

MENU CYCLE 1 (Lunch)

Week of September 13, October 11, November 8, December 6, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mixed Brunch	Chinese/ Thai/ East Asian	Kids Faves	Middle Eastern	Mexican/ Latin American	Fish & Chips + Favesave	Mixed Brunch
Roasted Chicken Drumsticks  	Korean Fried Chicken	Popcorn Chicken	Shawarma Chicken  	Baked Tilapia with Fresh Pico de Gallo  	Fresh Battered Cod 	Grilled Chicken Skewers with Lemon  
Peameal Bacon Roast 	Thai Pork Chops 	Beef and Root Vegetable Stew  	Bkd Cod w Lemon & Garlic  	Mexican Street Corn & Black Bean Rice Bake  	Tangdi Kebab with Yogurt Mint Sauce  	Tzatziki  
Navy Beans and Kale  	Sweet Chili Tofu  	Veggie Nuggets 	Falafels  	Grilled Flank Steak, White Balsamic, Basil  	Grilled Miso Marinated Tofu  	Mediterranean Lemon Rice  
Baked Mac and Cheese 	Glass Noodles with Vegetables  	Mashed Potatoes  	Pearl Couscous with Roasted Chickpeas, Lemon, Parsley and Olive Oil  	Mexican Rice  	Poutine Gravy 	Chickpea and Eggplant Tagine  
Roasted Baby Red Skin Potatoes  	Jasmine Rice  	Gravy  	Roasted Carrots with Harissa and Brown Sugar  	Tortilla Chips 	French Fries 	Baked Feta and Cherry Tomato Penne  
Chalet Sauce  	Sriracha Cod 	Sweet Corn  	Warm Spinach Dip with Fresh Fried Pita Chips 	Seasonal Market Vegetables  	Cheese Curds 	French Fries 
Fresh Waffles with Assorted Toppings  	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Basmati Rice  		Basmati Rice  	Eggs Benny 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 1 (Dinner)

Week of September 13, October 11, November 8, December 6, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Roast	Italian	South Asian	Euro/ Continental	Italian	Euro/ Continental	Chinese/ Thai/ East Asian
Roast Beef Carvery  	Rosemary-Roasted Chicken Breasts  	Vegetarian Samosa  	Salmon with Buttered Leeks  	Italian Meatballs with Marinara 	Cod with Braised Fennel, Lemon and Parsley  	Orange Ginger Chicken 
Herb-Roasted Chicken Thighs  	Vegetable Lasagna 	Chicken Tikka Masala  	Meatloaf 	Chicken Parmesan 	Smoked Farmers Sausages, Caramelized onions 	Barbequed Pork Tenderloin
Coconut Lima Beans   	Meat Lasagna	Spicy Fish Pakora, Corriander Chutney 	Smashed Red Skin Potatoes  	Plant-Based Chicken Parmesan  	Tofu Schnitzel 	Soy Fried Noodles With Scallions  
Mushroom Ravioli 	Baked Garlic Bread with Cheese  	Roadside Chickpeas   	Braised White Beans with Fresh Herbs   	Pasta 	Baked Pasta Al Forno 	Sweet and Sour Tofu   
Mashed Potatoes  	Dairy-Free Baked Garlic Bread  	Basmati Rice  	Roasted Root Vegetable Fries  	Tomato Sauce 	Smashed White Skin Potatoes  	Jasmine Rice  
Yorkshire Pudding 	Quinoa Stuffed Peppers   	Oven-Fired Naan 	Seasonal Market Vegetables  	Alfredo Sauce 	Gravy  	Seasonal Market Vegetables  
Gravy  	Lemon and Olive Oil-Roasted Potato Wedges  	Seasonal Market Vegetables  	Gravy  	Seasonal Market Vegetables  	Seasonal Market Vegetables  	Spring rolls 
Seasonal Market Vegetables  	Seasonal Market Vegetables  			Chef's Choice, please ask!	French Fries 	Chef's Choice, please ask!



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