

	Day 11 Mar.23	Day 12 Mar.24
	Wednesday	Thursday
	Breakfast	Breakfast
	THE KITCHEN	THE KITCHEN
Farm fresh Eggs	Boiled Eggs	Boiled Eggs
Egg Dish	Scrambled eggs	Scrambled eggs
Starch	Fresh Local Hash Browns	Fresh Local Hash Browns
Meat	Breakfast Ham	Bacon
Griddle Item	Waffle	Texas French Toast
Hot Cereal	Oatmeal/ Cream of wheat	Oatmeal/ Cream of wheat
THE KITCHEN	Lunch	Lunch
	THE KITCHEN	THE KITCHEN
Entrée	Fried Shrimp Po Boy Sandwich	Spaghetti and Meatballs
Side	Cajun Dusted Frites	
Side	Green vegetable	Garlic bread
Vegetarian / Vegan Station	Entrée:1. Vegan Poutine with hand Cut Roasted Potato Wedges 2. Thai red curry tofu with vegetables	Entrée: 1.Black Bean & Sweet Potato Burrito 2. Vegan Tikka Masala Tofu with basmati
Menutainment	Extreme Pita Station	Stir-Fry Station
Side	White, Whole Grain & Whole Pita	Chicken & Tofu
Side	Flavoured Aioli's, Thai Beef, Chipotle Roast Shaved Pork Loin, creamy Coleslaw	Sauce, Vegetables and Chinese Noodles
	Shredded Cheese, Tomato, Lettuce & Pickles	Onion & Garlic Rice, Teriyaki sauce
Gluten Free	Gluten free Shrimp Pobo sandwich	Gluten Free Pasta with Chicken
THE KITCHEN	Dinner	Dinner
	THE KITCHEN	THE KITCHEN
Entrée	Braised Beef Stew with Mashed Potato	Piri Piri Chicken
side	Whole wheat roll	Basmati Rice
Side		Braised Curried Cabbage
Vegetarian/Vegan Station	Entrée : 1.Ratatouille 2. Vegan curried sweet potato with Spinach Lentils	Entrée: 1. Baked potato Topped with Spicy Vegetable Stew 2. Vegan Broccoli with white beans & Potatoes
Menutainment	Spicy chicken roll	Sustainable Mussel Bar
Entrée/Action	Pork, tofu, mushrooms, Vegetables, miso paste	NS Steamed Mussels, Fresh Lemon,
Side	Soy sauce, onion, brown , vegetable broth, hot sauce and egg	Green Thai Curry sauce & Fresh Fennel & Tomato Broth
Side		Garlic Butter
Gluten Free SOUP	Gluten free Beef stew	Gluten Free Spiced Chicken with Basmati Rice
	Lunch & Dinner	Lunch & Dinner
Soup	Tomato Soup	Tomato Soup
Soup	Chicken Noodle Soup	Chicken Noodle Soup
Soup	Mulligatawny Soup	Cream of Mushroom
Chili	Beef Chili	Turkey Chili
Veg	Roast Potato Soup	Thai Coconut Vegetable Soup
Vegan	Roasted Root Vegetable soup with Maple	Mbroocan Vegetable Soup
FRESH GRILL	Lunch & Dinner	Lunch & Dinner
Cheeseburger /Hamburger	Hamburger/ Cheese Burger	Hamburger/ Cheese Burger
Grilled Cheese on Texas Toast	Grilled Cheese On Texas Toast	Grilled Cheese On Texas Toast
Veggie Burger	Veggie Burger	Veggie Burger
Feature of The day	Seared Crab Cakes with Jalapeno Grilled Pineapple Salsa	Chicago Style Hot Dog
Side	Onion Rings	Potato Wedges
TRATTORIA	Lunch	Lunch
Entrée 1	Pepperoni Pizza	Pepperoni Pizza
Vegetarian Entrée 2	Meatless Cheeseburger Pizza with Cheddar	Mexican Vegetable Pizza
Pizza of the Day	Mexican Taco Pizza	Sausage & Peppers Pizza



Wellness Info



Balanced Choice:
Prepared in a healthier way and meets our nutrition criteria.



Vegetarian Choice:
Contains no meat, poultry or fish/shellfish, but may contain dairy or eggs.



Vegan Choice:
Contains no animal products derived from animal sources.



Local:
Products that are grown or manufactured within the province or within 100 km of a bordering province.



Ocean Friendly:
Seafood from Marine Stewardship Council (MSC), Ocean Wise or other Best Aquaculture Practices (BAP) certified fisheries.

SELECT A LOCATION: Acadia Dining Hall



Breakfast Lunch Dinner

Select the menu items below to create an interactive nutritional analysis report. To view the detailed nutrition information of an item, click on the name of the menu item.

SEARCH MENU CLEAR QUANTITIES GET NUTRITION INFO

MENU		Portion	Calories	Price	Qty
<input type="checkbox"/>	Scrambled Eggs	85 g	100		<input type="text" value="0"/> <input type="button" value="↑"/> <input type="button" value="↓"/>
<input type="checkbox"/>	Hard or Soft Cooked Eggs	1 each	60		<input type="text" value="0"/> <input type="button" value="↑"/> <input type="button" value="↓"/>
<input type="checkbox"/>	Breakfast Ham	57 g	60		<input type="text" value="0"/> <input type="button" value="↑"/> <input type="button" value="↓"/>
<input type="checkbox"/>	Syrup	1 each	90		<input type="text" value="0"/> <input type="button" value="↑"/> <input type="button" value="↓"/>
<input type="checkbox"/>	Cream of Wheat	240 mL	120		<input type="text" value="0"/> <input type="button" value="↑"/> <input type="button" value="↓"/>
<input type="checkbox"/>	Cream of Wheat	240 mL	220		<input type="text" value="0"/> <input type="button" value="↑"/> <input type="button" value="↓"/>
<input type="checkbox"/>	Pancakes	2 each	380		<input type="text" value="0"/> <input type="button" value="↑"/> <input type="button" value="↓"/>
<input type="checkbox"/>	Hash Brown Potatoes	180 mL	270		<input type="text" value="0"/> <input type="button" value="↑"/> <input type="button" value="↓"/>

Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut, tree nut, gluten and other potential allergens in the food production areas of our facility. We attempt to provide nutrition and ingredient information that is as complete as possible. Products may change without our knowledge and menu items are prepared in close proximity to other ingredients that may result in cross-contact with ingredients not listed, including allergens. Guests with food allergies or specific dietary concerns should speak with a manager for individualized assistance.

A "-" dash indicates that there is no value currently available for the nutrient
A "+" plus sign indicates the value has been calculated from available data, but some are missing.