

MENU CYCLE 2 (Lunch)

Week of September 20, October 18, November 15, December 13, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mixed Brunch	Italian	Eastern Euro	Mexican	Chinese/Thai/East Asian	Fish & Chips + Faves	Mixed Brunch
Smoked BBQ Glazed Chicken Thighs 	Chicken Cacciatore  	Tilapia Seared, Herbed Crema  	Chicken Drumsticks with Chimichurri  	Sweet and Sour Pork	Fresh Battered Haddock 	Beef Barbacoa Tacos
Maple Mustard Glazed Ham 	Baked Cod with Sicilian Tomato Sauce  	Plant Based Chicken Schnitzel  	Pork Carnitas Tacos	Chicken Chow Mein 	Butter Chicken  	Crispy Chorizo, Pepper and Onion Skillet
Baked Mac and Cheese 	Eggplant Caprese   	Chicken Schnitzel	Vegetable Chili   	Jasmine Rice 	Sweet Chili Tofu   	Chicken Breakfast Sausages 
French Toast 	Pasta Puttanesca  	Gemelli Noodles with Fine Herbs  	Spanish Rice   	Spicy Garlic Tofu   	Poutine Gravy 	Spiced Potato Wedges  
Triangle Hash Brown  	Baked Garlic Bread with Cheese  	Mushroom Gravy  	Spicy Fries 	BBQ Pork Steam Bun	French Fries 	Cheese Tortellini, Marinara 
Grilled Tofu Steaks with Smoked BBQ Sauce   	Dairy-Free Baked Garlic Bread  	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Cheese Curds 	Black Beans and Corn with Fire-Roasted Red Peppers   
Fresh Waffles with Assorted Toppings  	Mediterranean Lemon Rice  	Lemon and Olive Oil-Roasted Potato Wedges  			Basmati Rice 	Omelette Bar Interactive 
Seasonal Market Vegetables  	Seasonal Market Vegetables  				Seasonal Market Vegetables  	Seasonal Market Vegetables  
					Oven-Fired Naan 	



Halal



Vegetarian



Vegan



Made without Gluten

Please note, menu items are subject to change due to seasonal and product availability.
Please visit the residence dining halls to see a complete list of daily offerings.
Questions or concerns? Please contact our team at food@uwo.ca

MENU CYCLE 2 (Dinner)

Week of September 20, October 18, November 15, December 13, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Roast	Southern Bbq	Caribbean	Euro/ Continental	Italian	Chinese/ Thai/ East Asian	Greek/ Mediterranean
Baked Salmon Carvery  	Buttermilk Fried Chicken with Hot Honey 	Braised Beef Bowl  	Salmon with Buttered Leeks  	Italian Sausages with Grilled Vegetables & Parsley 	Thai Grilled Chicken Thighs 	Grilled Chicken Skewers with Lemon  
Rosemary-Roasted Chicken Breasts  	Smoked Tofu 'Burnt Ends'  	Yaadie BBQ Chicken  	Porchetta Herb Roasted Pork 	Rosemary-Roasted Chicken Breasts  	Mongolian Beef 	Halifax Donair
Braised Chickpeas with Spinach   	Smoked Back Ribs with Maple BBQ Sauce 	Coconut-Crusted Tilapia with Mango Salsa 	Smashed Red Skin Potatoes   	Plant-Based Chicken Parmesan  	Lemongrass Tofu with Fresh Basil   	Plant-Based Chicken Cutlets  
Mushroom Ravioli, Alfredo 	Pasta  	Caribbean Stirfry Noodles  	Braised White Beans with Fresh Herbs   	Four-Cheese Stuffed Tortellini 	Soy Fried Noodles With Scallions 	Tzatziki   
Roasted Baby Red Skin Potatoes  	Spiced Potato Wedges  	Rice and Peas   	Roasted Root Vegetable Fries   	Lemon and Olive Oil-Roasted Potato Wedges   	Coconut Rice  	Toasted Orzo with Lemon and Parsley  
Seasonal Market Vegetables  	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Seasonal Market Vegetables  	French Fries 
			Gravy  			Seasonal Market Vegetables  



Halal



Vegetarian



Vegan



Made without
Gluten

Please note, menu items are subject to change due to seasonal and product availability.
Please visit the residence dining halls to see a complete list of daily offerings.
Questions or concerns? Please contact our team at food@uwo.ca