

**BURWASH DINING HALL WEEK 3 MENU 2018-19 (BREAKFAST, LUNCH, DINNER)**

WEEK 3	Monday (Day 6)	Tuesday (Day 7)	Wednesday (Day 8)	Thursday (Day 9)	Friday (Day 1)	Saturday (Day 2)	Sunday (Day 3)
<b>Prepared Egg Dishes (GF) (VEG)</b>	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
<b>Feature Dish</b>	Spanish Omelette (VEG)	Breakfast Wrap (scrambled egg, cheddar, salsa and peppers) (VEG) (GF)	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)
<b>Vegan</b>	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)	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)
<b>Halal Protein</b>	Offered Daily - Beef Sausage Patty (GF) (H)						
<b>Meat 2</b>	Peameal Bacon	Chicken Sausage	Bacon	Breakfast Links	Bacon	Chicken Sausage	Bacon or Peameal Bacon
<b>Side Dishes</b>	Signature Home Fries and Sticky Rice with Toppings (VGN) (GF) (DF)						
<b>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</b>							

**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.

## BURWASH DINING HALL WEEK 3 MENU 2018-19 (BREAKFAST, LUNCH, DINNER)

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>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.</b>							
<b>High Top Table: Sandwich</b>	Oktoberfest Sausage with Peppers, Onions & Cheese on Sub Bun Quesadilla with Curried Butternut Squash, Green Onion and Pumpkin Seeds (no cheese)	Corned Beef and Swiss Cheese on Marble Rye White Bean Smash with Spinach & Sun-Dried Tomato on Ciabatta (no cheese) (DF)(VGN)	Tomato & Bacon Grilled Cheese Lemon Hummus and Kale Wrap (no cheese) (DF)(VGN)	Salami, Provolone & Pesto on a Bun Roasted Red Pepper, Mushrooms & Daiya Cheese on Multigrain (DF)(VGN)	BBQ Chicken Melt in a Panini Baba Ghanoush & Charred Tomato on Sourdough (no cheese) (DF)(VGN)		
<b>Station 1:</b>	Baked Chicken Parmesan (H) on a Hoagie Western Omelette (GF)(VEG)	Shrimp Linguini (DF) or Spaghetti (GF)(DF) Meatball Grinder (Sub) Cheese Sauce	Chinese Dim Sum: Spring Rolls, Boa Buns, Assorted Dumplings	Breaded Chicken Strips with choice of dipping sauces Potato Roesti with Cheese and Vegetables (GF)(VEG)	Tandoori Spiced Salmon Loin (GF)(DF) Shells and Cheese (VEG)	Breakfast Rotation + Waffles Station 3 Noodle Bowl Ginger Soy Chicken (H)(GF)(DF)	Breakfast Rotation + Waffles Station 3 Pasta Bar Beef Bolognaise (H) (GF) Romesco Sauce (GF)(VEG) Roasted Tomato Sauce (GF)(VEG)(DF) Fusilli (GF) Gnocchi Romanesco Vegetables
<b>Station 2:</b>	Quinoa (GF)(VGN)(DF) Sautéed Brussels Sprouts (GF)	Green & Yellow Beans Caesar Salad	Sticky Rice (GF)(VGN)(DF) Sautéed Garlic Bok Choy	Steak Cut Fries (VGN)(DF) Seasonal Vegetable	Toasted Basmati Rice (GF)(VGN)(DF) Green Peas	Sliced Pork (GF)(DF) Edamame (GF)(VGN)(DF) Rice Noodles (GF) Assorted Cooked & Raw Vegetables Mushroom Soy Broth (GF) Sesame Oil	
<b>Station 3:</b>	Chickpea & Apricot Tagine (GF)(VGN)(DF) Couscous (VGN)(DF) Vegetable Samosa (VGN)(DF)	Vegan Bowl (VGN)(DF) – Pom Pom Potatoes Toppings (Daiya Cheese, Caramelized Onions, Sautéed Mushrooms, Peas) Vegan Gravy	Spicy Singapore Organic Tofu (GF)(VGN)(DF) Rice Noodle Sautéed Vegetables	Organic Tofu Scramble (GF)(VGN)(DF) Indian Spiced Bruschetta Topping (GF)(VGN)(DF) Canadian Wild Rice Pilaf (GF) Seasonal Vegetable Pakoras (GF)(VGN)(DF)	Deconstructed Sweet Potato and Bean Burrito (VGN)(DF): Saucy Beans Seasoned Sweet Potato Daiya Cheese Salsa, Flour Tortillas		
<b>LUNCH AND DINNER: choices available at both meals</b>							
<b>Soups</b>	Turkey Noodle (H)(DF) Thai Vegetable with PHO Broth (GF)(VGN)(DF)	New England Clam Chowder (GF) Roasted Winter Vegetable (GF)(VGN)(DF)	Lemon Chicken Orzo (H)(DF) Cheesy Broccoli (GF)(VEG)	Smoky Bacon & Mushroom (GF) Gingered Carrot (GF)(VEG)	Miso Broth with Tofu (GF)(VGN)(DF) Butternut Squash (GF)(VEG)	Beef Vegetable Barley (H)(DF) Cream of Leek (GF)(VEG)	Harvest Vegetable (GF)(VGN)(DF) Creamy Spinach (GF)(VEG)
<b>Kettle Meal</b>	African Spicy Bean Stew (GF)(VGN)(DF)	Red Lentil, Carrot & Tomato (GF)(VGN)(DF)	Yellow Split Pea (GF)(VGN)(DF)	Moroccan Meatball & Couscous Stew (H)(DF)	White Turkey Chili (H)(GF)	Pasta Fagioli (VEG)	Chinese Chicken & Corn (H)(GF)(DF)
<b>High Top Table: Pizza or Flatbread</b>	Deluxe Cheesy Garlic (VEG) Tomato Basil with Daiya Cheese (VGN)(DF)	Hawaiian Ham & Pineapple Double Cheese (VEG) Roasted Pepper & Mushroom (no cheese) (VGN)(DF)	BBQ Chicken (H) Calzone Double Cheese (VEG) Sundried Tomato, Olive & Onion (no cheese) (VGN)(DF)	Pepperoni Double Cheese (VEG) Tandoori Spiced Vegetable (no cheese) (VGN)(DF)	Beef & Hot Peppers Double Cheese (VEG) Zucchini, Eggplant Carpaccio (no cheese) (VGN)(DF)	Greek (VEG) Cheesy Garlic (VEG)	Sausage, Pepper & Onion Double Cheese (VEG)
<b>Desserts</b>	Southern Pig Pickin' Cake Fresh Baked Cookies Chai Spiced Rice Pudding Ice Cream, Sorbet Fresh & Canned Fruits	Warm Apple Pie Fresh Baked Cookies Brownie Crumb Topped Chocolate Pudding Ice Cream, Sorbet Fresh & Canned Fruits	Rice Krispy Square Fresh Baked Cookies Blueberry Lemon Pudding Ice Cream, Sorbet Fresh & Canned Fruits	Tres Leches Cake Fresh Baked Cookies Chocolate Chia Pudding Ice Cream, Sorbet Fresh & Canned Fruits	Caramelized Apple Raisin Crisp Fresh Baked Cookies Pumpkin Swirl Vanilla Pudding, Ice Cream, Sorbet Fresh & Canned Fruits	Zucchini Chocolate Chip Bar Fresh Baked Cookies Cranberry Lemon Pudding Ice Cream, Sorbet Fresh & Canned Fruits	Pumpkin Pie Fresh Baked Cookies Cookie Crumb Topped Butterscotch Pudding Ice Cream, Sorbet Fresh & Canned Fruits

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<b>DINNER MENU. All meals also include: Salad, Vegetable and Fruit Station, Bread Station, Condiments and Spreads as well as Milk, Milk Alternative, Water and Fruit Juices, Tea or Coffee.</b>							
<b>Station 1:</b>	Char Sui Pork Loin (GF)(DF)  Sweet & Sour Pineapple Chicken (H)(GF)(DF)	French Canadian Turkey & Mushroom Tourtière (H)  Krispy Haddock Fillet with House Made Tartar Sauce	Fajitas: Shrimp or Chicken (H) (GF)(DF)	White Fish Provençal (GF)(DF)  Braised Beef Ragù with Pappardelle (DF)	Beef Burger (H)(GF) Vegan Burger (VGN)(DF) Regular Bun (VEG) GF Bun (VGN)(GF)(DF)	Glazed Ham (GF)(DF)  Mexican Beef & Bean Enchilada Bake (Corn Tortillas) (H)(GF)	Chicken Souvlaki (GF)(DF)  Greek Spanakopita (VEG)
<b>Station 2:</b>	Brown Rice (GF) Sautéed Vegetable Medley Green Peas	Smashed Garlic Potatoes (GF) Heirloom Carrot Kernel Corn (GF) Tomato Relish Mushroom Gravy (VGN)	Warm Flour Tortillas (VGN)(DF) Spanish Rice (GF)(VGN)(DF) Pinto Beans (GF)(VGN)(DF) Sautéed Peppers & Onions Cheddar Cheese Salsa, Sour Cream	Bulgur (VGN)(DF) Romanesco Vegetables (GF) Wilted Swiss Chard (GF) Parmesan Cheese (GF)	French Fries (VGN)(DF) Onion Rings Gravy	Herbed Potato Wedges (VGN)(DF) French Green Beans Cheese Sauce (VEG)	Lemon Rice (GF)(VGN)(DF) Sautéed Broccoli Tzatziki Greek Pita
<b>Station 3:</b>	Szechuan Vegan Ground (VGN) (DF) Low Mein Noodles (VGN) (DF) Sautéed Vegetables	Eggplant, Zucchini, Organic Tofu Layered Ratatouille (GF)(VGN)(DF) Fusilli (GF)(VGN)(DF) Marinara Sauce Vegan Cheese	Vegan Strip Fajitas (VGN)(DF) Warm Flour Tortillas (VGN)(DF) Sautéed Peppers & Onions Daiya, Cheese, Salsa	Falafel Bar (GF)(VGN)(DF) Falafels, tabbouleh, vegetables, tahini, pita pocket	Sautéed Mushrooms Topping Bar: Cheese, Bacon, Vegetables, Condiments Note: Not all items are Vegan	Bean Enchiladas with Daiya Cheese (GF)(VGN)(DF) Roasted Cauliflower	Chickpea & Vegetable Paella (GF)(VGN)(DF) Green Peas Marinated Artichokes, Olives & Red Peppers