



SAMPLE MENU

	Day 1 Monday	Day 2 Tuesday	Day 3 Wednesday	Day 4 Thursday	Day 5 Friday	Day 6 Saturday	Day 7 Sunday
Breakfast	Fresh fruit bar	Fresh fruit bar	Fresh fruit bar	Fresh fruit bar	Fresh fruit bar	Fresh fruit bar	Fresh fruit bar
	Assorted yogurt	Assorted yogurt	Assorted yogurt	Assorted yogurt	Assorted yogurt	Assorted yogurt	Assorted yogurt
	Oatmeal, hot chocolate station	Oatmeal, hot chocolate station	Oatmeal, hot chocolate station	Oatmeal, hot chocolate station	Oatmeal, hot chocolate station	Oatmeal, hot chocolate station	Oatmeal, hot chocolate station
	Cereal bar	Cereal bar	Cereal bar	Cereal bar	Cereal bar	Cereal bar	Cereal bar
	White and brown bread, Montreal bagel, English muffins (white and brown), GF bread	White and brown bread, Montreal bagel, English muffins (white and brown), GF bread	White and brown bread, Montreal bagel, English muffins (white and brown), GF bread	White and brown bread, Montreal bagel, English muffins (white and brown), GF bread	White and brown bread, Montreal bagel, English muffins (white and brown), GF bread	White and brown bread, Montreal bagel, English muffins (white and brown), GF bread	White and brown bread, Montreal bagel, English muffins (white and brown), GF bread
	Mini breakfast pastries and assorted muffins	Mini breakfast pastries and assorted muffins	Mini breakfast pastries and assorted muffins	Mini breakfast pastries and assorted muffins	Mini breakfast pastries and assorted muffins	Mini breakfast pastries and assorted muffins	Mini breakfast pastries and assorted muffins
	Smoothies of the day	Smoothies of the day	Smoothies of the day	Smoothies of the day	Smoothies of the day	Smoothies of the day	Smoothies of the day
	Granola, ground chia, sunflower and pumpkin seeds, shredded coconut, cinnamon and dried fruit	Granola, ground chia, sunflower and pumpkin seeds, shredded coconut, cinnamon and dried fruit	Granola, ground chia, sunflower and pumpkin seeds, shredded coconut, cinnamon and dried fruit	Granola, ground chia, sunflower and pumpkin seeds, shredded coconut, cinnamon and dried fruit	Granola, ground chia, sunflower and pumpkin seeds, shredded coconut, cinnamon and dried fruit	Granola, ground chia, sunflower and pumpkin seeds, shredded coconut, cinnamon and dried fruit	Granola, ground chia, sunflower and pumpkin seeds, shredded coconut, cinnamon and dried fruit
	French toast	Cinnamon buns	Blueberry pancakes	Belgian waffles	Bread pudding with maple syrup	Mini doughnuts and chocolate	Banana pancakes
	Crispy bacon, baked beans, assorted market vegetables, steamed basmati rice	Breakfast sausage, baked beans, assorted market vegetables, steamed basmati rice	Old-fashioned ham, baked beans, assorted market vegetables, steamed basmati rice	Crispy bacon, baked beans, assorted market vegetables, steamed basmati rice	Back bacon, baked beans, assorted market vegetables, steamed basmati rice	Crispy bacon, baked beans, assorted market vegetables, steamed basmati rice	Breakfast sausage, baked beans, assorted market vegetables, steamed basmati rice
	Home fries	Potato patties	Potato wedges	Rosemary potato slices	Paprika fingerling potatoes	Potato patties	Potato wedges
Eggs Benedict	Spanish frittata	Scrambled eggs	Poached egg	Sunny side-up egg	Eggs Florentine	Breakfast burritos	
Soup/salad bar	Made fresh in-house daily with market vegetables	Made fresh in-house daily with market vegetables	Made fresh in-house daily with market vegetables	Made fresh in-house daily with market vegetables	Made fresh in-house daily with market vegetables	Made fresh in-house daily with market vegetables	
Lunch	Crispy chicken with fresh thyme, fried rice and green onions, seared broccoli and bell peppers, corn fritters	Spicy beef empanadas and topping, cauliflower and chick peas curried	Tofu General meat balls, sticky rice, roasted chicken and mushrooms, carrots glazed with honey	Veal stew with barley, mediteraneenne ratatouille, breaded cod and tartar sauce, pilaf rice	Fish and chips and tartar sauce, black beans and tempeh chili	Brunch	Brunch
Dinner	Beef medaillion with curry, cumin scented rice, chickpea cocconut curried, stir fry market vegetables	Carved roast pork loin and apples sauce, vegetables paella, grilled zucchini, sweet potatoes french fries	Veal schitzel and lemon, chive mash potatoes, green bean and almonds, roots vegetables medley	Grilled Quebec sausages, french fries, vegetarian lasagna, grilled tomatoes	Roasted ham with old fashion mustard, rosemary melted potatoes, penne arabata, italian vegetables seared	New Orleans chicken, rice pilaf, steamed vegetables, creamy potatoes au gratin	Herb-crusted haddock, curried basmati rice, root vegetable medley, sweet potato wedges
Trattoria	Campus One signature pizza, Naan bread and salsa, cesar salad	Campus One signature pizza, parmesan arancini, open face panini	Campus One signature pizza, olive oil and rosemary foccacia	Campus One signature pizza, cesar salad and cripy turkey pepperoni	Campus One signature pizza, pesto, alfredo flat bread and arugula	Campus One signature pizza, vegetarian corn shells and condiments	Campus One signature pizza, chicken strip mini souvlaky
Chef's corner	Dim-sum glazed with litchi and ginger	Mini BBQ pork ribs, spicy curly fries	Sweet and sour chicken wings, crispy onion ring	Grilled stuffed portobello	Chicken burger, french fries	Dinner: Grilled fish of the day and coconut sauce	Dinner: Corean chicken drumstick, turmeric rice
Build your own	Poke Bowl	Sandwich station	Budda Bowl	Poke Bowl	Sandwich station	Dinner: Budda Bowl	Dinner: Poke Bowl
Pasta and Stir-Fry	Pasta of the day	Stir-fry of the day	Pasta of the day	Stir-fry of the day	Pasta of the day	Dinner: Stir-fry of the day	Dinner: Pasta of the day

