



BRANKSOME HALL

Athletic & Wellness Centre Menu Week 1 (Sept 7-11, Oct 5-9, Nov 2-6, Nov 30-Dec 4)

	MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
Student Approved Hot Entrée	Chargrilled Citrus Chicken with Fresh herb Chimichurri Roasted Broccoli Paprika Roasted Potatoes	Mykonos Market Bowl Oregano, Garlic and Spiced Beef Lemon Herb Rice Roasted Peppers and Onions Roasted Eggplant Dip Grilled Pita	Pesto Tossed Gemelli with Optional Garlic Alfredo Served with a Warm Cheddar and Chive Buttered Biscuit	Green Goddess Coastal Catch Battered Haddock Quinoa and Brown Rice Shredded Kale with Green Goddess Dressing Pickled Onions	Island Chicken Burger Jerk Grilled Chicken Thigh Pineapple Salsa Fresh Lettuce Jalapeno Lime Mayo Brioche Bun Served with Sweet Potato Wedges
Condiment Station	Ketchup, Soy Sauce	Tzatziki and Hummus, Eggplant Dip	Parmesan Cheese, Basil Garlic Oil	Ketchup, Tartar Sauce, Lemon Wedges	Ketchup, Jalapeno Lime Mayo, Lettuce, Pineapple Salsa
Veg Out Entrée (Daily Vegetarian or Vegan Option)	Mixed Mushroom and Lentil Risotto with Arugula Pesto	Crispy Falafel Balls with Cucumber and Tomato Salad, Tahini Drizzle and Grilled Pita	Pan Fried Gnocchi, Spinach and White Beans with Pomodoro and Whipped Ricotta	Lentil Daal over Basmati with Crispy Onions	Impossible Smash Burgers with House Made Pickle, Mac Sauce and Kettle Chips
Brick Oven (Pepperoni, Deluxe and Vegetarian Pizzas are Offered in addition to Feature Pizza's)	The Garden Glow (Basil Pesto Base Artichokes, Mushrooms, Black Olives, Ricotta, Lemon Zest) Arugula and Olive Oil after baked	The Pierogi Slice (Potato, Bacon, Onion, Aged Cheddar, Dill and Sour Cream on Side)	The Earl's Garden (Kale, Mushrooms, Sliced Onions, Parmesan and Mozzarella with an Alfredo base)	Brocco-Chick Melt (Garlic Oil Base Topped with Roasted Chicken, Broccoli Florets, Red Onion and Mozzarella Cheese)	Hipster Yogi (Roasted Butternut Squash, Spinach, Honey Ricotta Sauce, Mozzarella)
Cool Foods	Coconut Curry Chickpea with Grilled Naan				
No Gluten Added Salad Bar (Fresh greens & various dressings and toppings with no gluten added)	White Bean & Rosemary Salad Romaine Lettuce Parmesan Cheese Roasted Brussel Cucumber Cherry Tomato Butternut Squash Bacon Pieces Lemon Dill Tuna	Creamy Curried Chickpea Salad Arugula Shaved Romano Cucumber Fresh Carrots Sliced Peaches Roasted Beet Falafel Egg Salad	Quinoa Tabbouleh Spinach Feta Cheese Boiled Egg Sweet Potato Cherry Tomato Apple Slices Roast Zucchini Chicken Salad	Tofu & Mushroom Mixed Greens Cottage Cheese Cucumber Fresh Peppers Carrots Diced Tomato Roasted Broccoli Egg Salad	Coleslaw Spring Mix Cheddar Cheese Cherry Tomato Cauliflower Sliced Peppers Edamame Craisins Chicken Salad

* ARAMARK at Branksome Hall is proud to serve a variety of freshly prepared entrées on a daily basis including two daily soups, a variety of condiments and side options as well as specialty salads prepared by our skilled chefs.

We also feature local, organic, cultural themed meals and display cooking stations when possible.

** "No Gluten" items may come into cross-contact with wheat during preparation

For any questions, please contact the General Manager - Julie Trudeau (jtrudeau@branksome.on.ca)

