



BRANKSOME  
HALL

Athletic & Wellness Centre Menu  
Week 1 (Jan 5 - 9, Jan 26 - 30, Feb 16 - 20, March 6 - 10)

	MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
Student Approved Hot Entrée	<b>Honey Harissa Chicken Plate</b>  <i>Roasted Chicken Breast Brushed with Honey-Harissa Glaze</i>  <i>Apricot and Mint Couscous Salad</i>  <i>Orange and Cumin Roasted Carrots</i>  <i>Preserved Lemon Yogurt</i>	<b>Loaded Baked Potato Beef Chili</b>  <i>Beef, Vegetable and Bean Chili served on a Baked Potato Halve</i>  <i>Topped with Cheddar, Sour Cream, Green Onions</i>	<b>Farfalle and Roasted Butternut Squash with Pesto Alfredo</b>  <i>Served with Parmesan Breadstick</i>	<b>Vindaloo Pork &amp; Lentil Bowl</b>  <i>Spicy Tangy Pork Shoulder Chunks in Vindaloo Sauce</i>  <i>Red Lentil Basmati pilaf</i>  <i>Roasted Cauliflower with Garam Masala and Lime</i>  <i>Cucumber Raita</i>  <i>(JS Pizza Day)</i>	<b>Ensenada Fish Market Tacos</b>  <b><i>Dip, Dusted and Baked Haddock Strips</i></b>  <i>Flour Tortilla Shells</i>  <i>Roasted Chili Lime Potato Wedges</i>  <i>Shredded Cabbage Slaw with Lime and Sea Salt</i>
Condiments	<i>Hot Honey, Ketchup</i>	<i>Cheddar, Sour Cream, Green Onions</i>	<i>Parmesan Cheese, Roasted Garlic Oil</i>	<i>Cucumber Raita, Hot Sauce, Soy Sauce</i>	<i>Pickled Jalapeno, Salsa, Sour Cream, Guacamole Sauce</i>
Stem to Root Entrée (Daily Vegetarian or Vegan Option)	<b>Three Sisters Grain Bowl</b> with <i>Roasted Squash, Corn and Beans over Mixed Rice</i>	<b>Vegan Seitan “Chorizo”</b> Served Over Grits. <i>Roasted Corn, Beans and Peppers. Pico De Gallo, Crispy Tortilla</i>	<b>White Bean and Kale Crispy Polenta</b> Crispy Polenta served with <i>Garlic Toast and Tomato Ragu</i>	<b>Cauliflower, Eggplant and Potato Curry</b> Over Basmati with <i>Crispy Chickpea and Fresh Herbs</i>	<b>Faux Fish Soy Protein Tacos</b> on Soft Tortillas with <i>Cilantro Slaw, Roasted Garlic and Lime Aioli, Pico de Gallo and Tortilla Chips</i>
Brick Oven Feature (Cheese, Pepperoni, Deluxe and Vegetarian Pizzas are Offered in addition to Feature Pizza’s )	<b>The After School Club</b> <i>(Turkey, Bacon, Tomato, Triple Cheese Blend and Ranch Sauce)</i>	<b>The Bee Sting</b> <i>(Pepperoni, Hot Honey Drizzle, Mozzarella and Pizza Sauce))</i>	<b>Southwestern Chipotle Chicken</b> <i>(Chipotle Chicken, Red Onions, Red Pepper, Corn Mozzarella)</i>	<b>No Pizza for MS/SS</b>  <b>Samosa with Mango Chutney alternative available</b>	<b>Queen Margherita</b> <i>(Red Sauce, Mozzarella and Fresh Basil)</i>
The Taste Lab	<b>Two Potato and Pea Samosas with a Tamarind Chutney</b>				
No Gluten Added Salad Bar (Fresh greens & various dressings and toppings with no gluten added)	<i>Romaine Chickpea Salad Bacon Pieces Parmesan Green Bean Cherry Tomato Roasted Squash Cucumber Hard Boiled Egg</i>	<i>Tuscan Greens Quinoa Salad Creamy Coleslaw Roasted Cauliflower Sweet Corn Tomato &amp; Basil Feta Cheese Curried Tofu Falafels</i>	<i>Spinach Sweet Potato Mandarin Cucumber Roasted Broccoli Diced Tomato Fresh Carrots Craisins Baked Chicken</i>	<i>Spring Mix Mixed Olives Cherry Tomato Artichoke Sliced Peppers Mushrooms Cucumbers Roasted Carrot Tuna Salad</i>	<i>Mixed Greens Lentil Salad Cucumber Apple Slices Roasted Beet Tomato Bocconcini Edamame Tofu &amp; Mushroom Egg Salad</i>



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Student Approved Hot Entrée	<b>Char Siu Inspired Pork Skewers With Dipping Sauce on side</b>  Garlic Scallion Fried Rice with Crispy Won Ton Topping  Steamed Baby Bok Choy, Carrots and Seasonal Vegetables	<b>Bavarian Mustard Chicken</b>  Seared Chicken with Grainy Mustard and Butter Pan Sauce  Mashed Potato  Braised Red Cabbage with Apple  Baked Bavarian Pretzel Stick	<b>San Marino Meatball Pomodoro with Roasted Red Peppers</b>  Rotini Pasta, Tomato and Red Pepper Pomodoro Sauce and Halal Beef Meatballs  Served with Garlic Toast	<b>Branksome's Own Thunder Crunch Chicken Sandwich</b>  Potato Bun with a Honey Mustard Sriracha Sauce  Creamy Bistro Coleslaw, Pickle Slices  Cajun Roasted Potato	<b>Green Goddess Salmon Bowl</b>  Roasted Salmon  Herbed Brown and Local Wild Rice Medley  Lemon Scented Vegetables  Green Goddess Dressing
Condiments	Bachan BBQ Sauce, Hot Sauce, Soy Sauce,	Ketchup	Parmesan Cheese, Basil Oil	Ketchup, Mayonnaise,	Lemons, Soy Sauce
Stem to Root Entrée (Daily Vegetarian or Vegan Option)	<b>Winter Root and Grain Power Bowl</b> (Wild Rice, Long Grain Rice, Quinoa) Roast Squash, Yam, Carrot, Parsnip with Crispy Lentil, Pumpkin Seed and Crispy Leek	<b>Plant Based Faba Bean Protein Bratwurst</b> with Vegan Mashed Potato, Sauerkraut Slaw, Pickled Onion and Grainy Mustard	<b>Tuscan Style Ribollita</b> (White Bean, Carrot, Celery, Potato, Cabbage, Chard)  Served with Toasted Baguette	<b>Brown Rice and Soy Protein Burger</b> with Vegan "Mac" Sauce , Homemade Pickles, Crispy Onions and Slaw	<b>Crispy Sesame and Nori Tofu</b> with Herbed Brown and Local Wild Rice Medley, Edamame Salad with Miso Aioli
Brick Oven Feature (Cheese, Pepperoni, Deluxe and Vegetarian Pizzas are Offered in addition to Feature Pizza's )	<b>The Korma</b> (Curry Sauce, Roast Garlic, Spinach, Sweet Pepper, Pineapple, Hot Peppers, Three Cheese Medley)	<b>Parisienne Pie</b> (Bacon, Sauteed Onions, Feta Cheese, Mozzarella, Roasted Garlic Spread and Pizza Sauce)	<b>Southern Charm</b> (BBQ Chicken. Sautéed Onions, Mozzarella, BBQ Sauce Base)	<b>Presto, it's Pesto</b> (Basil Pesto and Alfredo Base, 100% Canadian Mozzarella, Chicken, Sautéed Kale, Spinach and Onion)	<b>The Polynesian</b> (Ham , Pineapple, Feta and Mozzarella)
The Taste Lab	<b>Chicken and Vegetable Pot Pie with Side of Lemon Dressed Greens</b>				
No Gluten Added Salad Bar (Fresh greens & various dressings and toppings with no gluten added	Romaine Chickpea Salad Bacon Pieces Parmesan Green Bean Cherry Tomato Roasted Squash Cucumber Hard Boiled Egg	Tuscan Greens Quinoa Salad Creamy Coleslaw Roasted Cauliflower Sweet Corn Tomato & Basil Feta Cheese Curried Tofu Falafels	Spinach Sweet Potato Mandarin Cucumber Roasted Broccoli Diced Tomato Fresh Carrots Craisins Baked Chicken	Spring Mix Mixed Olives Cherry Tomato Artichoke Sliced Peppers Mushrooms Cucumbers Roasted Carrot Tuna Salad	Mixed Greens Lentil Salad Cucumber Apple Slices Roasted Beet Tomato Bocconcini Edamame Tofu & Mushroom Egg Salad

\* ARAMARK at Branksome Hall is proud to serve a variety of freshly prepared entrées on a daily basis including a daily soup, variety of side options and specialty salads prepared by our skilled chefs. We also feature local, organic, cultural themed meals and display cooking stations when possible.

\*\* "No Gluten" items may come into cross-contact with wheat during preparation  
For any questions please contact Julie Trudeau ([jtrudeau@branksome.on.ca](mailto:jtrudeau@branksome.on.ca))







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Athletic & Wellness Centre Menu  
Week 3 (Jan 19 - 23, Feb 9 - 13, March 2 - 6)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Student Approved Hot Entrée	<b>Eastern Med Chicken Grain Bowl</b>  Shawarma Spiced Chicken  Golden Turmeric Rice  Cherry Tomatoes, Cucumbers and Sumac Red Onion  Beet Hummus, Pita Points  Creamy Garlic Spread, Tahini Drizzle	<b>Herb-Crusted Cod</b>  Lemon & Caper Roasted Potato Wedges  Served with Roasted Broccoli and Sliced Fennel	<b>Sun-Dried Tomato Basil Cream Penne</b>  Blush-style Sauce with Sun-dried Tomato, Basil, Cream, Parmesan  Served with Garlic Toast	<b>Branksome's Build-a-Bowl</b>  Lo Mein Chicken and Vegetables  Stir Fried Ontario Chicken with Scallion, Tamari, Ginger, Garlic Sauce  Lo Mein Noodle  Napa Cabbage, Bell Peppers & Shredded Carrots)	<b>West African Inspired Yassa Braised Beef</b>  Slow-braised Ontario Beef in a Caramelized Onion, Lemon and Dijon Mustard Sauce  Smoked Paprika and Lemon Roasted Baby Potatoes  Sautéed Peppers and Green Beans with Berbere Spice and Fresh Parsley  (JS Sushi Day)
Condiments	Soy Sauce, Sriracha	Tartar Sauce, Lemons	Parmesan Cheese, Basil Oil	Sriracha, Soy Sauce	Ketchup
Stem to Root Entrée (Daily Vegetarian or Vegan Option)	<b>Crispy Tempeh and Vegetable Coconut Curry</b> with Jasmine Rice and Crispy Rice Noodle	<b>Cauliflower and Bean Hush Puppies</b> with Lemon & Caper Roasted Potato Served with Roasted Broccoli and Sliced Fennel	<b>Mushroom and Romano Beans on Toast</b> with Romesco and Mixed Greens	<b>Masala Inspired Chickpea and Potato Wrap</b> with Tomato, Lentil and Cucumber Salad	<b>Plant Based Pea Protein Bowl</b> with Red Lentils, Rice, Shredded Lettuce. Chopped Tomato. Cucumbers and Pickles with Pita and Tahini Sauce
Brick Oven Feature (Cheese, Pepperoni, Deluxe and Vegetarian Pizzas are Offered in addition to Feature Pizza's)	<b>The AWC</b> (Mozzarella, Cheddar, Provolone, Feta and Havarti)	<b>Ranchers Delight</b> (Creamy Alfredo Base, Bacon, Potatoes, Onions, Mozza and Parmesan)	<b>Urban Herbivore</b> (Spinach, Peppers, Onions, Mushrooms, Feta Cheese, Mozzarella)	<b>Hipster Yogi</b> (Roasted Butternut Squash, Spinach, Honey, Ricotta, Mozzarella)	<b>The Sinatra</b> (NY Style Pepperoni and Sicilian Style Sauce)
The Taste Lab	<b>Ricotta Arancini with Marinara, Arugula and Parmesan Cheese</b>				
No Gluten Added Salad Bar (Fresh greens & various dressings and toppings with no gluten added	Romaine Chickpea Salad Bacon Pieces Parmesan Green Bean Cherry Tomato Roasted Squash Cucumber Hard Boiled Egg	Tuscan Greens Quinoa Salad Creamy Coleslaw Roasted Cauliflower Sweet Corn Tomato & Basil Feta Cheese Curried Tofu Falafels	Spinach Sweet Potato Mandarin Cucumber Roasted Broccoli Diced Tomato Fresh Carrots Craisins Baked Chicken	Spring Mix Mixed Olives Cherry Tomato Artichoke Sliced Peppers Mushrooms Cucumbers Roasted Carrot Tuna Salad	Mixed Greens Lentil Salad Cucumber Apple Slices Roasted Beet Tomato Bocconcini Edamame Tofu & Mushroom Egg Salad

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