

chef's table

sample breakfast rotation

Sunday

- Mushroom Egg Toast
- Turkey sausage • Bacon • Samosa
- Chickpea scramble • Vegan baked beans

Monday

- Cheese omelette
- Turkey sausage • Bacon • Samosa
- Chickpea scramble • Vegan baked beans

Tuesday

- French Toast with fruit, berry yogurt, and toasted walnuts
- Turkey sausage • Bacon • Samosa
- Chickpea scramble • Vegan baked beans

Wednesday

- Brisket Eggs Benedict
- Turkey sausage • Bacon • Samosa
- Chickpea scramble • Vegan baked beans

Thursday

- Blueberry Pancakes
- Turkey sausage • Bacon • Samosa
- Chickpea scramble • Vegan baked beans

Friday

- Chickpea Breakfast Sandwich
- Turkey sausage • Bacon • Samosa
- Chickpea scramble • Vegan baked beans

Saturday

- Chicken Mozzarella Toasty
- Turkey sausage • Bacon • Samosa
- Chickpea scramble • Vegan baked beans

Sunday

- Ham and Swiss Omelette
- Turkey sausage • Bacon • Samosa
- Chickpea scramble • Vegan baked beans

Monday

- Avocado Toast
- Turkey sausage • Bacon • Samosa
- Chickpea scramble • Vegan baked beans

Tuesday

- French Toast with strawberries, vanilla yogurt, and toasted hemp hearts
- Turkey sausage • Bacon • Samosa
- Chickpea scramble • Vegan baked beans

Wednesday

- Tapsilog: beef, fried garlic rice, fried egg
- Turkey sausage • Bacon • Samosa
- Chickpea scramble • Vegan baked beans

Thursday

- Prosciutto and Pear Eggs Benedict
- Turkey sausage • Bacon • Samosa
- Chickpea scramble • Vegan baked beans

Friday

- Ricotta and Lemon Pancakes
- Turkey sausage • Bacon • Samosa
- Chickpea scramble • Vegan baked beans

Saturday

- Breakfast Sandwich
- Turkey sausage • Bacon • Samosa
- Chickpea scramble • Vegan baked beans



chef's table

sample lunch & dinner rotation

Week 1

Sunday | Perogie Dinner

Perogies, Beyond sausage or turkey sausage, vegetarian cabbage rolls.

Monday | Tuscan Dinner

Tuscan mushrooms or Tuscan chicken, roasted squash and chickpeas.

Tuesday | Vindaloo

Beef vindaloo or Curried carrots, saffron rice, chana masala, veggie pakoras.

Wed | Black Pepper Pork

Black Pepper Pork or Cauliflower Curry, steamed jasmine rice, Thai pickle vegetable salad.

Thursday | Butter Chicken

Butter Chickpeas or Butter Chicken, rice, naan.

Friday | Baby Back Dinner

Baby Back Ribs or BBQ Carrot "Ribs", potato wedges, corn.

Saturday | Chef's Choice

Week 2

Sunday | Shepherd's Pie

Lentil Shepherd's Pie or Tourtiere (French Canadian meat pie) and gravy, with roasted potatoes.

Monday | BBQ Dinner

BBQ Tofu or BBQ Chicken, paprika roasted potatoes, corn, black beans.

Tuesday | Tamari Dinner

Tamari Tofu or Tamari Roast Beef, potatoes and miso edamame

Wed | Tandoori and Aloo Gobi

Aloo Gobi with Tofu or Tandoori Chicken, saffron rice, veggie pakoras.

Thursday | Butter Chicken

Butter Chickpeas or Butter Chicken, rice, naan.

Friday | Japanese Miso

Japanese Miso Pork or Tofu fritters, sticky rice, green beans.

Saturday | Chef's Choice

