

BURWASH DINING HALL WEEK 4 MENU 2018-19 (BREAKFAST, LUNCH, DINNER)

WEEK 4	Monday (Day 4)	Tuesday (Day 5)	Wednesday (Day 6)	Thursday (Day 7)	Friday (Day 8)	Saturday (Day 9)	Sunday (Day 1)
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	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)	Egg White Pattie, Cheddar, Tomato and Wilted Spinach on English Muffin (VEG)	Chocolate Chip Pancakes (VEG)	Cheese Omelette (VEG) (GF)
Vegan	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)	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)
Halal Protein	Offered Daily - Beef Sausage Patty (GF) (H)						
Meat 2	Breakfast Links	Bacon	Peameal Bacon	Chicken Sausage	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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WEEK 4	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	South West Ham, Omelette, Cheese and Salsa in Whole Wheat Tortilla Charred Vegetable Banh Mi (no cheese) (DF)(VGN)	Chicken Parmesan on a Panini Mushroom and Roasted Tomato with Garlic Aioli on Hoagie (no cheese)	Cubano on Panini (Ham, Pork, Dill Pickle, Mustard and Swiss Cheese) Pesto, Tomato and Vegan Mozzarella Cheese in a Panini	Tuna Melt on Whole Wheat Vegan Cheese Spinach and Pear on Multigrain	Greek Chicken with Feta, Tzatziki and Spinach Grilled Daiya Cheese and Caramelized Onion on Rye		
Station 1:	Potato & Cheese Perogies (VEG) Oktoberfest Sausage (GF)(DF) Bun	Taco Tuesday – Spicy Beef (H)(GF)(DF) Crispy Haddock Bites Spiced Roasted Cauliflower Florets (GF)(VGN)(DF) Corn/Flour Tortillas	Southern Fried Buttermilk Chicken Breast & Waffles (H) Pita Bread with Hummus, Artichoke Dip, Tomato Jam & Olives (VGN)(DF)	Italian Meat Sauce (H)(GF)(DF) Pomodoro Sauce (GF)(VGN)(DF) Spaghetti Fusilli (GF) Roasted Vegetable Frittata (GF)(VEG)	Grilled Steak (H)(GF)(DF) Portuguese Baked White Fish (GF)(DF)	Breakfast Rotation + Waffles Station 3 Pasta Bar Chicken with Arugula & Sunflower Seed Pesto Sauce (GF)(DF)	Breakfast Rotation + Waffles Station 3 Burrito Bowl Bar Rice Salad Greens Spicy Beef Chicken Black Beans Cooked & Raw Vegetables Salsa Sour Cream Guacamole
Station 2:	Braised Leeks Sautéed Peppers Chopped Bacon Sour Cream	Cilantro & Lime Brown Rice (GF)(VGN)(DF) Red Cabbage Coleslaw	Potato Wedges (VGN)(DF) Spicy Pancake Syrup (GF)(VGN)(DF) White Gravy	Garlic Bread Romanesco Vegetables (GF) Parmesan Cheese	Shoestring Fries (VGN)(DF) Roasted Mushrooms Chimichurri Sauce (GF)(VGN)(DF)	Vegan Chicken Strips with Pesto Sauce (VGN)(DF) Alfredo Sauce (VEG) Marinara Sauce (GF)(VGN)(DF)	Rotini Fusilli (GF) Green Peas (Parmesan Cheese)
Station 3:	Harissa-Spiced White Bean Cassoulet (GF)(VGN)(DF) Quinoa Pilaf (GF)(VGN)(DF)	Saucy Pinto Beans (GF)(VGN)(DF) Taco Toppings	Vegan Buffalo ‘Chicken’ Strips with Dip (VGN)(DF) Roasted Vegetable Medley Carrot and Celery Sticks	Lentil, Barley & Charred Brussels Sprouts with Pumpkin Seeds Tahini Sauce	Mushroom & Vegan Ground Shepherd’s Pie Baby Carrots Mushroom Gravy Bread Rolls		
LUNCH AND DINNER: choices available at both meals							
Soups	Lentil (GF)(VGN)(DF) French Onion (GF)(VGN)(DF)	Market Vegetable with Barley (VGN)(DF) Creamy Mushroom (GF)(VEG)	Corn Chowder (GF) Tomato Basil (GF)(VGN)(DF) Mexican Quinoa Stew (GF)(VGN)(DF)	Chinese Hot & Sour Soup (GF)(VEG)(DF) Roasted Cauliflower (GF)(VEG) Baked Bean (GF)(VGN)(DF)	Spicy Beef Vegetable (H)(GF)(DF) Braised Leek & Rice (GF)(VGN)(DF) Lentil, Sausage & Vegetable Stew (GF)(DF)	Spicy Thai Chicken & Coconut (GF)(DF) Harvest Vegetable (GF)(VGN)(DF) Vegetable Gumbo (GF)(VGN)(DF)	Chicken Mulligatawny (H)(GF)(DF) Roasted Red Pepper & Tomato (GF)(VGN)(DF) African Spicy Bean Stew (GF)(VGN)(DF)
Kettle Meal	Classic Beef Chili (H)(GF)	Italian Cheese Tortellini (VEG)					
High Top Table: Pizza or Flatbread	BBQ Pulled Pork Double Cheese (VEG) Sundried Tomato, Olive & Onion (VGN)(DF)	Deluxe Double Cheese (VEG) Green Pepper & Mushroom (VGN)(DF)	Pepperoni Double Cheese (VEG) Potato & Herb (VGN)(DF)	BBQ Chicken (H) Double Cheese (VEG) Zucchini & Roasted Pepper (VGN)(DF)	Bacon & Mushroom Cheesy Garlic (VEG) Margarita with Daiya Cheese (VGN)(DF)	Beef & Hot Peppers (H) Double Cheese (VEG)	Pepperoni Double Cheese (VEG)
Desserts	Caramelized Apple Upside Down Cake Fresh Baked Cookies Fruit Trifle with Vanilla Pudding Ice Cream, Sorbet Fresh & Canned Fruits	Warm Spiced Fruit Cobbler Fresh Baked Cookies Coconut Pudding with Pineapple Ice Cream, Sorbet Fresh & Canned Fruits	Naked Brownie with Toppings Fresh Baked Cookies Indian Spiced Rice Pudding Ice Cream, Sorbet Fresh & Canned Fruits	Crunch Topped Peach Pie Fresh Baked Cookies Butterscotch Pudding, Skor Bits & Whipped Cream Ice Cream, Sorbet Fresh & Canned Fruits	Energy Bar Fresh Baked Cookies Coconut Chocolate Chia Pudding Ice Cream, Sorbet Fresh & Canned Fruits	Mini Cupcake Fresh Baked Cookies Chocolate Pudding with Cookie Crumb Topping Ice Cream, Sorbet Fresh & Canned Fruits	Assorted Squares Fresh Baked Cookies Cinnamon Raisin Bread Pudding Ice Cream, Sorbet Fresh & Canned Fruits

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Station 1:	Korean BBQ Quarter Chicken (H)(GF)(DF) Vegetable Lasagna (VEG)	Moroccan Lamb Tagine (GF)(DF) Turkey and Zucchini Patty with Sumac Sour Cream	Filipino Adobo Chicken Thigh (H)(GF)(DF) Vegetable Pancit Noodle (GF)(VGN)(DF)	Pub Night: Chicken Wings Dry Rub, Honey Garlic (H)(GF)(DF) & Buffalo (Contains Dairy) Carrot & Celery Sticks Blue Cheese Dip	Jerk Chicken Leg (H)(GF)(DF) Beef and Vegetable Stew (H)(GF)(DF)	South West Pulled Pork (DF)(GF) Regular Bun GF Bun (GF) Poutine Bar: French Fries (GF)(VGN)(DF) Cheese Curds, Daiya Cheese Mushroom Gravy Beef Gravy	Local Rainbow Trout With Lemon Herb Seasoning & Winter Fruit Salsa (GF)(DF) Herbed Potato (GF)(VGN)(DF) Seasonal Vegetable
Station 2:	Brown Rice (GF)(VGN)(DF) Green Beans	Couscous (VGN)(DF) Green Peas Roasted Turnip	Jasmine Rice (GF)(VGN)(DF) Vegetable Medley	Potato Skins or Jacket Potato (GF)(VEG)(DF) Curry Coconut Sauce (GF)(VGN)(DF) Cheddar Cheese Sauce Roasted Crispy Mushrooms Chopped Bacon	Rice & Peas (GF)(VGN)(DF)	Beef Hot Dog (H)(DF) Sautéed Broccoli Creamy Slaw (GF)	
Station 3:	Korean BBQ Tofu (GF)(VGN)(DF) Sticky Rice Sautéed Vegetables	Chickpeas Vegetable Tagine (GF)(VGN)(DF) Basmati Rice	Edamame (GF)(VGN)(DF) Vegetable Pancit Noodle (GF)(VGN)(DF)	BBQ Vegan 'Chicken' Strips (VGN)(DF) Brown Rice Mini Corn	Caribbean Jerk Organic Tofu (GF)(VGN)(DF) Fried Plantains Verde Blend (Kale, Collards, Spinach, Rapini)	Southwest Quinoa Stuffed Peppers (GF)(VGN)(DF)	Butternut Squash Ravioli (DF)(VGN) Fried Sage Brown Butter Sauce Vegan Fried Sage Sauce Wilted Spinach