



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL DAY	Pastries, Beverages-Hot & Cold, Yogurt, Milk, Whole Fruits, Snacks, Desserts				
BREAKFAST SANDWICH 8:30am – 10:30am	<ul style="list-style-type: none"> Egg and Cheese on Bagel or English Muffin. Add Protein and Lettuce/Tomato Toasted Bagel with Cream Cheese. Add Lettuce/Tomato 				
SOUPS	Mexican Bean Lemon Turkey Orzo 	Lentil Dahl Italian Wedding 	Roasted Curry Cauliflower Tom Yum Chicken 	Miso- Mushroom Chicken Mulligatawny 	Cream Of Roasted Squash Seafood Creole
DELI SANDWICHES EVERYDAY	Classic Egg Salad / Hummus and Roast Vegetables / Tuna Salad/ Roast Turkey and Cheddar Cheese 				
SALADS EVERYDAY	Garden Salad / Crudités / Salad Bowl with Meat or Vegetable Protein				
ENTRÉE 11:30am – 8:00pm	Meatballs in Marinara Sauce - 5pcs 	Sweet & Sour Chicken balls 	Spinach and Cheese Cannelloni – 2pcs Marinara Sauce 	Creamy Peppercorn Chicken Breast -1pc 	Breaded Haddock
VEGETABLE ENTREE	Vegan Meatballs in Marinara Sauce - 5pcs 	Sweet & Sour Tofu 		Bean and Vegetable Ratatouille 	Plant based Nuggets.
SIDES	Primavera Pasta Casserole Roasted Vegetables Garlic Bread – 2pcs Parmesan Cheese (ON SIDE)	Vegetable Fried Rice Spring rolls Asian Vegetable Medley 	Roasted Mushrooms and Sautéed Swiss Chard Garlic Bread – 2pcs Parmesan Cheese (ON SIDE)	Lemon Rice Steamed Green Beans – 4oz Spanakopita – 2pcs 	Tartare Sauce Red skin Wedges Coleslaw
FEATURE HOT SANDWICH	Southern Chicken 	Hawaiian Personal Pizza 	Tandoori Chicken 	Beef Burger 	Meatball Sub
FEATURE HOT VEGETABLE SANDWICH	Meatless Tenders 	Hawaiian Vegetable Personal Pizza 	Tandoori Paneer 	Veggie Burger 	Vegetable meatball Sub



Victoria University Food Services
Ned's Cafe - Winter 2023/24

Legend



Halal



Made without
Gluten



Dairy Free



Vegetarian



Vegan