



PLATE

MON

Breakfast **Baked Potato Scramble** with Bacon, Cheddar & Scallions

Lunch **Pork Vindaloo** with Mango Chutney, Basmati Rice and Spiced Cauliflower
Cauliflower & Potato Curry (vg) with Basmati or Brown Rice

Dinner **Chicken Cacciatore (Halal)** with Herb Pasta and Broccolini
Eggplant Parmesan (v) with Herb Pasta and Broccolini

TUES

TACO
TUESDAY

Breakfast **Special Scramble** with Spinach, Mushroom, Red Pepper & Swiss

Lunch & Dinner **Build Your Own Taco, Burrito, Bowl or Salad**

Choice of: Beef, Pork, or Chicken (**Halal**), Black Beans, Pinto Beans, Smoked Tomato Rice, Cilantro Rice, Fajita Veggies,

Topping Bar: Sour Cream, Aji Amarillo Cream, Pico de Gallo, Guacamole, Lettuce, Assorted Salsa, Cheese, Fajita Vegetables, Chipotle Cream

WEDS

Breakfast **Spanish Scramble** with Pork Verde, Tomatillo Salsa, Cheddar & Jack Cheeses

Lunch **Pork Vindaloo** with Mango Chutney, Basmati Rice and Spiced Cauliflower
Cauliflower & Potato Curry (vg) with Basmati or Brown Rice

Dinner **Grilled Flank Steak** with Sundried Tomato Relish, Creamy Polenta and Pesto Green Beans
Risotto (v) with Butternut Squash, Herbed Kale and Pesto Green Beans

THUR

Breakfast **Italian Scramble** with Sausage, Roasted Red Pepper, Pesto & Mozzarella

Lunch **Beef Meatloaf** with Gravy, Yukon Mashers and Broccoli
Mushroom & Veggie Pot Pie (v)

Dinner **Grilled Flank Steak** with Sundried Tomato Relish, Creamy Polenta and Pesto Green Beans
Risotto (v) with Butternut Squash, Herbed Kale and Pesto Green Beans

FRI

Breakfast **Banana Pancakes** with Maple Syrup

Lunch **Beef Meatloaf** with Gravy, Yukon Mashers and Broccoli
Mushroom & Veggie Pot Pie (v)

MARKET

Cajun Turkey with Pepperjack Cheese and Frank's Hot Sauce Aioli on choice of Bread

NOODLE

Lunch **Make Your Own Pasta**

Daily **Choice of:**

Pasta: Penne, Whole Wheat or Gluten Free

Protein: Beef & Pork Meatballs, Pork Italian Sausage, Grilled Chicken, Seasonal

Topping: Vegetable, Basil Pesto, Marinara & Alfredo

Pan Asian

Lunch **Teriyaki Chicken (Halal)** - Stir-Fried in a Sesame Teriyaki Sauce with Jasmine or Brown Rice

Pork Yakisoba - Tender Pork, Veggies & Yakisoba Noodles tossed in a Honey-Ginger Sauce

Veggie Yakisoba (vg) - Veggies & Yakisoba Noodles tossed in a Honey-Ginger Sauce

Dinner **Pork Katsu** - with Bullseye Tonkatsu Sauce, served with Jasmine or Brown Rice and Miso Stir-Fry Veggies

Chicken Yakisoba (Halal) - Tender Chicken, Veggies & Yakisoba Noodles tossed in a Honey-Ginger Sauce

Veggie Yakisoba (vg) - Veggies & Yakisoba Noodles tossed in a Honey-Ginger Sauce

DUB STREET

The 8 Deluxe All-Beef Patty, Bacon, Smoked Gouda and Parmesan Aioli on a Pretzel Bun

Fry Special Jo Jo's

SELECT

Bowl Charmoula Chicken (**Halal**) – Harissa Chickpeas, Brown Rice, Roasted Carrots, Lemon Kale, Arugula & Quinoa Salad

Soup Tomato Basil (**vg**) and Du Jour
