

MENU CYCLE 4 (Lunch)

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

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

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

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



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