chicken A La King	White Rice	Red Potatoes
Baby Carrots	Mixed Vegetables	Red Potatoes	Mixed Vegetables	Rosemary Wedge Potatoes	Mixed Vegetables	Mixed Vegetables
Vegetable & Bean Jambalaya	Red Lentil & Cauliflower Curry	Thai Sweet & Spicy Tofu	Baked Quinoa Ratatouille	Sautéed Garden Veggies		
Lunch Pizza (From 4pm on Weekends)						
Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
BBQ Chicken Pizza	Taco Pizza	Canadian Flatbread	Meat Lovers Pizza	Deluxe Calzones	Mushroom & Pepperoni Pizza	Bacon Cheeseburger Pizza
Lunch Deli						
Cranberry Turkey Wraps	Caprese Sandwiches	Chicken Club Wraps	Made To Order	Egg Salad Wraps		
Mediterranean Wraps	Mediterranean Wraps	Mediterranean Wraps	Mediterranean Wraps	Mediterranean Wraps		
Lunch Global						
Honey Garlic Pork or Tofu Stir Fry	Meatball or Veggie Rigatoni	Beef or Tofu Chow Mein	Penne Rigate Rose	Thai Sweet & Spicy Pork or Tofu Stir Fry		
Brown Rice			Grilled Chicken & Tofu	White Rice		
Lunch Bakery						
Pecan Streusel Cake	Banana Pudding	Triple Chocolate Chunk Brownies	Lemon Meringue Pie	Caramel Swirl Coffee Cake	Orange Jell-O	Oatmeal Raisin Cookies
Dinner Grill						
Pancakes	Philly Cheese Steak	Beef Fajita	Cheese Burgers	Pogos	Chili Dogs	Grilled Chicken Sandwiches
Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item
Dinner Entree						
Swiss Steak	Country Meatloaf	Thai Sweet & Spicy Pork	Herb Roasted Chicken	Baked Creole Sole	Meat & Veggie Cabbage Rolls	Roast Turkey & Stuffing
Oven Roasted Potatoes	Seasoned Mashed Potatoes	Soba Noodles	Kung Pao Tofu	Coconut Jasmine Rice	Garlic Perogies	Mashed Squash
Shanghai Noodles & Tofu	Corn Niblets	Mixed Veggies	Spicy Wedge Potatoes	Tofu & Eggplant Stew	Roast Red Skin Potatoes	Mashed Red Potatoes
Mixed Veggies	Vegetarian Black Bean Burritos	Thai Sweet & Spicy Tofu	Steamed Broccoli	Mixed Veggies	Baby Carrots	Mixed Vegetables
Dinner Bakery						
Oatmeal Raisin Cookies	Lemon Tarts	Pumpkin Pie	Triple Chocolate Fudge Cake	Maple Chocolate Fudge Cake	Wildberry Macarons	Coconut Cream Pudding

Menu Cycle Week 3						
Breakfast						
Monday		Wednesday	Thursday	Friday	Saturday	Sunday
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	MTO Eggs and Omelets	MTO Eggs and Omelets
Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Waffle Bar	Waffle Bar
Seasoned Baked Tofu	Seasoned Baked Tofu	Seasoned Baked Tofu	Seasoned Baked Tofu	Seasoned Baked Tofu		
Hash brown Patties	Country Style Potatoes	Dollar Chips	Pom Pom Potatoes	Diced Savoury Potatoes	Hash brown Patties	Country Style Potatoes
Grilled Ham	Breakfast Sausage Patties	Bacon	Breakfast Sausage Links	Grilled Ham	Breakfast Sausage Patties	Bacon
Double Chocolate Muffins	Golden Raisin Bran Muffins	Oatmeal Blueberry Muffins	Maple Cinnamon Swirl Muffins	Cranberry Lemon Muffins	Banana Muffins	Cranberry Orange Muffins
Carrot Loaf	Blueberry Loaf	Banana Walnut Loaf	Coffee Cake	Blueberry Loaf	Carrot Loaf	Banana Maple Pecan Loaf
Blueberry Scones	Apple Cinnamon Scones	Cranberry White Chocolate Scones	Cinnamon Scones	Plain Scones		
Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar
Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal
Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves
All Day Salad Bar						
Chickpea & Feta Cheese Salad	Creamy Potato Salad	Tabouleh	Marinated Veggie Salad	Couscous & Grilled Vegetable Salad	Chef's Choice	Chef's Choice
Couscous & Grilled Vegetable Salad	Thai Slaw	Greek Style Grains Salad	Asian Noodle Salad	Carrot & Raisin Salad	Chef's Choice	Chef's Choice
All Day Soups						
Minestrone Soup	Spicy Chicken Gumbo	Chicken Noodle Soup	Turkey & Wild Rice Soup	Vegetable Beef Barley	Chef's Choice	Chef's Choice
Cream of Carrot Soup	Butternut Squash Soup	Veggie Pasta Soup	Cream of Broccoli Soup	Cream of Potato & Leek Soup	Chef's Choice	Chef's Choice
Lunch Grill						
Onion Rings	Hamburgers	Crispy Chicken Snacker	French Toast	Grilled Chicken Sandwiches	MTO Eggs and Omelets	MTO Eggs and Omelets
Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item		
Lunch Entree						
Chicken Cacciatore	Herb Roasted Pork Loin	Cornmeal Crusted Roast Salmon	Cheese Tortellini Marinara	Sundried Tomato, Olive & Feta Quiche	Sweet & Sour Chicken Balls	Cabbage Rolls
Egg Noodles	Smashed Garlic Red Potatoes	Basmati Rice	Cajun Roast Red Potatoes	Black Bean Rice	Coconut Tofu with Sweet Chili Sauce	Baked Beans
Steamed Broccoli	Corn Niblets	Sweet Peas	Beef Cannelloni	Thai Red Curried Chicken	Chicken Fried Basmati Rice	Peas & Carrots
Curried Chickpeas	Vietnamese Hoisin Stir Fry	Aloo Gobi	Zucchini & Tomato Sautee	Grilled Veggies	Mixed Veggies	
Lunch Pizza (From 4pm on Weekends)						
Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Margherita Flatbread	Mediterranean Pizza	Meat Lovers Pizza	Deluxe Pizza	Canadian Pizza	Mushroom Pizza	BBQ Chicken & Bacon Flatbread
Lunch Deli						
Roast Beef & Cheddar Subs	Meatball Subs	B.L.Ts	Made To Order	Ham & Cheddar Wraps		
Mediterranean Wraps	Mediterranean Wraps	Mediterranean Wraps	Mediterranean Wraps	Mediterranean Wraps		
Lunch Global						
Chipotle Macaroni	Thai Red Curried Beef or Tofu	Spaghetti & Meatballs	Chicken or Tofu Pad Thai	Penne Prima Vera		
Grilled Chicken Strips	Vermicelli Noodles		Udon Noodles	Grilled Chicken		
Lunch Bakery						
Nanaimo Bars	Boston Cream Pie	Haystack Brownies	Chocolate Cream Pie	Coconut Raisin Pudding	Carrot Cake	Banana Pudding
Dinner Grill						
Chicken Nuggets	Poutine	Breakfast Sandwiches	Sloppy Joes	Breaded Fish Burgers	Chili Dogs	Grilled Cheese Sandwiches
Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item
Dinner Entree						
Beef Ravioli Alfredo	Herb Roasted Chicken	Beef Tacos	Butter Chicken	Spaghetti Bolognese	Baked Cajun Cod	Roast Beef
Sweet & Sour Harvest Lentils	White Rice	Mexican Rice & Corn	Chickpea Tagine	Spinach & Cheese Cannelloni	Chickpea Curry	Vegetable Bean Jambalaya
Oven Roast Potatoes	Grilled Veggies	Black Beans w Pico De Gallo	Spanish Couscous	Steamed Cauliflower	Jasmine Rice	Parsley Potatoes
Mixed Veggies			Mixed Veggies		Sautéed Garden Vegetables	Honey Carrots
Dinner Bakery						
Butter tart Bars	Coconut Pudding	Vanilla Caramel Swirl Cake	Lemon Buttermilk Cake	Macaroon Bars	Strawberry Rhubarb Pie	Triple Chocolate Fudge Cake

Menu Cycle Week 4						
Breakfast						
Monday		Wednesday	Thursday	Friday	Saturday	Sunday
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	MTO Eggs and Omelets	MTO Eggs and Omelets
Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Waffle Bar	Waffle Bar
Seasoned Baked Tofu	Seasoned Baked Tofu	Seasoned Baked Tofu	Seasoned Baked Tofu	Seasoned Baked Tofu		
Dollar Chips	Pom Pom Potatoes	Diced Savoury Potatoes	Hash brown Patties	Country Style Potatoes	Dollar Chips	Pom Pom Potatoes
Breakfast Sausage Links	Grilled Ham	Breakfast Sausage Patties	Bacon	Breakfast Sausage Links	Grilled Ham	Breakfast Sausage Patties
Double Chocolate Muffins	Golden Raisin Bran Muffins	Oatmeal Blueberry Muffins	Maple Cinnamon Swirl Muffins	Cranberry Lemon Muffins	Banana Muffins	Cranberry Orange Muffins
Carrot Loaf	Blueberry Loaf	Banana Walnut Loaf	Coffee Cake	Blueberry Loaf	Carrot Loaf	Banana Maple Pecan Loaf
Blueberry Scones	Apple Cinnamon Scones	Cranberry White Chocolate Scones	Cinnamon Scones	Plain Scones		
Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar	Fruit & Yogurt Bar
Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal	Hot & Cold Cereal
Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves	Toast, Bagels & Preserves
All Day Salad Bar						
Prairie Lentil Salad	Quinoa Salad with Feta & Tomato	Tomato Mozzarella Penne Salad	Black Bean & Corn Salad	Gazpacho Salad	Chef's Choice	Chef's Choice
Garden Pesto Pasta Salad	Canadian Bean & Bell Pepper Salad	"Superfood" Mixed Salad	Sweet Potatoes Chipotle Salad	Asian Noodle Salad	Chef's Choice	Chef's Choice
All Day Soups						
Beef Vegetable Soup	Chicken & White Rice Soup	Vegetable Beef Barley	Turkey & Wild Rice	Minestrone Bean Soup	Chef's Choice	Chef's Choice
Cauliflower Cheddar Soup	Creamy Tomato & Roasted Red Pepper Soup	Corn Chowder	Cream of Potato & Leek	Clam Chowder	Chef's Choice	Chef's Choice
Lunch Grill						
Poutine	Grilled Chicken Tacos	Pancakes	Philly Cheese Steak	Chicken Parmesan Sandwich	MTO Eggs and Omelets	MTO Eggs and Omelets
Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item		
Lunch Entree						
Tikka Masala Chicken	Honey Garlic Pork Stir fry	Baked Jerked Chicken	Baked Panko Tilapia	Penne Bolognese	Saag Chicken Curry	Beef Cannelloni
Brown Rice	Egg Noodles	Parsley Potatoes	Jasmine Rice	Peas & Carrots	Basmati Rice	Mexican Style Corn
Mixed Veggies	Cauliflower	Steamed Carrots	Mixed Veggies	Oven Roasted Veggies	Mixed Veggies	Macaroni & Cheese
Eggplant Parmesan	Vegetable Jalfrezi	Vegetable Korma with Sweet Potatoes	Vietnamese Hoisin Tofu Stir Fry	Spicy Thai Tofu Noodle Bowls	Thai Red Tofu Curry	Spicy Thai Tofu Noodle Bowls
Lunch Pizza (From 4pm on Weekends)						
Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
Mediterranean Pesto Flatbread	Hawaiian Pizza	Mushroom & Pepperoni Pizza	Hawaiian Calzone	BBQ Chicken Pizza	Meat Lovers Pizza	Taco Pizza
Lunch Deli						
Ham & Provolone Sandwiches	Italian Subs	Turkey & Ham on Rye	Made To Order	Chicken Pesto Wraps		
Mediterranean Wraps	Mediterranean Wraps	Mediterranean Wraps	Mediterranean Wraps	Mediterranean Wraps		
Lunch Global						
Pork or Tofu Stir Fry	Tortellini Alfredo	Beef or Tofu Chow Mein	Baked Rigatoni with Spinach, Tomatoes & Peppers	Panang Chicken Curry Stir fry		
Jasmine Rice				Shanghai Noodles		
Lunch Bakery						
Raspberry Tarts	Vanilla Caramel Swirl Cake	Coconut Cream Pie	Tiger Brownies	Maple Chocolate Cake	Pecan Pie	Butterscotch Pudding
Dinner Grill						
Grilled Italian Sausages on a Bun	Grilled Provolone with Turkey	Pork Souvlaki	Pancakes	Chicken Parmesan Sandwich	Chili Dogs	Grilled Cheese Sandwiches
Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item	Vegetarian Grill Item
Dinner Entree						
Beef Chow Mein	Chicken Cacciatore	Grilled Naan Bread	Cabbage Rolls	Gnocchi Marinara	Vegetable Jalfrezi	
Mixed Veggies	Baked Russet Potatoes	Coconut Rice	Garlic Perogies	Penne Primavera Alfredo		
Tofu & Soba Noodles	Steamed Green Beans	Mixed Veggies	Egg Noodles	Roast Red Potatoes		
	Tofu Pad Thai	Shanghai Tofu	Squash, Broccoli & Mushroom Sautee	Mixed Veggies		
Dinner Bakery						
Tiger Brownie	Banana Cream Pie	Butter tart Bar	Triple Chocolate Chunk Brownie	Maple Chocolate Cake	Nanaimo Bar	Vanilla Caramel Swirl Cake