

BURWASH DINING HALL WEEK 2 MENU 2018-19 (BREAKFAST, LUNCH, DINNER)

WEEK 2	Monday (Day 8)	Tuesday (Day 9)	Wednesday (Day 1)	Thursday (Day 2)	Friday (Day 3)	Saturday (Day 4)	Sunday (Day 5)
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	Egg White Pattie, Cheddar, Tomato and Wilted Spinach on English Muffin (VEG)	Chocolate Chip Pancakes (VEG)	Cheese Omelette (VEG) (GF)	Mexican Breakfast Burrito (GF)	Greek Scramble (VEG) (GF)	Sausage Patty, Egg and Cheese on English Muffin	Cinnamon French Toast (VEG)
Vegan	Veggie Breakfast Bowl (Quinoa, Corn, Chick Peas, Cilantro, Jalapeno, Pico de Gallo) (VGN) (GF) (DF)	Veggie Ground Round, Sweet Potato Hash with Wilted Greens (VGN) (GF) (DF)	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)
Halal Protein	Offered Daily - Beef Sausage Patty (GF) (H)						
Meat 2	Bacon	Breakfast Links	Bacon	Chicken Sausage	Bacon or Peameal Bacon	Breakfast Links	Bacon
Side Dishes	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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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	Ham, Swiss & Pineapple Quesadilla Stuffed Veggie Pocket (no cheese) (DF)(VGN)	Philly Cheesesteak Panini Grilled Bruschetta with Daiya Cheese on Sourdough (DF)(VGN)	Pastrami, Mozzarella & Dijon on a Kaiser Grilled Veggie & Quinoa Stuffed Pita (no cheese) (DF)(VGN)	Fried Fish Panini Smoked Paprika Beet Reuben with Sauerkraut and Daiya Cheese on Rye (DF)(VGN)	Buffalo Chicken Strips on a Hoagie with Blue Cheese Dressing Hummus & Grilled Vegetable Wrap (no cheese) (DF)(VGN)		
Station 1:	Breaded Chicken Strips Vegetable & Feta Frittata (GF)(VEG)	Harvest Bowl: Hot: Quinoa Barley Blend (DF)(VGN) Assorted Roasted and Raw Vegetables	Fish & Mussels Bouillabaisse (GF)(DF) French Bread Spanish Tortilla (Egg and Potato Omelette) (VEG)	Soloway's Deli Italian Chicken (H) or Pork Sausage Roasted Potato Wedges (GF)(VGN)(DF) Sautéed Peppers & Onions	Salmon Burger (DF) Grilled Chicken (H) on a Bun French Fries Gnocchi with Rose Sauce	Breakfast Rotation + Waffles Station 3 Pasta Bar Alfredo Sauce (GF) Braised Beef Ragu (H) (GF) Yves Ground Round & Mushroom Sauce (VGN)(DF) Fusilli (GF) Penne Green Peas (GF)	Breakfast Rotation + Waffles Station 3 Middle Eastern Bar: Beef and Lamb Gyro Falafels (GF) Pita Pockets Hummus Tabbouleh Baba Ghanoush
Station 2:	French Fries (GF)(DF)(VGN) Chunky Tomato Ragu Garlic Bread Dipping Sauces	Grilled Marinated Chicken (H)(GF)(DF) Sautéed Shrimp (GF)(DF) Sauces and Dressings	Brown Rice Pilaf (GF)(VGN)(DF) Green Beans Mixed Greens	Pork & Chicken Dumplings (Gyoza) with Dipping Sauce Sausage Toppings	Romanesco Vegetables Coleslaw (GF)(DF) House Made Tartar OR Lemon Dill Sauce Toppings (Lettuce, Tomato, Pickles, Condiments)		
Station 3:	Crispy Vegan 'Chicken' Strips (DF)(VGN) Ratatouille (GF)(DF)(VGN)	Mexicali Saucy Black Beans (GF)(DF)(VGN) Small Flour Tortillas (DF) Toppings	Lentil Bulgur Bake (GF)(DF)(VGN) Sautéed Broccoli	Vegetarian Hot Dog (VGN)(DF) Mediterranean Vegetable Zita Bake (VGN)(DF)	Organic Tofu, Broccoli & Daiya Cheddar Crustless Quiche (GF)(DF)(VGN)		
LUNCH AND DINNER: choices available at both meals							
Soups	Chicken Mulligatawny (H)(DF)(GF) Creamy Mushroom (GF)(VEG) 3 Bean, Squash & Kale Chili (GF)(DF)(VGN)	French Onion (GF)(DF)(VGN) Tomato Basil (GF)(VEG) Lentil Dal (GF)(DF)(VGN)	Chicken Vegetable (H)(GF)(DF) Creamy Leek & Rice (GF)(VEG) Italian Mini Ravioli (VEG)	Mexican Bean (GF)(VEG) Curried Roasted Cauliflower (GF)(DF)(VGN) Loaded Baked Potato (VEG)	Chicken Noodle (H)(DF) Roasted Red Pepper & Tomato (GF)(DF)(VGN) Beef & Roots Stew (H)(GF)(DF)	Vegetable Barley (DF)(VGN) Creamy Broccoli (GF)(VEG) Bean & Ham (GF)(DF)	Spicy Thai Chicken & Coconut (H)(GF)(DF) Harvest Vegetable (GF)(VGN)(DF) Pasta Fagioli (VEG)
Kettle Meal							
High Top Table: Pizza or Flatbread	Pepperoni Double Cheese (VEG) Potato & Herb (no cheese) (VGN)(DF)	BBQ Chicken (H) Cheesy Garlic (VEG) Sundried Tomato, Olive & Onion (no cheese) (VGN)(DF)	Hawaiian Ham and Pineapple Double Cheese (VEG) Roasted Pepper & Mushroom (no cheese) (VGN)(DF)	Deluxe Double Cheese (VEG) Vegan 'Chicken', Tomato & Radicchio (no cheese) (VGN)(DF)	Bacon Cheesy Garlic (VEG) Zucchini & Eggplant Carpaccio (no cheese) (VGN)(DF)	Beef & Hot Pepper (H) Double Cheese (VEG)	Pepperoni Double Cheese (VEG)
Desserts	Carrot Cake Fresh Baked Cookies Vanilla and Chocolate Swirl Pudding Ice Cream, Sorbet Fresh & Canned Fruits	Iced Brownie Fresh Baked Cookies Lemon Blueberry Pudding Ice Cream, Sorbet Fresh & Canned Fruits	Pumpkin Pie Fresh Baked Cookies Cookie Crumb Topped Chocolate Pudding Ice Cream, Sorbet Fresh & Canned Fruits	Triple Decker Chocolate Cake Fresh Baked Cookies Raspberry Jam Vanilla Trifle Ice Cream, Sorbet Fresh & Canned Fruits	Date Square Fresh Baked Cookies Vanilla Tapioca Pudding with Coconut Milk Ice Cream, Sorbet Fresh & Canned Fruits	Blueberry Cobbler Fresh Baked Cookies Cranberry Coconut Pudding Ice Cream, Sorbet Fresh & Canned Fruits	Lemon Burst Macaroon Bar Fresh Baked Cookies Caramelized Apple Butterscotch Pudding Ice Cream, Sorbet Fresh & Canned Fruits

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Sunday	Pork Carnitas Tacos (DF) Corn (GF) and Flour Tortillas Cheese Ravioli with Herbed Tomato Sauce (VEG)	Shaved Corned Beef Brisket Bun or Rye Bread Vietnamese Lemongrass Spiced Chicken Pad Thai Sauce (H) (GF)(DF) Vietnamese Dipping Sauce Jasmine Rice (GF)(DF)	House Roasted Turkey (H) (GF)(DF) Sage Infused Gravy (DF)(GF) Classic American Beefaroni (H)	Indian Butter Chicken (H)(GF) Middle Eastern Kofta with Curry Sauce (H)(GF)(DF)	Veal Schnitzel Chicken Fried Rice with Spring Roll (H)(GF)(DF)	BBQ Chicken (H)(GF)(DF) Spicy Red Thai Organic Tofu (GF)(VGN)(DF)	Grilled Beef Tips with Peppers (H) (GF)(DF) Veggie Pot Pie (VGN) Roasted Baby Potatoes (GF)(VGN)(DF)
Station 2:	Baked Potato (GF)(VGN)(DF) Charred Acorn Squash Red Cabbage Slaw (GF)(VGN)(DF)	Braised Green Cabbage & Carrot Seasonal Vegetable	Mashed Potatoes Corn (GF) Roasted Heirloom Carrots (GF)	Lime Leaf Infused Basmati Rice Crispy Roasted Cauliflower Sautéed Green Beans Fresh Cucumber Raita Dip	Buttered Egg Noodles (VEG) Sautéed Seasonal Greens Slow Roasted Herb and Garlic Tomatoes (GF) White Gravy	French Fries (GF)(DF) Brown Rice (VGN)(GF)(DF) Sautéed Broccoli Carrots	Verde Blend (Kale, Collards, Spinach, Rapini)
Station 3:	Southwest Quinoa Stuffed Peppers (GF)(VGN)(DF) Taco Toppings	Deconstructed Sushi Bowl with Edamame (GF)(VGN)(DF) (Sticky Rice, Vegetables, Nori, Sesame Seeds, Sesame Oil, Soy Sauce)	White Bean & Mushroom Ragout (GF)(VGN)(DF) Soft Polenta (GF)(VGN)(DF) Wilted Kale	Roasted Chickpea Chana Curry Bowl (GF)(VGN)(DF) Warm Naan Bread	Harvest Bowl (GF)(VGN)(DF) Grilled Tofu, 7 Grain Rice Blend, Sautéed Vegetables, Pumpkin Seeds, Sesame Seeds, Tahini Dressing	Nacho Bar: Tortilla Chips, Vegan Chili (VGN), Cheese, Vegetables, Olives, Hot Peppers, Salsa Note: Not all items are Vegan	Classic Potato & Cheese Perogies (VEG) Charred Onion & Leeks Chopped Crispy Bacon Sour Cream Note: Not all items are Vegan