

# MENU CYCLE 4 (Lunch)

Week of October 4, November 1, November 29, 2026

| SUNDAY                                                                                                                                                                                                                                                                                                | MONDAY                                                                                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                                                                           | WEDNESDAY                                                                                                                                                                                                                                                                               | THURSDAY                                                                                                                                                                                                                                                                                    | FRIDAY                                                                                                                                                                                                    | SATURDAY                                                                                                                                                                                                                                                                                                  |
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| Mixed brunch                                                                                                                                                                                                                                                                                          | Middle Eastern                                                                                                                                                                                                                                                    | Greek/ Mediterranean                                                                                                                                                                                                                                              | Chinese/ Thai/ East Asian                                                                                                                                                                                                                                                               | Mexican/ Latin American                                                                                                                                                                                                                                                                     | Fish & Chips + Favesave                                                                                                                                                                                   | Mixed Brunch                                                                                                                                                                                                                                                                                              |
| Smoked BBQ Glazed Chicken Thighs<br>                                                                                                                                                                                   | Shawarma Chicken<br>                                                                            | Grilled Chicken Skewers with Lemon<br>                                                          | Sweet and Sour Pork                                                                                                                                                                                                                                                                     | Chicken Enchilada<br>                                                                                                                                                                                    | Fresh Battered Haddock<br>                                                                                             | Spinach, Sundried Tomato and Feta Frittata<br>   |
| Maple Mustard Glazed Ham<br>                                                                                                                                                                                           | Beef Kafta<br>                                                                                  | Halifax Donair                                                                                                                                                                                                                                                    | Mongolian Beef<br>                                                                                                                                                                                     | Baked Tilapia with Fresh Pico de Gallo<br>                                                                            | Butter Chicken<br>                  | Bbq Flank Steak                                                                                                                                                                                                                                                                                           |
| Baked Mac and Cheese<br>                                                                                                                                                                                               | Oven-Fired Naan<br>                                                                                                                                                              | Plant-Based Chicken Cutlets<br>                                                                 | Crispy Salt and Pepper Tofu<br>   | Braised Chicken Thighs with Green Sauce<br>                                                                           | Veggie Nuggets<br>                                                                                                     | Plant-Based Breakfast Sausage Patties<br>        |
| French Toast<br>                                                                                                                                                                                                       | Falafels<br>   | Tzatziki<br>   | Chicken Chow Mein<br>                                                                                                                                                                                  | Vegetable Chili<br>                | Poutine Gravy<br>                                                                                                      | Cherry Tomato & Garlic Cream Puff Tart<br>                                                                                                                                                                             |
| Triangle Hash Brown<br>                                                                                                                                                                                                | Israeli Couscous with Roasted Chickpeas, Lemon, Parsley, and Olive Oil<br>                      | Toasted Orzo with Lemon and Parsley<br>                                                         | Jasmine Rice<br>                                                                                                     | Mexican Rice<br>                   | French Fries<br>                                                                                                       | Four-Cheese Stuffed Tortellini<br>                                                                                                                                                                                     |
| Grilled Tofu Steaks with Smoked BBQ Sauce<br>   | Basmati Rice<br>                                                                            | French Fries<br>                                                                                                                                                               | Seasonal Market Vegetables<br>                                                                                   | Oven Roasted Plantains<br>   | Cheese Curds<br>                | Roasted Baby Red Skin Potatoes<br>                                                                                              |
| Fresh Waffles with Assorted Toppings<br>                                                                                           | Seasonal Market Vegetables<br>                                                              | Seasonal Market Vegetables<br>                                                              | BBQ Pork Steam Bun                                                                                                                                                                                                                                                                      | Seasonal Market Vegetables<br>                                                                                    | Basmati Rice<br>                | Omelette Bar Interactive<br>                                                                                                                                                                                         |
| Seasonal Market Vegetables<br>                                                                                                     |                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                             | Seasonal Market Vegetables<br>  | Seasonal Market Vegetables<br>                                                                                                  |
|                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                             | Oven-Fired Naan<br>                                                                                                  |                                                                                                                                                                                                                                                                                                           |



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](mailto:food@uwo.ca)

# MENU CYCLE 4 (Dinner)

Week of October 4, November 1, November 29, 2026

| SUNDAY                                                                                                                                                                                              | MONDAY                                                                                                                                                                                                                                                                             | TUESDAY                                                                                                                                                                                                                                                                        | WEDNESDAY                                                                                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                                                                                           | SATURDAY                                                                                                                                                                                                     |
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| Sunday Roast                                                                                                                                                                                        | Greek/ Mediterranean                                                                                                                                                                                                                                                               | South Asian                                                                                                                                                                                                                                                                    | Southern Bbq                                                                                                                                                                                                                                                                   | Caribbean                                                                                                                                                                                                                                                                    | Chinese/ Thai/ East Asian                                                                                                                                                                                                                                                        | Italian                                                                                                                                                                                                      |
| Roasted Turkey Carvery<br>                                                                                           | Mediterranean Roasted Chicken Thighs<br>                                                                         | Tandoori Chicken Legs<br>                                                                                    | Buttermilk Fried Western-Style Hot Chicken<br>                                                                                                                                                | Yaadie BBQ Chicken<br>                                                                                 | Chicken Tonkatsu                                                                                                                                                                                                                                                                 | Italian Breadcrumb Haddock with Lemon and Parsley<br>                                                                     |
| Roasted Salmon, Herb Butter<br>     | Oven-Roasted Cod with Tomato and Fennel<br>                                                                      | Oven-Fired Naan<br>                                                                                                                                                                           | Dill Pickle Sauce<br>                                                                                                                                                                         | Coconut-Crusted Tilapia with Mango Salsa<br>                                                                                                                                              | Grilled Kalbi Beef Ribs<br>                                                                                | Chicken Parmesan<br>                                                                                                      |
| PB Saus W Butternut onion peps<br>  | Tuscan Chickpeas and Kale<br>   | Vegetarian Samosa<br>                                                                                                                                                                         | Smoked Back Ribs with Maple BBQ Sauce<br>                                                                                                                                                     | Braised Beef Bowl<br>                                                                                  | Braised Tofu<br>                                                                                           | Pasta<br>                                                                                                                 |
| Smashed Red Skin Potatoes<br>       | Lemon and Olive Oil-Roasted Potato Wedges<br>                                                                    | Beef Rogan Josh<br>                                                                                          | Plant-Based Western Style Hot Chicken with Dill Pickles<br>                                                 | Caribbean Stirfry Noodles<br>                                                                          | Vegetable Japchae<br>   | Tomato Sauce<br>                                                                                                          |
| Stuffing<br>                                                                                                       | Warm Spinach Dip with Oven Roasted Pita Chips<br>                                                                                                                                                 | Basmati Rice<br>                                                                                             | Marinated Coleslaw<br>   | Rice and Peas<br>   | Kimchi Fried Rice<br>                                                                                                                                                                         | Alfredo Sauce<br>                                                                                                         |
| Poutine Gravy<br>                                                                                                   | Seasonal Market Vegetables<br>                                                                                 | Coconut Lima Beans<br>   | French Fries<br>                                                                                                                                                                             | Seasonal Market Vegetables<br>                                                                       | Seasonal Market Vegetables<br>                                                                           | Baked Garlic Bread with Cheese<br>   |
| Seasonal Market Vegetables<br>  | Merch: Feta Twister<br>                                                                                                                                                                         | Seasonal Market Vegetables<br>                                                                           | Seasonal Market Vegetables<br>                                                                          |                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                  | Dairy-Free Baked Garlic Bread<br>  |
| Mushroom Ravioli, Alfredo<br>                                                                                      |                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                  | Seasonal Market Vegetables<br>     |
|                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                  | Plant-Based Chicken Parmesan<br>   |
|                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                  | Chef's Choice, please ask!                                                                                                                                                                                   |



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