



Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Breakfast	- Classic Sunny Side Up Eggs & Bacon - Potato Triangles - Smoothies	- Turkey Sausage - Pancakes with Mixed Berries & Maple Syrup - Hard Boiled Eggs	- Hard Boiled Farm Fresh Eggs - Pork Sausage Links - Pom Pom Potatoes	- Over Easy Eggs - Maple Bacon - Buttermilk Waffles - Shredded Potato Hashbrown - Smoothies	- Fried Eggs - Turkey Bacon - Potato Wedges - Grilled Cheese Sandwich	Brunch: - Omelet and/or Waffle Bar - Freshly Baked Pastries - Assorted Yogurt - Selection of Fruit - Hot Lunch Entrée - Smoothies
Lunch	- Battered Cod & Potato Chips - Celery Sticks with Ranch Dip - Lemon Wedges	- Rigatoni Bolognese - Garlic Sticks - Steamed Broccoli	- Beef Taco - Crispy Black Beans - Lime Cilantro Rice	- Chicken Milanese - Buttered Orzo Pasta - Green Beans - Lemon Wedges	- Perogies with Caramelized Onions - Corn Niblets - Bacon Bits	
Green	Quinoa Salad	Caesar Salad	Shredded Lettuce, Salsa, Guacamole	Garden Salad	Arugula & Berries Salad	
Halal	Main is Halal	Main is Halal	Halal Ground Beef Taco	Halal Chicken Milanese	Halal Meat Option	
Vegetarian /Vegan	Vegan Nuggets	Made with Lentil Bolognese	Mix Beans & Mushroom Taco	Eggplant Milanese	Vegan Perogies Crispy Chickpea	
Gluten Free	Non-battered Fish	Made with G/F Pasta	Main is G/F	G/F Grilled Chicken Rice	G/F Perogies	
Dairy Free	D/F Nuggets	Served with D/F Garlic Bread	Served with D/F Cheese	Main is D/F	D/F Perogies	
Dessert	Chocolate Chip Cookie	Apple Slices	Chocolate Milk	Two Bite Brownie	Ice Cream Treat	Chef's Choice
Dinner	Boarders Choice	- Singapore Chicken Noodle - Bok Choy Dietary Option: Sweet Thai Chili Tempeh	- Shrimp Stir Fry - Sticky Rice - Braised Bok Choy Dietary Option: Tofu Stir Fry	- Duck Legs in Hoisin Sauce - Sweet and Sour Noodles - Sautéed Napa Cabbage Dietary Option: Chickpeas in Hoisin Sauce	- BBQ Chicken Wings - Sweet Potato Fries - Carrot & Celery Sticks Dietary Option: Veggie Ground Round Pasta	Saturday: Chef's Choice Sunday: Traditional Roast/Carving Station