

BURWASH DINING HALL WEEK 1 MENU 2018-19 (BREAKFAST, LUNCH, DINNER)

WEEK 1	Monday (DAY 1)	Tuesday (DAY 2)	Wednesday (DAY 3)	Thursday (DAY 4)	Friday (DAY 5)	Saturday (DAY 6)	Sunday (DAY 7)
Prepared Egg Dishes (GF) (VEG)	Scrambled Eggs Soft Boiled local free run Eggs Hard Boiled offered on Breakfast Cold Bar	Scrambled Eggs Soft Boiled local free run Eggs Hard Boiled offered on Breakfast Cold Bar	Scrambled Eggs Soft Boiled local free run Eggs Hard Boiled offered on Breakfast Cold Bar	Scrambled Eggs Soft Boiled local free run Eggs Hard Boiled offered on Breakfast Cold Bar	Scrambled Eggs Soft Boiled local free run Eggs Hard Boiled offered on Breakfast Cold Bar	Scrambled Eggs Soft Boiled local free run Eggs Hard Boiled offered on Breakfast Cold Bar	Scrambled Eggs Soft Boiled local free run Eggs Hard Boiled offered on Breakfast Cold Bar
Feature Dish	Cheese Omelette (VEG) (GF)	Mexican Breakfast Burrito (GF)	Greek Scramble (VEG) (GF)	Sausage Patty, Egg and Cheese on English Muffin	Cinnamon French Toast (VEG)	Spanish Omelette (VEG)	Breakfast Wrap (scrambled egg, cheddar, salsa and peppers) (VEG) (GF)
Vegan	Indian Spiced Tofu Scramble (VGN) (GF) (DF)	Quinoa Breakfast Pattie on a Bun (VGN) (DF)	Potato Hash with Veggie Ground Round and Kale (VGN) (GF) (DF)	Tofu Veggie Omelette (VGN) (GF) (DF)	Bean and Sweet Potato Mexi -Bowl (VGN) (GF) (DF)	Roasted Root Vegetable Bowl with Brown Rice and Black Beans (VGN) (GF) (DF)	Breakfast Wrap with Scrambled Tofu, Salsa, Vegan Cheese and Green Onion (VGN) (DF)
Halal Protein	Offered Daily - Beef Sausage Patty (GF) (H)						
Meat 2	Bacon	Chicken Sausage	Bacon or Peameal Bacon	Breakfast Links	Bacon	Peameal Bacon	Chicken Sausage
Side Dishes	Offered Daily - Signature Home Fries and Sticky Rice with Toppings (VGN) (GF) (DF)						
AVAILABLE DAILY: Cold Cereals; Hot Cereal on Rotation – Steel Cut Oats or Regular House-Made Oatmeal with Toppings from Cold Bar; House Made Granola; Assorted Preserves including Wow Butter; Hot Coffee, Frothy Coffee Beverages, Hot Chocolate, Assortment of Teas; Milk and Milk Alternative; Water and Fruit Juices; Breakfast Cold Bar: Fruits – dried, fresh cut and whole; Yogurts; Cheese; Sweet and Savoury Toppings; Breakfast Breads and Pastry Rotation; Spreads							

Menu Facts:

- In general, we strive to use local and Canadian ingredients that we freshly prepare into a tasty balanced menu that is inspired by global flavours, trends and culinary techniques.
- Symbol Key for the Menu: (DF) = Dairy Free. Product does not contain dairy ingredients.
(GF) = Gluten Friendly. Product does not contain gluten ingredients.
(H) = Halal. Products sourced are certified and adhere to Halal practises.
(VEG) = Vegetarian. Does not contain animal derived products but may contain dairy or egg.
(VGN) = Vegan. Does not contain any animal products, dairy or egg.
- All side dishes for breakfast and side vegetables at lunch and dinner are gluten friendly (GF), dairy free (DF) and Vegan (VGN), unless otherwise noted on the menu.
- GF pizza for lunch and dinner can be prepared upon request. Order from the Dining Lead Hand. Allow 15 minutes. Pre-order to reduce wait time.
- Speak to the Dining Lead Hand or Food Service Manager regarding ingredients contained in the foods we serve. Victoria Food Services provides a diverse menu and there is always a possibility of ingredient cross contact in the kitchen.

Menu Tips:

- Get creative and personalize your meals by combining the variety of ingredients from the stations in a different way. For example, at breakfast, scrambled eggs from the hot table can be topped with any savoury toppings from the breakfast cold bar and finished with cheese: at lunch and dinner, potatoes, rice or pasta from the hot table can be topped with the daily kettle meal and finished with cheese or other toppings found in the salad station.
- Balance your meal. Aim to fill half your plate or bowl with vegetables or fruit. Add proteins, grains or potato to energize and satisfy you till your next meal or snack.

SPECIAL NOTE: All menus are subject to change due to availability and/or supplier delays/interruptions.

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WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH MENU. All meals include: Salad, Vegetable and Fruit Station, Bread Station, Condiments and Spreads as well as Milk, Milk Alternative, Water and Fruit Juices, Tea or Coffee.							
High Top Table: Sandwich	Grilled Cheese & Bacon on Multigrain Veggie Quesadilla (Broccoli, Carrot, Green Onion & Daiya Cheese) (VGN)(DF)	Roast Beef, Cheddar & Horseradish on Rye (H) Hummus, Grilled Pepper & Onion Kaiser (no cheese) (VGN)(DF)	Turkey & Pesto Melt on Whole Wheat Texas Toast (H) Grilled Vegetable Reuben with Sauerkraut and Mustard on Rye (no cheese) (VGN)(DF)	Salami, Pesto & Mozzarella on a Hoagie Bun Herbed Bruschetta on a Ciabatta (no cheese) (VGN)(DF)	Peameal Bacon Kaiser (no cheese) (DF) Eggplant Parmesan Panini with Daiya Cheese (VGN)(DF)		
Station 1:	Chicken Souvlaki (GF)(DF) Beef & Lamb Gyro in a Pita with Toppings Herbed Baby Potatoes (GF)(VGN)(DF)	Chicken Cacciatore (Thighs)(H)(GF)(DF) Roasted Vegetable Quiche (VEG)	Beef Burger (H)(GF)(DF) Vegan Burger (VGN)(DF) Regular or Gluten Free Bun (GF) Baked Macaroni with Many Cheeses (VEG)	Chicken Schnitzel (H) Warm Potato Salad (GF)(DF) Romanesco Vegetables	Spicy Thai Salmon Loin (H)(GF)(DF) Swedish Turkey Meatballs (H) With Brown Gravy	Breakfast Rotation + Waffles Station 3 Asian Noodle Bowl Ginger Soy Chicken (H)(GF)(DF)	Breakfast Rotation + Waffles Station 3 Pasta Bar Arrabiata Sauce (GF)(VGN)(DF) Beef Bolognese (H)(DF)(GF) Yves Ground Round & Mushroom Bolognese (GF)(VGN)(DF) Penne Fusilli (GF) Wilted Spinach Grilled Peppers
Station 2:	Vegetable Medley Greek Pita Bread	Buttered Egg Noodles (GF) Fusilli (GF)(VGN)(DF) Green Peas Parmesan Cheese	Curly Fries (DF) Sautéed Pepper, Mushroom & Onion Medley Burger Toppings	Nacho Bar: Corn Tortilla Chips (GF)(VGN)(DF), Seasoned Ground Beef (H), Cheese Sauce, Cheese, Vegetables, Sauces and Condiments	Barley Pilaf (VGN)(DF) Seasonal Vegetable	Sliced Pork (GF)(DF) Grilled Tofu (GF)(VGN)(DF) Mushroom Soy Broth (GF)(VGN)(DF) Rice Noodles (GF)(VGN)(DF)	
Station 3:	Falafel (GF)(VGN)(DF) Classic Hummus (GF)(VGN)(DF)	Vegan Soba Noodle Bowl (VGN)(DF) (Soba Noodles, Edamame, Vegetables, Vegetable Broth, Sauces, Condiments)	Baked Gluten Free Pasta with Daiya Cheese (GF)(VGN)(DF) Roasted Acorn Squash Rings (GF)(VGN)(DF)	Crispy Organic Tofu with Curried Green Beans (GF)(VGN)(DF) Brown Rice (GF)(VGN)(DF)	Baked Potatoes (GF)(VGN)(DF) Southwest Pinto Beans Broccoli Daiya Cheese	Assorted Vegetables Sesame Oil	
LUNCH AND DINNER: choices available at both meals							
Soups	Turkey Noodle (H) Creamy Spinach (GF)(VEG)(DF) Vegetarian Chili (GF)(VGN)(DF)	Miso Broth with Tofu (GF)(DF)(VGN) Cheesy Broccoli (GF)(VEG) Portuguese White Bean & Kale (GF)(VGN)(DF)	Beef Vegetable Barley (H)(DF) Harvest Vegetable (GF)(VGN)(DF) Caribbean Chicken & Coconut (H)(GF)(DF)	Smoky Bacon & Mushroom (GF) Gingered Carrot & Coconut (GF)(VGN)(DF) Makhani Dal (GF)(VGN)(DF)	New England Clam Chowder (GF) Hearty Minestrone (VGN)(DF) Chinese Chicken & Corn (H)(GF)(DF)	Lemon Chicken Orzo (H)(DF) Moroccan Chickpea (GF)(VGN)(DF) Italian Wedding Meatball	Beef Vegetable Consommé (H)(GF)(DF) Creamy Tomato (GF)(VEG) Vegetable Gumbo (GF)(VGN)(DF)
Kettle Meal							
High Top Table: Pizza or Flatbread	Deluxe Cheesy Garlic (VEG) Zucchini & Eggplant Carpaccio (no cheese) (VGN)(DF)	Pepperoni Double Cheese (VEG) Tandoori Spiced Vegetable (no cheese) (VGN)(DF)	BBQ Chicken Calzone (H) Double Cheese (VEG) Sundried Tomato & Olive (no cheese) (VGN)(DF)	Hawaiian Ham and Pineapple Double Cheese (VEG) Green Pepper, Tomato & Onion (no cheese) (VGN)(DF)	Beef & Hot Pepper (H) Double Cheese (VEG) Mushroom & Arugula (no cheese) (VGN)(DF)	Deluxe Cheesy Garlic Pizza (VEG)	Pepperoni Double Cheese (VEG)
Desserts	Chocolate Fudge Brownie Fresh Baked Cookies Vanilla Pudding with Caramel Apples Ice Cream, Sorbet Fresh & Canned Fruits	Butter Tart Fresh Baked Cookies Chocolate Pudding with Brownie Crumbs Ice Cream, Sorbet Fresh & Canned Fruits	Banana Chip Cake Fresh Baked Cookies Coconut Pudding with Mango Ice Cream, Sorbet Fresh & Canned Fruits	Cinnamon Apple Crisp Fresh Baked Cookies Chocolate Chia Pudding Ice Cream, Sorbet Fresh & Canned Fruits	Cranberry Pudding Cake Fresh Baked Cookies Cinnamon Raisin Rice Pudding Ice Cream, Sorbet Fresh & Canned Fruits	Baker's Pick Square Fresh Baked Cookies Butterscotch Pudding with Pears Ice Cream, Sorbet Fresh & Canned Fruits	Cupcake (Lunch), Sundae Bar (Dinner), Fresh Baked Cookies Jello and Pudding Parfait Ice Cream, Sorbet Fresh & Canned Fruits

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Station 1:	Korean Bulgogi Beef (H)(GF)(DF) Cranberry BBQ Glazed Turkey Meatloaf (H)(DF) Kaiser Roll	Moroccan Roasted White Fish with Chermoula (H)(GF)(DF) Cheese, Black Bean & Tomato Quesadilla (VEG)	Spicy Honey Garlic Chicken (H)(GF)(DF) Japanese Pancake (Okonomiyaki) (VEG)(DF)	Cuban Spiced Pork Roast with Pineapple Salsa (GF)(DF) Cheese Tortellini with Marinara Sauce (VEG)	Slow Roasted Beef (H)(GF)(DF) With Au Jus (GF)(DF) Hoagie Bun Spicy Dry Rubbed Chicken Wings (H)(GF)(DF)	Fajitas: Shrimp (GF)(DF), Beef (H)(DF), Spicy Turtle Beans (VGN)(GF)(DF) Flour Tortillas	Saucy BBQ Roasted Chicken (H)(GF)(DF) Vegetable & Beef Stew (H)(GF)(DF) Garlic Toast
Station 2:	Sticky Rice (GF)(VGN)(DF) Sautéed Bok Choy Mini Corn Cob	Couscous (VGN)(DF) French Green Beans Cauliflower	Jasmine Rice (GF)(VGN)(DF) Wilted Kale Rutabaga/Turnip Toppings	Fluffy Rice (GF)(VGN)(DF) Roasted Butternut Squash Broccoli	Scalloped Potato (VEG) Baby Carrots Charred Brussels Sprouts	Sautéed Peppers & Onions Seasonal Vegetable Fajitas Toppings	Shoestring Fries (VGN)(DF) Green Peas Roasted Carrots
Station 3:	Spicy Fried Tofu & Eggplant Casserole (GF)(VGN)(DF) Brown Rice (GF)(VGN)(DF)	Lentil Vegetable Stew (GF)(VGN)(DF) Herbed Quinoa (GF)(VGN)(DF)	Fried Shanghai Noodle with Sautéed Tofu, Mushrooms (VGN)(DF) Sweet Potato Wedges	Bean Jambalaya (VGN)(DF) Fried Plantain (GF)(VGN)(DF)	BBQ Meatless 'Beef' Strips (VGN)(DF) Fusilli (GF) Baby Carrots	Chickpea & Squash Tagine Basmati Rice (GF)(VGN)(DF)	Lentil & Corn Succotash (GF)(VGN)(DF) Wild Rice Pilaf (GF)(VGN)(DF)