

	Day 1 Sunday	Day 2 Monday	Day 3 Tuesday	Day 4 Wednesday	Day 5 Thursday	Day 6 Friday	Day 7 Saturday
<b>THE KITCHEN</b>	<b>Breakfast</b> THE KITCHEN	<b>Breakfast</b> THE KITCHEN	<b>Breakfast</b> THE KITCHEN	<b>Breakfast</b> THE KITCHEN	<b>Breakfast</b> THE KITCHEN	<b>Breakfast</b> THE KITCHEN	<b>Breakfast</b> THE KITCHEN
	Boiled Eggs Scrambled eggs Pom Poms Breakfast Ham Pancakes Oatmeal/ Cream of wheat	Sunny side Eggs Scrambled eggs Fresh Local Hash Browns Bacon Waffle Oatmeal/ Cream of wheat	Poached eggs Scrambled eggs Potato Triangles Sausage Links Texas French Toast Oatmeal/ Cream of wheat	Fried Egg Scrambled eggs Rise & Fry Potatoes Bacon Chocolate Chip Pancakes Oatmeal/ Cream of wheat	Open faced Sunrise Egg Scrambled eggs Rise & Fry Potatoes Bacon Cinnamon Dipped Waffles Oatmeal/ Cream of wheat	Western Scrambled eggs Roasted Red Potatoes Bacon Blueberry Pancakes Oatmeal/ Cream of wheat	Boiled Eggs Scrambled eggs Shredded Hash Brown Potatoes Breakfast Ham Belgium French Toast Oatmeal/ Cream of wheat
<b>MY PANTRY</b>	<b>MY PANTRY Breakfast</b> Look for Special Events in "My Pantry"	<b>MY PANTRY Breakfast</b> Look for Special Events in "My Pantry"	<b>MY PANTRY Breakfast</b> Look for Special Events in "My Pantry"	<b>MY PANTRY Breakfast</b> Look for Special Events in "My Pantry"	<b>MY PANTRY Breakfast</b> Look for Special Events in "My Pantry"	<b>MY PANTRY Breakfast</b> Look for Special Events in "My Pantry"	<b>MY PANTRY Breakfast</b> Look for Special Events in "My Pantry"
<b>THE KITCHEN</b>	<b>Lunch</b> THE KITCHEN	<b>Lunch</b> THE KITCHEN	<b>Lunch</b> THE KITCHEN	<b>Lunch</b> THE KITCHEN	<b>Lunch</b> THE KITCHEN	<b>Lunch</b> THE KITCHEN	<b>Lunch</b> THE KITCHEN
	Chicken Pot Pie Broccoli Chef's Choice	Shepherd's Pie Carrots Beef Gravy	Panko Crusted filet of Haddock Oven roasted Potato Wedge Green Beans	Indian Butter Chicken Basmali Rice Naan Bread	Cuban Pork Sandwich Mango & Purple Cabbage Slaw Cumin Dusted Kettle Chips	Lemon Enriched Salmon Penne Pasta Fresh Dill, Grape Tomatoes & kale Garlic Baguette	Chicken Pad Thai Rice Vermicelli Noodles Green vegetable
<b>Vegetarian / Vegan Station</b>	1. Roasted Tomato with Lemon Basil Cous Cous 2. Vegan Portobello Sloppy Joe	<b>Meatless Monday - Special Vegetarian Entrees</b>	Entrée: 1. Rice Croquettes with Vegetable Marinara Sauce 2. Vegan Hoppin' John	Vegan Entrée: 1. Mango and Green Curry Broccoli 2. Vegan Biryani with Chickpeas	Entrée: 1. Hummus & Bruschetta Platter with Pita Chips 2. Vegan Pot Pie	1. Warm Greek Style chickpeas with Pita and Tzatziki 2. Vegan Eggplant, Zucchini and sweet Pepper stew	Entrée: 1. Mixed Grilled vegetables with Soft Polenta 2. Vegan Friendly Falafel
<b>Menutainment</b>	<b>Breakfast Burrito Station</b>	<b>Perogie Station</b>	<b>Pasta Station</b>	<b>Stir Fry Station</b>	<b>Nacho Bar</b>	<b>Warm Wrap Station</b>	<b>Omelette Station</b>
	Bell Peppers, Onion, Mushroom, Ham, Grated Cheese, Flour Tortillas, Diced Tomatoes, Tomato Salsa Refried Beans and Sour Cream	Golden Perogies, Sautéed onions Bacon Bits and Sour Cream Hot Sauces and Green Onion	Rotini Pasta and Fettucini pasta Italian Sausage Sauce & Creamy Pesto Meatball Sauce Parmesan Cheese	Pork, Shrimp & Tofu, S & S Sauce, Vegetables and Chinese Noodles Brown and White Rice, Teriyaki sauce	Tortilla Chips, Beef & Veg Chili, Spicy Cheese sauce, Peppers, Onion, Olives Tomatoes, Sour cream & salsa	Buffalo Crispy Chicken Caesar Wrap Cheeseburger Beef Wrap Shredded lettuce, Cheddar, Vegetables & Condiments	Bell Peppers, Onion, Mushroom, Ham, Grated Cheese, Tomatoes and Tomato Salsa
<b>Made Without Gluten</b>	Refried Beans and Sour Cream	Hot Sauces and Green Onion	Parmesan Cheese	Brown and White Rice, Teriyaki sauce	Tomatoes, Sour cream & salsa	Shredded lettuce, Cheddar, Vegetables & Condiments	Tomatoes and Tomato Salsa
<b>THE KITCHEN</b>	<b>Dinner</b> THE KITCHEN	<b>Dinner</b> THE KITCHEN	<b>Dinner</b> THE KITCHEN	<b>Dinner</b> THE KITCHEN	<b>Dinner</b> THE KITCHEN	<b>Dinner</b> THE KITCHEN	<b>Dinner</b> THE KITCHEN
	Pesto Crusted Roast Pork with Natural Juices and Sweet Potato Green vegetables	Korean BBQ Chicken with sesame Sesame Rice Pilaf Stir Fried Vegetable	Basil & Fresh Garlic Infused Pork Chop Sweet Potato Green vegetables	Jamaican Jerk Beef Jerk Cakes Seared Curried vegetable Patty	Old Fashioned Roast Turkey Cranberry Infused Berry Stuffing Gravy, Mashed Potato and orange Vegetable	Italian Style Meat Lasagna Freshly Baked dinner Parmesan Cheese	Slow Roasted Rosemary Crusted Leg of Lamb Minted Cous Cous Orange Vegetable
<b>Vegetarian/Vegan Station</b>	Entrée: 1. Vegan Kabi with Basmati Rice 2. Vegan Gumbo	<b>Meatless Monday - Special Vegetarian Entrees</b>	Entrée: 1. Sweet Potato and Cauliflower Tagine with Naan Bread 2. Vegan Lentil Loaf with Greek Flavors	Entrée: 1. Ethiopian Tomato Lentil Stew 2. Vegan Black Bean Quesadillas	Entrée: 1. Baked Vegetable Polenta with Mushroom Ragout 2. Spicy Vegan Quinoa with Edamame	Entrée: 1. Vegetarian Lasagna with garlic Bread 2. Spicy Teriyaki Tofu with Pineapple	Entrée: 1. Fresh Lime and ginger Tofu Stir-Fry with Soba Noodles 2. Vegan Moroccan Potato Casserole
<b>Menutainment</b>	<b>Stir Fry Station</b>	<b>Fish Taco Station</b>	<b>Mashed Potato Martini Bar</b>	<b>"Fajita Station"</b>	<b>Self-serve Pasta Station</b>	<b>"Pub Night"</b>	<b>Tartar Bowl Station</b>
	Chicken, Pork & Tofu, Teriyaki Sauce, S&S Sauce, Vegetables and Chinese Noodles Brown and White Rice	Fresh Tilapia & Battered Tilapia, Filets, 6" Tortilla Pico de gallo, Sour Cream Grated Cheese and Fresh cilantro	Smashed Red Potatoes, Whipped Potatoes Chicken Gravy, Beef Gravy, Sour Cream Mushrooms, Onions, Grated Cheese, Broccoli	Flour Tortillas, Onion & Peppers Chicken, Shrimp or Tofu Sour Cream, Salsa & Guacamole	Whole wheat Penne, Tri colour Fusilli pasta Tomato/Pesto sauce with Chicken, Wild Mushroom sauce Powdered Parmesan Cheese	Onion Rings, Poutine, Pogo's Zucchini sticks, Loaded Potato Skins, mushrooms Ketchup, Mustard, Curry Aioli and Chipotle Aioli	Steak House Tartar Bowl with Mushrooms & Cheddar Mexican Chicken Tartar Bowl with Mozzarella Sweet Potato dessert Tartar Bowl
<b>Made Without Gluten SOUP</b>	Made Without Gluten Pesto Crusted Roast Pork with Natural Juices <b>Lunch &amp; Dinner</b>	Made Without Gluten Korean BBQ Chicken with sesame <b>Lunch &amp; Dinner</b>	Made Without Gluten Basil & Fresh Garlic Infused Pork Chop <b>Lunch &amp; Dinner</b>	Made Without Gluten Jamaican Jerk Beef <b>Lunch &amp; Dinner</b>	Made Without Gluten Old Fashioned Roast Turkey <b>Lunch &amp; Dinner</b>	Made Without Gluten Meat Lasagna <b>Lunch &amp; Dinner</b>	Slow Roasted Rosemary Crusted Leg of Lamb <b>Lunch &amp; Dinner</b>
	Tomato Soup Chicken Noodle Soup Veg Chili	Tomato Soup Chicken Noodle Soup Beef Chili	Tomato Soup Chicken Noodle Soup Chicken Chili	Tomato Soup Chicken Noodle Soup Veg Chili	Tomato Soup Chicken Noodle Soup Beef Chili	Tomato Soup Chicken Noodle Soup Chicken Chili	Tomato Soup Chicken Noodle Soup Veg Chili
<b>Veg / Vegan</b>	Black Bean Soup <b>Lunch &amp; Dinner</b>	Vegan Asparagus Soup <b>Lunch &amp; Dinner</b>	Curried Sweet Potato Soup <b>Lunch &amp; Dinner</b>	Butternut Squash Soup <b>Lunch &amp; Dinner</b>	Curried Apple, Potato and Zucchini Soup <b>Lunch &amp; Dinner</b>	Brown rice Carrot Soup <b>Lunch &amp; Dinner</b>	Chickpea, Garlic & Mint Soup <b>Lunch &amp; Dinner</b>
<b>FRESH GRILL</b>	Hamburger/ Cheese Burger	Hamburger/ Cheese Burger	Hamburger/ Cheese Burger	Hamburger/ Cheese Burger	Hamburger/ Cheese Burger	Hamburger/ Cheese Burger	Hamburger/ Cheese Burger
	Grilled Cheese on Texas Toast Veggie Burger	Grilled Cheese on Texas Toast Veggie Burger	Grilled Cheese on Texas Toast Veggie Burger	Grilled Cheese on Texas Toast Veggie Burger	Grilled Cheese on Texas Toast Veggie Burger	Grilled Cheese on Texas Toast Veggie Burger	Grilled Cheese on Texas Toast Veggie Burger
<b>Feature of The day</b>	Breaded Chicken Club Burger with Bacon	Sloppy Joe	Grilled Turkey Burger with Orange Cranberry Relish on a Pretzel Bun	Reuben Sandwich on Rye Bread	Grilled Chicken Quesadillas with Fresh Tomato Salsa, Sour Cream & Guacamole	Crispy Pork Belly BLT with Garlic Aioli on Herbed Italian Bread	Turkey, Asiago and Panini on Rosemary Parmesan Bread with Cranberry Aioli
	Poutine	Sweet Potato Fries	French Fries	Onion Rings	Potato Wedges	French Fries	Sweet Potato Fries
<b>TRATTORIA Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	Pepperoni Pizza Local Fresh Tomato & Basil Pizza Individual Pizza Creation	Pepperoni Pizza Vegetarian "Hot peppers" Pizza Individual Pizza Creation	Pepperoni Pizza Roasted Peppers, pesto and goat cheese Individual Pizza Creation	Pepperoni Pizza Garlic Fingers with Donair Sauce Individual Pizza Creation	Pepperoni Pizza Cheese Pizza Individual Pizza Creation	Pepperoni Pizza Nacho Cheese Pizza Individual Pizza Creation	Pepperoni Pizza Portobello Mushroom and Caramelized Onion Pizza Individual Pizza Creation
	BBQ chicken pizza	Combination Pizza	Double Pepperoni Pizza	Tropical Ham & Pineapple Pizza	Donair Pizza	Bacon Pizza	Chicken Pesto & Mushroom Pizza
<b>TRATTORIA Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
	Pepperoni Pizza Local Fresh Tomato & Basil Pizza Individual Pizza Creation BBQ chicken pizza	Oven Baked Flat Bread (Chicken) Tandori	Oven Baked Meatball Sub Sandwich with Marinara sauce & Mozzarella	Mexican Twice Baked Potato Beef Chile Broccoli Cheddar Cheese sauce	Philly Steak Hoagie BBQ Aioli Caramelized Onion	Cheese Tortellini Casserette Garlic Bread	Pepperoni Pizza Portobello Mushroom and Caramelized Onion Pizza Individual Pizza Creation Chicken Pesto & Mushroom Pizza
<b>SALAD BAR</b>	<b>Lunch &amp; Dinner</b>	<b>Lunch &amp; Dinner</b>	<b>Lunch &amp; Dinner</b>	<b>Lunch &amp; Dinner</b>	<b>Lunch &amp; Dinner</b>	<b>Lunch &amp; Dinner</b>	<b>Lunch &amp; Dinner</b>
	specialty salads: Italian Antipasto Salad Artichoke, Pasta Shell Salad	Mediterranean Feta & Roasted Vegetable Salad Sweet Pepper & Orange Salad	Orzo Vegetable Salad with Green Beans Moroccan Couscous Salad	Local Apple Raisin Coleslaw with Poppyseed dressing Macaroni Salad	Greek Potato Salad Tabouli Salad	Greek Salad Broccoli Crunch Salad	Peas & Lentil Salad European Potato Salad