



# Weekly Meal Plan

## Week 1



Always available: Cereal station, whole fruits, pastries, and breads

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	Chefs brunch  Cabbage & Beef Casserole Middle eastern plant based kibbeh	Cajun chicken breast  Plant based meatballs in BBQ sauce	Hard & soft tacos with beef & pulses  Hard & soft tacos with veggie chipotle crumble	Soy & ginger chicken  Tofu merguez	Butter chicken  Aloo gobi with vegetable samosas	Crispy fish nuggets with lemon aioli  Mixed bean goulash on toasted baguette	Chefs brunch  Mexican turkey skillet  Zesty chickpea stir fry
Sprout	BBQ jackfruit sliders	Roasted veggie gyro	Great Canadian veggie burger	Nacho burger	Tuna nicoise wrap	Mexi beef burger	Middle eastern wrap
Grill	Cheese & chicken quesadillas	Brazilian beef skewers	Beef bibimbap	Latkes	Bahamian BBQ pork chops	Yassa chicken leg	Beef bourguignonne
Global eats	Mexican shredded pork  Roasted cauliflower shawarma	Teriyaki salmon  Sticky honey garlic tempeh	Roasted turkey breast with gravy  Tex-mex cauliflower steaks	Korean spicy chicken stew  Tofu souvlaki	Chicken & broccoli casserole  Vegetable seitan pho bowl	Crispy sweet & sour pork  Homemade herbed pot pie	Sea salt & herb crusted roast beef  Vegan salisbury steak with mushroom gravy
Dinner	Greek beef burger	Jerk pork burger	Chicken strips	Falafel wrap	Spicy mac & cheese veggie burger	Chicken caesar wrap	Nacho veggie burger
Sprout	Chicken tinga	Chimichurri chicken	Jjajang pork	Swedish beef meatballs	Caribbean curried lamb	African sweet potato stew	Coq au Vin
Grill	Sunday to Thursday: Sandwich (11:30am-2:30pm) and Pasta (5:00pm-8:00pm) action station						
Global eats							
Action station							

Weeks

PIZZA AND SALAD BAR STATIONS OPEN FROM 11:30AM TO CLOSE

Aug.31-Sept.6

Sept. 28-Oct. 4

Oct. 26-Nov. 1

Nov. 23-Nov.29

MENU IS SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY.





# Weekly Meal Plan

## Week 2



Always available: Cereal station, whole fruits, pastries, and breads

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	Chefs brunch  Tandoori chicken thigh	BBQ pulled pork on garlic toast	Hard & soft tacos with beef & pulses  Hard & soft tacos with veggie chipotle crumble	Roasted haddock with horseradish aioli  Quinoa stuffed peppers	Tourtiere with gravy  Tofu souvlaki	Kung pao chicken with green onions  Southern bean & veggie gumbo	Chefs brunch  Teriyaki chicken balls  Vegetable & chickpea biryani
Sprout							
Grill	Tropical beef burger	Chicken cordon bleu wrap	South west BLT sandwich	Cajun turkey wrap	Popcorn chicken	Crispy fish burger	Denver sandwich
Global eats	Goreng with tofu	Mole chicken	Spicy thai red fish curry	Chashu pork	Jerk chicken with spicy pineapple salsa	Rosalita pork	Tortilla crusted tilapia
Dinner	Panko crusted haddock with lemon dill mayo  Vegetarian shepherd's pie	Chimichurri roast chicken  Tofu tikka masala with naan	French beef dip sandwich au jus  Corn & black bean casserole	Breaded pork chops  Chipotle tofu & corn stew	Italian turkey meat loaf  Roasted celery root with mushroom & sage sauce	Salmon wellington  Seitan bourguignonne	Pesto chicken drumsticks  BBQ cajun cauliflower
Sprout							
Grill	Veal parmesan sandwich	Black bean mushroom burger	Citrus marinated pork ribs	Grilled veggie & feta sub	Roast beef on rye with horseradish	Portobello, arugula, & tomato on a bun	Blue cheese & onion jam burger
Global eats	Lemongrass chicken satay	Beef enchilada	Jerk chicken	Kung pao chicken	Teriyaki pulled pork	Chifrijo chicken	Bison chili taco
Action station	Sunday to Thursday: Sandwich (11:30am-2:30pm) and Pasta (5:00pm-8:00pm) action station						

Weeks

PIZZA AND SALAD BAR STATIONS OPEN FROM 11:30AM TO CLOSE

Sept. 7-Sept. 13

Oct. 5-Oct. 11

Nov. 2-Nov. 8

Nov. 30-Dec. 6

MENU IS SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY.





# Weekly Meal Plan

## Week 3



Always available: Cereal station, whole fruits, pastries, and breads

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	Chefs brunch	Chicken pot pie	Hard & soft tacos with beef & pulses	Chicken eggroll in a bowl	Chicken shawarma bowl	Seafood casserole	Chefs brunch
	Sweet & sour meatballs						Piri Piri chicken with red pepper sauce
Sprout	Sriracha & vegetable noodles	Perogies with roasted cauliflower	Hard & soft tacos with veggie chipotle crumble	Sweet & spicy chili tofu	Cauliflower & quinoa meatballs	Marinated tofu & coconut bowl	Moroccan vegetable wrap
Grill	Turkey club sandwich	Grilled reuben sandwich	Chicken & waffles	Quinoa veggie burger with red pepper relish	Chipotle BBQ steak sandwich	Chicken caesar wrap	Black bean veggie deluxe burger
Global eats	Chicken doro wat	Mussel & shrimp paella	Pork souvlaki	Lamb gyro	Eggplant moussaka	Adobo pork tenderloin	Pork bulgogi
Dinner	Sriracha & honey chicken	Chicken curry	Blackened tilapia with garlic tomato sauce	Beef meatloaf with gravy	Pork tonkatsu	Turkey stroganoff	Slow roasted ham
Sprout	Vegetarian sausages	Hunan tofu & mushrooms	Grilled vegetable kebabs	Spicy black bean quesadilla	General tao tempeh	Mushroom sloppy joe	Falafel bowl with spinach hummus
Grill	Western burger	Nashville hot chicken sandwich	Cubano burger	Pork bahn mi	Chili cheese beef burger	Cajun fried chicken sandwich	Tropical turkey burger
Global eats	Koobideh kebabs	Grilled lamb chops with chimichurri	Lebanese grilled chicken with cacik yogurt	Jamaican style curried chicken	Mediterranean cheese tortellini	Shrimp creole	Beef stroganoff
Action station	Sunday to Thursday: Sandwich (11:30am-2:30pm) and Pasta (5:00pm-8:00pm) action station						

Weeks

PIZZA AND SALAD BAR STATIONS OPEN FROM 11:30AM TO CLOSE

Sept. 14-Sept. 20

Oct. 12-Oct. 18

Nov. 9-Nov. 15

Dec. 7-Nov. 13

MENU IS SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY.





# Weekly Meal Plan

## Week 4



Always available: Cereal station, whole fruits, pastries, and breads

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	Chefs brunch Chipotle pulled pork with black bean salsa Chickea & bean stew	Lemon hoisin chicken breast  Teriyaki tofu	Hard & soft tacos with beef & pulses  Hard & soft tacos with veggie chipotle crumble	Jerk chicken  Seitan buddha bowl	Curry spiced chicken drumsticks  Tofu pad thai	Beer battered haddock  Marinated tofu & coconut bowl	Chefs brunch Thai chicken Satay with sweet & spicy dipping sauce Indian pakoras with curry aioli
Sprout	Italian meatball sub	Vegetarian burger with red pepper romesco	Popcorn chicken	Quinoa veggie burger with red pepper relish	California beef burger	BBQ glazed smash burger	French beef dip sandwich au Jus
Grill	Chicken schnitzel	Cod au gratin	Gochujang chicken	Hoisin pork stir fry	Beef tamale pie	Chicken parmigiana	Potato & Onion Pierogis
Global eats	Spicy Italian sausage with garlic tomato sauce	Popcorn chicken "sundae"	Citrus & rosemary roasted chicken	Beef vegetable stew	Braised pork roast with rosemary peppercorn jus	Grilled pesto chicken breast	Beef picadillo
Dinner	Balsamic veggie & tofu kebabs	Zesty orange tempeh stir fry	Tofu aloo tiki with raita	Tempeh with tomato & lentils	Spaghetti squash with mushrooms & tomatoes	Fried bean tostada	Seitan bourguignonne
Sprout	Thai mango beef burger	California tuna melt	Grilled portobello, arugula, & tomato on a bun	Caramelized onion turkey burger	Gourmet parisian sandwich	Italian turkey burger	Teriyaki chicken with grilled pineapple sandwich
Grill	Kartoffelpuffer potato pancakes	Beef cabbage rolls	Beef kofta with cacik yogurt	Szechuan orange & ginger chicken	Piri Piri chicken	Porchetta	Vegetable pad thai with peanuts
Global eats	Sunday to Thursday: Sandwich (11:30am-2:30pm) and Pasta (5:00pm-8:00pm) action station						
Action station							

Weeks

PIZZA AND SALAD BAR STATIONS OPEN FROM 11:30AM TO CLOSE

Sept. 21-Sept. 27

Oct. 19-Oct. 25

Nov. 16-Nov. 22

Dec. 14-Dec. 20

MENU IS SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY.