

WEEK 1	MON	TUES	WED	THURS	FRI	SAT	SUN
Breakfast							
Continental Breakfast Offerings	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:	
Hot Breakfast Offering	Burnbrae Farms Scrambled Eggs	Fried Eggs	Poached eggs or Breakfast Burritos with Egg, Cheese and Salsa	Assorted Omelets served	Egg and Cheese Croissant-wich Breakfast Sandwiches	Scrambled Egg, Pancakes, with Shredded Potato and Maple Sausage	Fried Eggs and Egg Bites with Mini Roasted Potato and Bacon
	Crispy Shredded Ring Potato	Red Skin Potatoes		Saut��ed Spinach			
	Chorizo Rounds	Montreal Seasoned Beef Tips	Potato Pancake	Home fries	Potato Wedges	<u>Hot Option #2</u> Rose Pasta with Garlic Bread	<u>Hot Option #2</u> Cheesy Chicken Ranch Wraps
			Butcher Shoppe Breakfast Patty	Crispy Bacon	Sausage Link		
Breads	Assorted Breads, Jams & Spreads (Alternating Days of Avocado and Smoked Salmon available from Chefs upon request)						
Lunch							
Student Approved Hot Option	Honey-Harissa Chicken Couscous with Apricot and Mint Roasted Carrots Preserved Lemon Yogurt	Loaded Baked Potato Beef Chili Beef, Vegetable and Bean Chili served on a Baked Potato Halve Topped with Cheddar, Sour Cream, Green Onions	Farfalle Tossed in a Pumpkin Seed & Kale Pesto Sauce Sage Roasted Butternut Squash Served with Parmesan Breadstick	Spicy Tangy Pork Shoulder Chunks in Vindaloo Sauce Red Lentil Basmati pilaf Roasted Cauliflower with Garam Masala and Lime	Dip, Dusted and Baked Haddock Strips Flour Tortilla Shells Roasted Chili Lime Potato Wedges Shredded Cabbage Slaw	Weekend Brunch Options Listed Above in SAT/SUN Columns	
Meatless Lunch Entr��e	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		
Daily Salad Bar Offering	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	
Dinner							
Hot Dinner Entr��e (Daily Dinner Salad Bar and Dessert to accompany Hot Entr��e)	Tarragon and Lemon Grilled Salmon Steaks	Homemade Chicken Pot Pies	Beef Birria Tacos	Shrimp Pad Thai	Ribeye Beef Dak Galbi	Chicken Gyro Dinner	Classic Beef Shepherd Pie
	Butternut Squash Risotto	Flaky Pastry Shells Filled with Creamy Chicken, Onion, Carrots and Peas	Braised Beef, with Consomme and Taco Condiments	Rice Noodle, Shrimp, Bean Sprouts, Egg, Small Dice Tofu	Thinly Sliced Galbi Dak Ribeye	Herbed Chicken Skewers	Beef cooked Aromatics, Onions, Celery and Carrot. Topped with Mashed Pottao and Bakewd Until Crispy
	Roasted Broccoli		Cilantro Lime Rice		Tteokbokki Rice Cakes in Sauce	Grilled Pita	
	Fennel and Orange Salad		Buttered Corn and Jalapeno	Crushed Pumpkin Seed, Limes, Basil	Stir Fried Nappa Cabbage, Onion, Sweet Potato and Perilla Leaf	Sliced Tomato, Sliced White Onion, Tzatziki and Garlic Aioli	Mashed Pottao and Bakewd Until Crispy
			Served with Roasted Honey Carrots	Queso Fundido with Tortilla Chips		French Fries	Served with Gravy, Crusty Rolls with Butter
		Kale, Apple and Mixed Vegetable Salad			Sesame Mushroom and Spinach	Zuchinni and Brocoli Mix	Roasted Mushrooms
Meatless Entr��e	Bean Cassoulet Stuffed Pepper Boat	Homemade Mixed Veg and Navy	Refried Bean, Tomato, Green Onion and Cheese	Tofu, Egg and Bean Sprout Pad Thai	Galbi Tempeh	Chickpea Pea Falafels	Lentil and Vegetable Shepherds Pie

 <div>BRANKSOME HALL</div>		Athletic & Wellness Centre Residence Menu Week 2					
WEEK 1	MON	TUES	WED	THURS	FRI	SAT	SUN
Breakfast							
Continental Breakfast Offerings	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:	
Hot Breakfast Offering	Cheddar Cheese Omelet	Fried Eggs	Belgian Waffles	Egg, Cheddar, Croissant Casserole	Poached Eggs Sautéed Spinach, Hollandaise Sauce	Scrambled Egg , Mini Pancake, with Home Fries and Sausage Patty	Eggs Two Ways with Wedge Potato and Bacon, French Toast
	Hash browns	Potato Triangles	Fresh Fruit and Whip Cream				
	and Grilled Breakfast Ham	Crispy Bacon	Maple Sausage	Potato Puffs	Savory Diced Potato	Hot Option #2 Perogies served with Sour Cream, Bacon, Onion Served	Hot Option #2 Zapiekanka! Polish-style Open-Faced Toasted Baguette Sandwich served with Cabbage Rolls
			Boiled Eggs	(Scrambled Egg & Sausage also Available)	Halal Beef Bacon Strips		
Breads	Assorted Breads, Jams & Spreads (Alternating Days of Avocado and Smoked Salmon available from Chefs upon request)						
Lunch							
Student Approved Hot Option	Char Siu Inspired Pork Skewers	Chicken with Grainy Mustard and Butter Pan Sauce	Rotini Pasta, Tomato and Red Pepper Pomodoro Sauce and Halal Beef Meatballs	Branksome’s Own Thunder Crunch Chicken Sandwich	Green Goddess Salmon Bowl	Weekend Brunch Options Listed Above in SAT/SUN Columns	
	Garlic Scallion Fried Rice with Crispy Won Ton Topping	Mashed Potato		Creamy Bistro Coleslaw, Pickle Slices	Roasted Salmon		
	Steamed Baby Bok Choy, Carrots and Seasonal Vegetables	Braised Red Cabbage with Apple	Served with Garlic Toast	Cajun Roasted Potato	Herbed Brown and Local Wild Rice Medley		
Meatless Lunch Entrée	Root and Grain Bowl (Wild Rice, Long Grain Rice, Quinoa) Roast Squash, Yam, Carrot, Parsnip with Crispy Lentil, Pumpkin Seed and Crispy Leek	Plant Based Faba Bean Protein Bratwurst with Vegan Mashed Potato, Sauerkraut Slaw, Pickled Onion and Grainy Mustard	Tuscan Style Ribollita (White Bean, Carrot, Celery, Potato, Cabbage, Chard) Served with Toasted Baguette	Brown Rice and Soy Protein Burger with Vegan “Mac” Sauce , Homemade Pickles, Crispy Onions and Slaw	Crispy Sesame and Nori Tofu with Herbed Brown and Local Wild Rice Medley, Edamame Salad with Miso Aioli		
Daily Salad Bar Offering	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 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	
Dinner							
Hot Dinner Entrée (Daily Dinner Salad Bar and Dessert to accompany Hot Entrée)	Al Faham Chicken	Ginger Soy Whitefish	Lemongrass Coconut Chicken Lo Mein	Harissa Spiced Tenderloin Tips	Seoul-Style Crispy Chili Chicken	Halal Meatball Subs	Everything Bagel Seasoned Salmon
	Za’atar Roasted Potaoes	Jasmine Rice			Crispy Chicken in a Sweet & Spicy Chili Glaze	Roasted Peppers, Onions and Mushrooms	Dauphinoise Potatoes
	Roasted Cauliflower and Tahini	Carrots and Zucchini, Sesame and Scallions.	Aromatic Noodles with Seared Chicken	Warm Pearl Couscous Salad	Sesame Potato Salad	Warm Spinach, Pepper and Pesto Orzo Salad	Green Beans with Roasted Beets
	Fattoush Salad	Vegetable Spring Rolls	Snap Peas and Bell Peppers	Roasted Butternut Squash	Seamed Market Greens	Italian Herb Roasted Broccoli	
	Hummus, Tzatziki, Tourn		Lime and Cilantro		Kimchi	Minestrone Soup	
Meatless Entrée	Al Faham Lentil Cakes	Edamame Dumplings	Coconut and Lemongrass Tempeh	Harissa Chickpea, Carrot and Onion Stew	Crispy Plant Based (Seitan) Chili Nuggets	Vegetarian Soy Meatball Subs	Everything Bagel Seasoned Artichoke and Bean Cake



BRANKSOME HALL

Athletic & Wellness Centre Residence Menu Week 3

WEEK 1	MON	TUES	WED	THURS	FRI	SAT	SUN
Breakfast							
Continental Breakfast Offerings	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:	
Hot Breakfast Offering	Sunnyside Eggs Wedge Potato Grilled Ham	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 Hot Option #2 Beef and Rice Cabbage Rolls (Non Halal)	Eggs 2 ways with Roast Potato and Bacon With Waffle Station Hot Option #2 Grilled Cheese
Breads	Assorted Breads, Jams & Spreads (Alternating Days of Avocado and Smoked Salmon available from Chefs upon request						
Lunch							
Student Approved Hot Option	Shawarma Spiced Chicken Golden Turmeric Rice, Cherry Tomatoes, Cucumbers and Sumac Red Onion Beet Hummus, Pita	Herb-Crusted Cod Lemon & Caper Roasted Potato Served with Roasted Broccoli and Sliced Fennel	Sun-Dried Tomato Basil Cream Penne Blush-style Sauce with Sun-dried Tomato, Basil, Cream, Parmesan Served with Garlic Toast	Lo Mein Chicken and Vegetables Stir Fried Ontario Chicken with Scallion, Tamari, Ginger, Garlic Sauce Lo Mein Noodle Napa Cabbage, Bell Peppers & Shredded Carrots)	West African Inspired Yassa Braised Beef 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	
Meatless Lunch Entrée	Crispy Tempeh and Vegetable Coconut Curry with Jasmine Rice and Crispy Rice Noodle	Cauliflower and Bean Hush Puppies with Lemon & Caper Roasted Potato Served with Roasted Broccoli and Sliced Fennel	White Bean and Corn Cakes with a Vegan Chipotle Sauce Served with a Shredded Kale Salad	Masala Inspired Chickpea and Potato Wrap with Tomato, Lentil and Cucumber Salad	Plant Based Pea Protein Bowl with Red Lentils, Rice, Shredded Lettuce. Chopped Tomato. Cucumbers and Pickles with Pita and Tahini Sauce		
Daily Salad Bar Offering	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	
Dinner							
Hot Dinner Entrée (Daily Dinner Salad Bar and Dessert to accompany Hot Entrée)	Homemade Beef Lasagna Garlic Bread Lemon Garlic Broccoli Caesar Salad on Side	Sweet and Sour Pork Fried Rice Bean Sprout Chop Suey Spring Rolls Fortune Cookie	Nashville Hot Honey and Cajun Butter Chicken Mashed Potato Roasted Corn Succotash Cheddar & Garlic Biscuits	Braised Lamb Shoulder with Rosemary Jus Mushroom Barley Risotto Grainy Mustard Roasted Brussels Mini Yorkshire and Jus on side	Seafood Night! Parsley and Garlic Butter Shrimp Calamari Rings with Lemon Aioli Rice Pilaf Asparagus	Grilled Turkey Burger with all the Toppings Make your own Poutine French Fries, Gravy and Cheese Curds Carolina Slaw	Beef Bourguignon Buttered Egg Noodles Crusty French Bread Parsnips, Heirloom Carrots and Leeks
Meatless Entrée	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