Diamond Alumni Centre Buffet Lunch

**Italian**  Sept 11-13  |  Oct 23-25  |  Nov 27-29

- Bread Rolls & Butter (V)
- Fall Minestrone: Kale, Cannellini Beans, Orzo (VG)
- Panzanella (V)
- Classic Caesar Salad (V)
- Chef’s Salad Greens, House Vinaigrette (GF/VG)
- Pasta Bolognese
- Baked Pasta Napolitana (V)
- Roasted Potato Peperoncino (GF/VG)
- Steamed Vegetables (GF/VG)
- Tiramisu (V), Sliced Fruit (GF/VG)

11.29 per guest + tax

**A Taste of Asia**  Sept 18-20  |  Oct 30-Nov1

- Sweet Corn Soup: Cream Style Corn, Egg Drop (GF/V)
- Gado-Gado Salad: Carrot, Potato, Beansprouts, Green Beans, Peanut Sauce (GF/VG/V)
- Chowmein Noodle Salad: Carrots, Cucumber, Sesame Seeds, Soy Dressing (VG)
- Chef’s Salad Greens with house vinaigrette (GF/VG)
- Red Curry Chicken: Babycorn, Bamboo Shoots, Eggplant, Peppers (GF)
- Sweet & Sour Tofu Bell Peppers, Pineapple (VG)
- Steamed Jasmine Rice (VG/GF)
- Stir-Fried Vegetables: Boy-Choy, Carrots, Peppers, Mushroom, Onion, Garlic (VG)
- Tapioca Pudding (GF/VG), Sliced Fruit (VG/GF)

11.29 per guest + tax
**Mediterranean**  Sept 25-27 | Nov 6-8

Lentil Soup, Pita Croutons, Lemon Wedges (VG)

Greek Salad: Romaine, Cucumber, Tomato, Olives, Feta Cheese. Herb Vinaigrette (V)

Israeli Couscous Salad: Bitter Greens, Raisins, Mint (VG)

Chef's Salad Greens with house vinaigrette (GF/VG)

Chicken Fricasse: Carrots, Mushrooms, Parsley

Garbanzo and Artichoke Cassoulet (GF/VG)

Rice Pilaf with Aromatic Spices (VG)

Roasted Vegetables with Maitre D’hotel Butter (GF/V)

Bread Pudding (V), Sliced Fruit (GF/V/GF)

**11.29 per guest + tax**

**Indian**  Oct 2-4 | Nov 13-15

Naan

Pineapple Rasam Soup: Lightly spiced pineapple tomato broth (GF/V)

Kachumber Salad: Carrot, cucumber, cilantro, serrano, lime (GF/VG)

Roasted Cauliflower & Carrot Salad with Vadouvan vinaigrette

Mixed Green Salad with house vinaigrette (GF/VG)

Chettinad Chicken: Chicken in a mildly-spiced curry sauce (GF)

Ghee Rice: Rice cooked with clarified butter (GF/V)

Mixed Vegetable Foogath: Mustard seeds & curry leaves tempered autumn vegetables (VG)

Aloo Mutter Korma: Potatoes and green peas cooked in spiced coconut gravy

Sooji Halwa (V), Sliced Fruit (VG/GF)

**11.29 per guest + tax**
True North  Oct 16-18 | Nov 20-22

Bread Rolls & Butter
Cream of Mushroom (GF/ V)

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Potato Salad: Potato, celery, mayonnaise, chives (GF/V)
Chef’s Salad Greens with house vinaigrette (GF/VG)

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Alberta AA Slow Cooked Herb Marinated Roast Beef with Mustard, horseradish, gravy (GF)
Glazed Roasted Vegetables: Carrots, Turnip, Squash & Seasonal Green (GF/V)
Baked Vegetarian Pasta Carbonara, Mie de pain: Roasted Garlic, Cream, Parsley (V)
Whipped Potato (V/GF)

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Butter Tarts (V)
Sliced Fruit (GF/VG)

11.29 per guest + tax