

MONDAY		LUNCH	DINNER
Vegan/Vegetarian		Spiced Eggplant and Chickpeas	Ginger Curried Lentils
Main Entrée		Bahamian BBQ Chicken	Fish Fillets Au Gratin
Menutainment		Gyro Station	Acapulco Shrimp Wrap
TUESDAY			
Vegan/Vegetarian		Black Bean and Sweet Potato Chili	Southern Fried Tofu
Main Entrée		Pasta with Italian Sausage Sauce	BBQ Pork Chops
Menutainment		Perogie Station	Chicken Fajitas
WEDNESDAY			
Vegan/Vegetarian		Veggie Pot Pie	Spinach, Almond, and Rice Casserole
Main Entrée		Chicken Pot Pie	Herb Roasted Chicken
Menutainment		Chili Cheese Nachos	Sesame Pasta Toss
THURSDAY			
Vegan/Vegetarian		Jerked Butternut Squash	Pasta Arrabbiata
Main Entrée		Jamaican Jerk Chicken	Spaghetti and Meatballs
Menutainment		Omelette Station	BBQ Pork Tater Bowl
FRIDAY			Good Friday
Vegan/Vegetarian		Veggie Shepherd's Pie	Butternut Squash Mac & Cheese
Main Entrée		Beef Shepherd's Pie	Baked Pollock with Artichoke and Caper Sauce
Menutainment		Chicken and Broccoli	Roasted Pork Loin
SATURDAY			
Vegan/Vegetarian		Sesame Bok Choy and Tofu	Kablis Chana
Main Entrée		Ginger Beef and Peppers	Roasted Tandoori Chicken
Menutainment		Fish Tacos	Cantonese Noodles
SUNDAY		Happy Easter	
Vegan/Vegetarian		Cheese and Vegetable Casserole	Root Veggie Stew
Main Entrée		Chicken Korma	Glazed Baked Ham
Menutainment		Breakfast Wrap	Tuna Melt

DAILY OFFERINGS	
Breakfast	Daily Buffet of Scrambled Eggs, Boiled Eggs, Tater Tots, Bacon, Sausage, and More!
Grille	Beef and Veggie Burgers, Grilled Chicken, Crispy Chicken, Grilled Cheese and More!
Salad Bar	Build Your Own Salad with an Assortment of Fresh Toppings
Deli Bar	Build Your Own Sandwich with an Assortment of Fillings and Spreads
Sushi	Made Fresh Daily - Assortment of California and Veggie Rolls
Hearthstone	Cheese, Pepperoni, and Veggie Available Daily. Ask About Our Features!
Baker's Crust	Freshly Baked Assortment of Muffins, Scones, Cookies, and Cakes
Beverages	Assorted Fountain Pop and Juice, Ethical Bean Coffee, Assorted Tea, Hot Chocolate

Menu items are subject to change based on product availability

We cannot guarantee that the facility is 100% allergen free.

Have a dietary concern? Ask to speak with the chef or a manager and we can guide you!

Executive Chef:	Shehani Perera
Customer Service Manager:	Tammy Kelly
Assistant Manager:	Ayesha Sultana
Sous Chef:	James Gilbert
Sous Chef:	Ryan Callaghan

SFU Dining Services

April 6 - 12

MONDAY		LUNCH	DINNER
Vegan/Vegetarian	Southwest Stuffed Peppers		Veggie Burritos
Main Entrée	Argentinian Chicken		Mexicali Jack Lasagna
Menutainment	Pasta with Kale and Sausage		Pineapple Chicken Curry
TUESDAY			
Vegan/Vegetarian	Potato, Bean, and Tomato Stew		Pasta Primavera with Roasted Veggie
Main Entrée	Creamy Chicken Pesto Mac		Sweet and Sour Pork
Menutainment	Hard Tacos		Beef and Veggie Stir-Fry
WEDNESDAY			
Vegan/Vegetarian	Sweet Chili Lime Tofu		Vegan Jambalaya
Main Entrée	Korean BBQ Chicken		Jambalaya w/ Sausage, Shrimp, and Chicken
Menutainment	Grilled Chicken Caesar		Pesto Bruschetta Flat Bread
THURSDAY			Celebrating April Birthdays
Vegan/Vegetarian	Baked Chimichangas		Veggie Pad Thai
Main Entrée	Jerk Pork Chops		Chicken Pad Thai
Menutainment	Grilled Cheese Bar		Spicy Italian Sausage & Peppers
FRIDAY			
Vegan/Vegetarian	Veggie Lasagna		Hakka Chinese Noodle
Main Entrée	Beef Lasagna		Spanish Style Fish
Menutainment	Mexican Beef Wrap		Red Curry Beef
SATURDAY			
Vegan/Vegetarian	Pasta with Roasted Butternut Squash		Lime and Ginger Tofu
Main Entrée	Rosalita Pork Stew		Beef Pot Pie
Menutainment	Buffalo Wing Bar		Southern BBQ Slider
SUNDAY			
Vegan/Vegetarian	Hoisin Baked Tofu		Moroccan Bean and Pepper Stew
Main Entrée	Perogy Lasagna		Pesto Meatballs
Menutainment	Beef and Mandarin Stir-Fry		Poutine Bar
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Main Entrée	Butter Chicken		Spinach and Turkey Pasta Toss
Menutainment	Turkey Tacos		Oriental Beef Salad
TUESDAY		Join us for a DH Luau	Enjoy Island-Style Favorites
Vegan/Vegetarian	Coconut Veggie Curry		Pineapple Tofu Stir-Fry
Main Entrée	Huli Huli Chicken		Kalua Pua'a (Hawaiian Roast Pork)
Menutainment	Hawaiian Loco Moco		Teriyaki Chicken Wrap
WEDNESDAY			
Vegan/Vegetarian	Curried Roasted Veggie Stew		Orange Style Tofu
Main Entrée	Battered Pollock		Roast Beef Dinner
Menutainment	Indonesian Coconut Chicken		Crispy Buffalo Chicken Wrap
THURSDAY			
Vegan/Vegetarian	Roasted Vegetable Pasta		Split Pea Dal Curry
Main Entrée	Red Curry Chicken with Pineapple		Beef Cabbage Roll Casserole
Menutainment	Veggie Falafel Pita		Teriyaki Chicken
FRIDAY			
Vegan/Vegetarian	Vegan Kablis		Veggie Lo-Mein
Main Entrée	Creamy Salmon and Dill Pasta		Chicken Lo-Mein
Menutainment	Korean Chicken Tacos		Mediterranean Flatbread
SATURDAY			
Vegan/Vegetarian	Sweet Potato and Cauliflower Tagine		Tofu Fiesta
Main Entrée	Spice Rubbed Chicken		Tuna Noodle Casserole
Menutainment	Cantonese Chicken Noodle		Perogy Bar
SUNDAY			
Vegan/Vegetarian	Tuscan Vegetable Pasta		Vegan Chili Baked Potato Bar
Main Entrée	Basil Garlic Pork Chops		Chicken Cacciatore
Menutainment	McFraser Bar		Monte Cristo Sandwich
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