

MENU CYCLE 3 (Lunch)

Week of September 27, October 25, November 22, December 20, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mixed Brunch	Italian	Student Faves	Middle Eastern	Mexican/ Latin American	Fish & Chips + Favesave	Mixed Brunch
Buttermilk Fried Chicken & Waffles with Hot Honey	Pasta with Bolognese	Popcorn Chicken	Shawarma Chicken	Chicken Fajitas	Fresh Battered Haddock	Grilled Chicken Skewers with Lemon
			 			 
Peameal Bacon Roast	Italian Sausages with Grilled Vegetables and Parsley	Beef and Root Vegetable Stew	Bkd Haddock w Lemon & Garlic	Grilled Cuban Flank Steak	Pulled Pork	Tzatziki
		 	 			  
Smoked Pork Sausage, cramelized onion and potato skillet	Pesto-Crusted Cod	Veggie Nuggets	Falafels	Red Beans and Rice	PB Saus W Butternut onion peps	Smoked Bacon
	 		  	 	 	
Baked Beans	Tuscan Chickpeas and Kale	Mashed Potatoes	Israeli Couscous with Roasted Chickpeas, Lemon, Parsley and Olive Oil	Oven-Roasted Sweet Potatoes	Poutine Gravy	Tofu Breakfast Hash
  	  	  	 	  		  
Baked Mac and Cheese	Roasted Cremini Mushrooms	Gravy	Roasted Carrots with Harissa and Brown Sugar	Mexican Street Corn & Black Bean Rice Bake	French Fries	Spiced Potato Wedges
	  	 	 	 		 
Fresh Waffles with Assorted Toppings	Baked Garlic Bread with Cheese	Sweet Corn	Warm Spinach Dip with Fresh Fried Pita Chips	Seasonal Market Vegetables	Cheese Curds	Mediterranean Lemon Rice
 	 	 		 	 	 
Seasonal Market Vegetables	Dairy Free Baked Garlic Bread	Seasonal Market Vegetables	Basmati Rice	Oven Roasted Plantains	Basmati Rice	Eggs Benny Interactive
 	 	 	 	  	 	
	Seasonal Market Vegetables		Seasonal Market Vegetables		Seasonal Market Vegetables	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

MENU CYCLE 3 (Dinner)

Week of September 27, October 25, November 22, December 20, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Roast	Chinese/ Thai/ East Asian	Greek/ Meditteranean	Italian	Euro/ Continental	Chinese/ Thai/ East Asian	Southern Bbq
Roast Beef Carvery  	Ginger Beef 	Herb-Roasted Chicken Thighs  	Chicken Parmesan 	Chicken Paprikash 	Kung Fu Cod 	Smoked Back Ribs with Maple BBQ Sauce 
Pommerey and Horseradish Crusted Salmon 	Thai Grilled Chicken Satays  	Fish Cakes with Lemon and Dill Sauce	Meat Lasagna	Smoked Farmers Sausages, Caramelized onions 	Barbequed Pork Tenderloin	Chicken Drumsticks with Chimichurri  
Tofu Schnitzel 	Grilled Miso Marinated Tofu  	Braised Chickpeas with Spinach   	Vegetable Lasagna 	Mushroom Stroganoff   	Orange Ginger Chicken 	Southwest Quinoa   
Mushroom Gravy  	Vegetable Pad Thai   	Baked Feta and Cherry Tomato Penne  	Plant-Based Chicken Parmesan  	Gemelli Noodles with Fine Herbs  	Sweet and Sour Tofu   	BBQ Baked Beans   
Mashed Potatoes  	Jasmine Rice  	Lemon and Olive Oil-Roasted Potato Wedges  	Grilled Broccolini  	Pierogis with Caramelized Onions 	Jasmine Rice  	Spiced Potato Wedges  
Seasonal Market Vegetables  	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Dairy-Free Baked Garlic Bread  	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Seasonal Market Vegetables  
Yorkshire Pudding 	Spring rolls 		Baked Garlic Bread with Cheese  		Chef's Choice, please ask!	
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