



WEEK 1	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Breakfast</b>							
<b>Continental Breakfast Offerings</b>	Full Service Fresh Cut Fruit, Berries and Yogurt, Bar, Cereal/Granola Station, Juice & Smoothies, Fresh Baked Muffins, Pastries and Croissants are all available in addition to the Hot Breakfast Offerings					Weekend Addition to the Standard Continental Breakfast Offerings has a Create your Smoothie Blender Bar:	
<b>Hot Breakfast Offering</b>	Burnbrae Farms Scrambled Eggs  Crispy Shredded Ring Potato  Chorizo Rounds	Fried Eggs  Red Skin Potatoes  Montreal Seasoned Beef Tips	Poached eggs or Breakfast Burritos with Egg, Cheese and Salsa  Potato Pancake  Butcher Shoppe Breakfast Patty	Assorted Omelets served  Sautéed Spinach  Home fries  Crispy Bacon	Egg and Cheese Croissant-wich  Breakfast Sandwiches  Potato Wedges  Sausage Link	Scrambled Egg, Pancakes, with Shredded Potato and Maple Sausage  <b>Hot Option #2</b> Rose Pasta with Garlic Bread	Fried Eggs and Egg Bites with Mini Roasted Potato and Bacon  <b>Hot Option #2</b> Cheesy Chicken Ranch Wraps
<b>Breads</b>	Assorted Breads, Jams & Spreads (Alternating Days of Avocado and Smoked Salmon available from Chefs upon request)						
<b>Lunch</b>							
<b>Student Approved Hot Option</b>	<b>Honey-Harissa Chicken</b> Couscous with Apricot and Mint Roasted Carrots Preserved Lemon Yogurt	<b>Loaded Baked Potato Beef Chili</b>  Beef, Vegetable and Bean Chili served on a Baked Potato Halve  Topped with Cheddar, Sour Cream, Green Onions	<b>Farfalle Tossed in a Pumpkin Seed &amp; Kale Pesto Sauce</b>  Sage Roasted Butternut Squash  Served with Parmesan Breadstick	<b>Spicy Tangy Pork Shoulder Chunks in Vindaloo Sauce</b>  Red Lentil Basmati pilaf  Roasted Cauliflower with Garam Masala and Lime	<b>Dip, Dusted and Baked Haddock Strips</b>  Flour Tortilla Shells  Roasted Chili Lime Potato Wedges  Shredded Cabbage Slaw	Weekend Brunch Options Listed Above in SAT/SUN Columns	
<b>Meatless Lunch Entrée</b>	Lentil and Grain Medley with Basmati Cakes on Bed of Greens	Vegan Seitan "Chorizo" Served Over Grits. Roasted Corn, Beans and Peppers. Pico De Gallo, Crispy Tortilla	White Bean and Kale Crispy Polenta Crispy Polenta served with Garlic Toast and Tomato Ragu	Cauliflower, Eggplant and Potato Curry Over Basmati with Crispy Chickpea and Fresh Herbs	Faux Fish Soy Protein Tacos on Soft Tortillas with Cilantro Slaw, Roasted Garlic and Lime Aioli, Pico de Gallo, Tortilla Chips		
<b>Daily Salad Bar Offering</b>	Romaine Chickpea Salad Bacon Pieces Parmesan Green Bean Cherry Tomato Roasted Squash Cucumber Hard Boiled Egg	Tuscan Greens Quinoa Salad Creamy Coleslaw Cauliflower Sweet Corn Tomato & Basil Mixed Olives Curried Tofu Falafels	Spinach Sweet Potato Local Kimchi Cucumber Roasted Broccoli Craisins Green Beans Diced Tomato Baked Chicken	Spring Mix Mixed Olives Cherry Tomato Mandarins Sliced Peppers Mushrooms Artichoke Roasted Carrot Baked Chicken	Mixed Greens Lentil Salad Cucumber Apple Slices Roasted Beet Tomato Bocconcini Edamame Tofu and Mushroom Egg Salad	Brunch Salad Options with Fresh Fruit and Greens	
<b>Dinner</b>							
<b>Hot Dinner Entrée ( Daily Dinner Salad Bar and Dessert to accompany Hot Entrée)</b>	<b>Tarragon and Lemon Grilled Salmon Steaks</b>  Butternut Squash Risotto  Roasted Broccoli  Fennel and Orange Salad	<b>Homemade Chicken Pot Pies</b>  Flaky Pastry Shells Filled with Creamy Chicken, Onion, Carrots and Peas  Served with Roasted Honey Carrots  Kale, Apple and Mixed Vegetable Salad	<b>Beef Birria Tacos</b>  Braised Beef, with Consomme and Taco Condiments  Cilantro Lime Rice  Buttered Corn and Jalapeno  Queso Fundido with Tortilla Chips	<b>Shrimp Pad Thai</b>  Rice Noodle, Shrimp, Bean Sprouts, Egg, Small Dice Tofu  Crushed Pumpkin Seed, Limes, Basil	<b>Ribeye Beef Dak Galbi</b>  Thinly Sliced Galbi Dak Ribeye  Tteokbokki Rice Cakes in Sauce  Stir Fried Nappa Cabbage, Onion, Sweet Potato and Perilla Leaf  Sesame Mushroom and Spinach	<b>Chicken Gyro Dinner</b>  Herbed Chicken Skewers  Grilled Pita  Sliced Tomato, Sliced White Onion, Tzatziki and Garlic Aioli  French Fries  Zucchini and Broccoli Mix	<b>Classic Beef Shepherd Pie</b>  Beef cooked Aromatics, Onions, Celery and Carrot. Topped with Mashed Potatoes and Baked Until Crispy  Served with Gravy, Crusty Rolls with Butter  Roasted Mushrooms
<b>Meatless Entrée</b>	<b>Bean Cassoulet Stuffed Pepper Boat</b>	<b>Homemade Mixed Veg and Navy</b>	<b>Refried Bean, Tomato, Green Onion and Cheese</b>	<b>Tofu, Egg and Bean Sprout Pad Thai</b>	<b>Galbi Tempeh</b>	<b>Chickpea Pea Falafels</b>	<b>Lentil and Vegetable Shepherd's Pie</b>



# BRANKSOME HALL

# Athletic & Wellness Centre Residence Menu Week 2

WEEK 1	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Breakfast</b>							
<b>Continental Breakfast Offerings</b>	Full Service Fresh Cut Fruit, Berries and Yogurt, Bar, Cereal/Granola Station, Juice & Smoothies, Fresh Baked Muffins, Pastries and Croissants are all available in addition to the Hot Breakfast Offerings					Weekend Addition to the Standard Continental Breakfast Offerings has a Create your Smoothie Blender Bar:	
<b>Hot Breakfast Offering</b>	Cheddar Cheese Omelet  Hash browns and Grilled Breakfast Ham	Fried Eggs  Potato Triangles  Crispy Bacon	Belgian Waffles  Fresh Fruit and Whip Cream  Maple Sausage  Boiled Eggs	Egg, Cheddar, Croissant Casserole  Potato Puffs  (Scrambled Egg & Sausage also Available)	Poached Eggs  Sautéed Spinach, Hollandaise Sauce  Savory Diced Potato  Halal Beef Bacon Strips	Scrambled Egg, Mini Pancake, with Home Fries and Sausage Patty  <b>Hot Option #2 Perogies</b> served with Sour Cream, Bacon, Onion Served	Eggs Two Ways with Wedge Potato and Bacon, French Toast  <b>Hot Option #2 Zapiekanka!</b> Polish-style Open-Faced Toasted Baguette Sandwich served with Cabbage Rolls
<b>Breads</b>	Assorted Breads, Jams & Spreads (Alternating Days of Avocado and Smoked Salmon available from Chefs upon request)						
<b>Lunch</b>							
<b>Student Approved Hot Option</b>	<b>Char Siu Inspired Pork Skewers</b>  Garlic Scallion Fried Rice with Crispy Won Ton Topping  Steamed Baby Bok Choy, Carrots and Seasonal Vegetables	<b>Chicken with Grainy Mustard and Butter Pan Sauce</b>  Mashed Potato  Braised Red Cabbage with Apple  Baked Bavarian Pretzel Stick	<b>Rotini Pasta, Tomato and Red Pepper Pomodoro Sauce and Halal Beef Meatballs</b>  Served with Garlic Toast	<b>Branksome's Own Thunder Crunch Chicken Sandwich</b>  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	Weekend Brunch Options Listed Above in SAT/SUN Columns	
<b>Meatless Lunch Entrée</b>	<b>Root and Grain 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		
<b>Daily Salad Bar Offering</b>	Romaine Chickpea Salad Bacon Pieces Parmesan Green Bean Cherry Tomato Roasted Squash Cucumber Hard Boiled Egg	Tuscan Greens Quinoa Salad Creamy Coleslaw Cauliflower Sweet Corn Tomato & Basil Mixed Olives Curried Tofu Falafels	Spinach Sweet Potato Local Kimchi Cucumber Broccoli Craisins Green Beans Diced Tomato Chicken	Spring Mix Mixed Olives Cherry Tomato Mandarins Sliced Peppers Mushrooms Artichoke Roasted Carrot Chicken	Mixed Greens Lentil Salad Cucumber Apple Slices Roasted Beet Tomato Bocconcini Edamame Tofu and Mushroom Egg Salad	Brunch Salad Options with Fresh Fruit and Greens	
<b>Dinner</b>							
<b>Hot Dinner Entrée ( Daily Dinner Salad Bar and Dessert to accompany Hot Entrée)</b>	<b>Al Faham Chicken</b>  Za'atar Roasted Potatoes  Roasted Cauliflower and Tahini  Fattoush Salad  Hummus, Tzatziki, Toum	<b>Ginger Soy Whitefish</b>  Jasmine Rice  Carrots and Zucchini, Sesame and Scallions.  Vegetable Spring Rolls	<b>Lemongrass Coconut Chicken Lo Mein</b>  Aromatic Noodles with Seared Chicken  Snap Peas and Bell Peppers  Lime and Cilantro	<b>Harissa Spiced Tenderloin Tips</b>  Warm Pearl Couscous Salad  Roasted Butternut Squash	<b>Seoul-Style Crispy Chili Chicken</b>  Crispy Chicken in a Sweet & Spicy Chili Glaze  Sesame Potato Salad  Seamed Market Greens  Kimchi	<b>Halal Meatball Subs</b>  Roasted Peppers, Onions and Mushrooms  Warm Spinach, Pepper and Pesto Orzo Salad  Italian Herb Roasted Broccoli  Minestrone Soup	<b>Everything Bagel Seasoned Salmon</b>  Dauphinoise Potatoes  Green Beans with Roasted Beets
<b>Meatless Entrée</b>	<b>Al Faham Lentil Cakes</b>	<b>Edamame Dumplings</b>	<b>Coconut and Lemongrass Tempeh</b>	<b>Harissa Chickpea, Carrot and Onion Stew</b>	<b>Crispy Plant Based (Seitan) Chili Nuggets</b>	<b>Vegetarian Soy Meatball Subs</b>	<b>Everything Bagel Seasoned Artichoke and Bean Cake</b>



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<b>Breakfast</b>							
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<b>Hot Breakfast Offering</b>	Sunnyside Eggs Wedge Potato Grilled Ham Potato Pancake Breakfast Sausage	Farmers Market Frittata (Scrambled Eggs also Available) Potato Pancake Breakfast Sausage	French Toast Fresh Fruit Baked Sausage Patty Boiled Eggs	Fried Eggs Shredded Potato Cooked Bacon	Breakfast Brioche Sandwiches (Scrambled Egg, Scallion, Cheddar, and Paprika Mayo) White Potato Halves Pork Sausage	Scrambled Egg, Waffle Station, and Sausage Patty <b>Hot Option #2</b> Beef and Rice Cabbage Rolls (Non Halal)	Eggs 2 ways with Roast Potato and Bacon <b>Hot Option #2</b> Grilled Cheese
<b>Breads</b>	Assorted Breads, Jams & Spreads (Alternating Days of Avocado and Smoked Salmon available from Chefs upon request)						
<b>Lunch</b>							
<b>Student Approved Hot Option</b>	<b>Shawarma Spiced Chicken</b> Golden Turmeric Rice, Cherry Tomatoes, Cucumbers and Sumac Red Onion Beet Hummus, Pita	<b>Herb-Crusted Cod</b> Lemon & Caper Roasted Potato 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>Lo Mein Chicken and Vegetables</b> 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	Weekend Brunch Options Listed Above in SAT/SUN Columns	
<b>Meatless Lunch Entrée</b>	<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>White Bean and Corn Cakes with a Vegan Chipotle Sauce</b> Served with a Shredded Kale Salad	<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		
<b>Daily Salad Bar Offering</b>	Romaine Chickpea Salad Bacon Pieces Parmesan Green Bean Cherry Tomato Roasted Squash Cucumber Hard Boiled Egg	Tuscan Greens Quinoa Salad Creamy Coleslaw Cauliflower Sweet Corn Tomato & Basil Mixed Olives Curried Tofu Falafels	Spinach Sweet Potato Local Kimchi Cucumber Roasted Broccoli Craisins Green Beans Diced Tomato Baked Chicken	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	Brunch Salad Options with Fresh Fruit and Greens	
<b>Dinner</b>							
<b>Hot Dinner Entrée ( Daily Dinner Salad Bar and Dessert to accompany Hot Entrée)</b>	<b>Homemade Beef Lasagna</b> Garlic Bread Lemon Garlic Broccoli Caesar Salad on Side	<b>Sweet and Sour Pork</b> Fried Rice Bean Sprout Chop Suey Spring Rolls Fortune Cookie	<b>Nashville Hot Honey and Cajun Butter Chicken</b> Mashed Potato Roasted Corn Succotash Cheddar & Garlic Biscuits	<b>Braised Lamb Shoulder with Rosemary Jus</b> Mushroom Barley Risotto Gravy Mustard Roasted Brussels Mini Yorkshire and Jus on side	<b>Seafood Night!</b> Parsley and Garlic Butter Shrimp Calamari Rings with Lemon Aioli Rice Pilaf Asparagus	<b>Grilled Turkey Burger with all the Toppings</b> Make your own Poutine French Fries, Gravy and Cheese Curds Carolina Slaw	<b>Beef Bourguignon</b> Buttered Egg Noodles Crusty French Bread Parsnips, Heirloom Carrots and Leeks
<b>Meatless Entrée</b>	Homemade Mixed Vegetable Lasagna	Sweet and Sour Plant Based Soy Strips	Hot Honey Tempeh	Rosemary and Garlic Navy Bean Cakes	Parsley and Garlic Butter Tofu	BBQ Plant Based Smash Burger	Beyond "Beef" Pea Protein And Veg Stew