



	MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
Student Approved Hot Entrée	<p>Southern Style Breaded Chicken Drumsticks (2pc)</p> <p>Roasted Baby Potatoes</p> <p>Steamed Corn</p> <p>Homemade Coleslaw</p>	<p>Spinach, Kale and Artichoke Lasagna With Bechamel and Mozzarella</p> <p>Topped with a Tomato, Garlic and Basil Sauce</p> <p>Served with Garlic Biscuit</p>	<p>Grilled Dak Kalbi (Chicken)</p> <p>With Steamed Jasmine Rice</p> <p>Zucchini and Diced Peppers with Tamari Sesame Dressing</p> <p>Additional Kalbi Sauce</p>	<p>Slow Roasted Pork Loin with Dijon and Herb Cream Sauce</p> <p>Scalloped Potato</p> <p>Roasted Root Vegetables</p>	<p>Veracruz Fish Taco</p> <p>Roasted and Spiced Mahi Mahi</p> <p>Flour Tortilla Shell</p> <p>Cilantro Lime Rice</p> <p>Julienne Radish, Carrot and Cabbage Slaw with Vinaigrette</p>
Condiments	Hot Honey, Ketchup	Parmesan Cheese, Roasted Garlic Oil	Soy Sauce, Sriracha	Ketchup, Cranberry Salsa	Salsa, Cilantro Sour Cream, Guacamole
Stem to Root Entrée (Daily Vegetarian or Vegan Option)	Lentil and Grain Medley with Rice Cakes on Bed of Greens	Mixed Mushrooms and Tofu with Romesco served with Garlic Toast	Roast Cauliflower Biryani with Basmati, Fried Onions Mint, Cilantro and Crispy Chickpeas	Vegan Pastelle Pie (Cornmeal Pie) with Mashed Potato, Soy Crumble, Herbs and Red Pepper Oil	Crispy Tostadas with Ground Soy, Beans, Homemade Pico Di Gallo and Vegan Lime Crema
Brick Oven Feature (Cheese, Pepperoni, Deluxe and Vegetarian Pizzas are Offered in addition to Feature Pizza's)	The After School Club (Turkey, Bacon, Tomato, Triple Cheese Blend and Ranch Sauce)	The Bee Sting (Pepperoni, Hot Honey Drizzle, Mozzarella and Pizza Sauce))	Taco Loco Pizza (Chicken, Salsa, Red Onions, Tomato Mozzarella, Cheddar, Garnished with Sour Cream and Lettuce)	No Pizza for MS/SS Samosa with Mango Chutney alternative available	Queen Margherita (Red Sauce, Mozzarella and Fresh Basil)
The Taste Lab	Wagyu Beef Dumplings with a Tamari, Ginger Garlic Dipping Sauce				
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 Mixed Olives Curried Tofu Baked Chicken	Spinach Sweet Potato Local Kimchi Cucumber Roasted Broccoli Craisins Green Beans Diced Tomato Gluten Free Falafels	Spring Mix Mixed Olives Cherry Tomato Mandarins Sliced Peppers Mushrooms Artichoke Roasted Carrot Surimi Salad	Mixed Greens Lentil Salad Cucumber Apple Slices Roasted Beet Tomato Bocconcini Edamame Tofu and Mushroom Egg Salad

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Student Approved Hot Entrée	<p>Branksomes New Crispy Gochujang Firecracker Chicken Sandwich</p> <p><i>Brioche Bun with Sesame Garlic Cream Sauce</i></p> <p><i>Shredded Lettuce, Locally Fermented Probiotic Kimchi</i></p> <p><i>Ginger Sesame Roasted Potato</i></p>	<p>Oversized NY Style Italian Beef Meatball with</p> <p><i>Penne Pasta, Marinara Sauce and Grated Parmesan</i></p> <p><i>Served with Garlic Toast</i></p>	<p>Moo-Ping (Thai Style Pork Skewers)</p> <p><i>Coconut and Lime Roasted Sweet Potato</i></p> <p><i>Pad Pak Ruam (Cabbage, Mushroom, Broccoli, Carrot and Baby Corn)</i></p>	<p>Vegetable Lo Mein Chicken Bowl</p> <p><i>Stir Fried Ontario Chicken with Scallion, Tamari, Ginger, Garlic Sauce</i></p> <p><i>Lo Mein Noodle</i></p> <p><i>Napa Cabbage, Bell Peppers & Shredded Carrots)</i></p>	<p>Ginger and Garlic Salmon Bowl</p> <p><i>Herbed Brown and Local Wild Rice Medley</i></p> <p><i>Lemon Scented Vegetables</i></p>
Condiments	<i>Ketchup, Mayonnaise,</i>	<i>Parmesan Cheese, Basil Oil</i>	<i>Nam Jim Jaew (Contains fish) Soy Sauce, Ketchup</i>	<i>Soy Sauce, Sriracha,</i>	<i>Creamy Sesame Sauce, Ketchup Lemons, Scallions</i>
Stem to Root Entrée (Daily Vegetarian or Vegan Option)	<i>Phyllo Cups with Roasted Vegetables and Boursin Cream</i>	<p><i>Tuscan Style Ribollita (White Bean, Carrot, Celery, Potato, Cabbage, Chard)</i></p> <p><i>Served with Toasted Baguette</i></p>	<i>Coconut Rice and Tofu with a Sweet and Spicy Green Bean Salad</i>	<i>Teriyaki Cauliflower and Edamame Rice Bowl with Pickled Cucumber Salad</i>	<i>Crispy Tofu Faux Salmon with Miso Aioli , Mixed Rice and Cucumber Nori Salad</i>
Brick Oven Feature (Cheese, Pepperoni, Deluxe and Vegetarian Pizzas are Offered in addition to Feature Pizza's)	The Korma <i>(Curry Sauce, Roast Garlic, Spinach, Sweet Pepper, Pineapple, Hot Peppers, Three Cheese Medley)</i>	Parisienne Pie <i>(Bacon, Sauteed Onions, Feta Cheese, Mozzarella, Roasted Garlic Spread and Pizza Sauce)</i>	Southern Charm <i>(BBQ Chicken. Sautéed Onions, Mozzarella, BBQ Sauce Base)</i>	Presto, it's Pesto <i>(Basil Pesto and Alfredo Base, 100% Canadian Mozzarella, Chicken, Sautéed Kale, Spinach and Onion)</i>	The Polynesian <i>(Ham , Pineapple, Feta and Mozzarella)</i>
The Taste Lab	Red Lentil Dal with Coconut Milk and Kale				
No Gluten Added Salad Bar (Fresh greens & various dressings and toppings with no gluten added)	<p>Romaine</p> <p>Chickpea Salad</p> <p>Bacon Pieces</p> <p>Parmesan</p> <p>Green Bean</p> <p>Cherry Tomato</p> <p>Roasted Squash</p> <p>Cucumber</p> <p>Hard Boiled Egg</p>	<p>Tuscan Greens</p> <p>Quinoa Salad</p> <p>Creamy Coleslaw</p> <p>Roasted Cauliflower</p> <p>Sweet Corn</p> <p>Tomato & Basil</p> <p>Mixed Olives</p> <p>Curried Tofu</p> <p>Baked Chicken</p>	<p>Spinach</p> <p>Sweet Potato</p> <p>Local Kimchi</p> <p>Cucumber</p> <p>Roasted Broccoli</p> <p>Craisins</p> <p>Green Beans</p> <p>Diced Tomato</p> <p>Gluten Free Falafels</p>	<p>Spring Mix</p> <p>Mixed Olives</p> <p>Cherry Tomato</p> <p>Mandarins</p> <p>Sliced Peppers</p> <p>Mushrooms</p> <p>Artichoke</p> <p>Roasted Carrot</p> <p>Surimi Salad</p>	<p>Mixed Greens</p> <p>Lentil Salad</p> <p>Cucumber</p> <p>Apple Slices</p> <p>Roasted Beet</p> <p>Tomato</p> <p>Bocconcini</p> <p>Edamame</p> <p>Tofu and Mushroom</p> <p>Egg Salad</p>

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Student Approved Hot Entrée	<p>Local Ontario Chicken Breast with a Nut-Free Lemongrass Satay Sauce</p> <p>Steamed Jasmine Rice</p> <p>Medley of Sautéed Bell Peppers with Yellow and Green Beans</p>	<p>Spezzatino (Italian Style Beef Stew) Canadian Beef, Pearl Onions, Root Vegetable Stew</p> <p>Served with Garlic Mashed Potatoes</p> <p>Topped with Chopped Mixed Olives</p>	<p>Rotini Pasta with choice of:</p> <p>Homemade Branksome Red Lentil and Mushroom Bolognese</p> <p>or</p> <p>Classic Marinara</p> <p>Served with Cheese Breadstick</p>	<p>Halal Gals Food Truck-Style Chicken Bowl</p> <p>7 Spiced Chicken Thighs</p> <p>Turmeric Potato Wedges,</p> <p>Tomato Wedges, Shredded Iceberg & Garlic Flatbread Stips Topped with Lemon, Mint Yogurt Dressing</p> <p>Chickpea Salad on the Side</p>	<p>Oven Roasted Sustainably Sourced Haddock</p> <p>Mixed Vegetables in a Thai Style Red Coconut Curry</p> <p>Served over Steamed Brown Rice</p>
Condiments	Soy Sauce, Sriracha	Basil Oil, Parmesan Cheese	Basil Oil, Parmesan Cheese	Hot Sauce, Soy Sauce	Lime Wedges and Chili Crisp
Stem to Root Entrée (Daily Vegetarian or Vegan Option)	Vegan Soy "Butter" Thai Curry with Crispy Tofu over Jasmine Rice	Vegan Meatloaf with Soy Crumble and Lentils served with Mashed Potatoes, Mushrooms and Crispy Onions	White Bean and Corn Cakes with a Vegan Chipotle Sauce Served with a Shredded Kale Salad	Mediterranean Falafel Bowl with a Vegetable and Herb Spiked Cucumber and Quinoa Salad	Sesame and Nori Crusted Tofu with Steamed Rice and a Vegan Sesame Dressing
Brick Oven Feature (Cheese, Pepperoni, Deluxe and Vegetarian Pizzas are Offered in addition to Feature Pizza's)	The AWC (Mozzarella, Cheddar, Provolone, Feta and Havarti)	Ranchers Delight (Creamy Alfredo Base, Bacon, Potatoes, Onions, Mozza and Parmesan)	Urban Herbivore (Spinach, Peppers, Onions, Mushrooms, Feta Cheese, Mozzarella)	Hipster Yogi (Roasted Butternut Squash, Spinach, Honey, Ricotta, Mozzarella)	The Sinatra (NY Style Pepperoni and Sicilian Style Sauce)
The Taste Lab	Ricotta Arancini with Marinara and Parmesan Cheese				
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 Lentils Tomato & Basil Feta Cheese Curried Tofu Baked Chicken	Spinach Sweet Potato Local Kimchi Cucumber Roasted Broccoli Goat Cheese Craisins Diced Tomato Gluten Free Falafels	Spring Mix Mixed Olives Cherry Tomato Mandarins Sliced Peppers Mushrooms Artichoke Roasted Carrot Surimi Salad	Mixed Greens Lentil Salad Cucumber Apple Slices Roasted Beet Tomato Bocconcini Edamame Tofu and Mushroom Egg Salad

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