



BRANKSOME HALL

Athletic & Wellness Centre Menu Week 3

Sept 21-25 , Oct 19-23, Nov 16-20, Dec 14-18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Student Approved Hot Entrée	Creamy Butter Chicken Bowl with Fresh Cilantro and Pickled Onions Basmati Rice Chana Saag with Wilted Spinach & Caramelized Onion Mini Naan	Loaded Elote Beef Bowl Slow-Braised Beef with Black Beans, Onions and Tomatoes Warm Elote Corn Chipotle Crema Crispy Tri color Tortilla Strips	Creamy Cheddar and Garlic Mac and Cheese Baby Macaroni tossed with Creamy Garlic Cheddar Cheese Sauce Non-Dairy Tomato Basil Marinara available Served with Garlic Breadstick	Oven Baked Crunch Supreme Chicken Tenders Roasted Baby Potatoes Sunshine Multi Color Carrot Slices	Khao Soi Style Coconut Curry Halal Beef Meatballs Lime Scented Whole Grain and Jasmine Rice Blend Thai Herb Slaw With Green Cabbage, Carrots, Cilantro, Mint and Lime Vinaigrette
Condiment Station	Mango Chutney, Mint Raita	Shredded Cheese & Sour Cream	Parmesan Cheese, Basil Garlic Oil	Homemade Honey Dill Dip, Plum Sauce, Ketchup, Soy Sauce	Lime Wedges, Soy Sauce, Cilantro, Sambal Olek
Veg Out Entrée (Daily Vegetarian or Vegan Option)	White Bean Fried Polenta with Fresh Greens and Kale Crumble with a Sicilian Tomato Sauce	Vegan Taco Bowl with Spiced Tofu Long Grain Rice, Beans, Beet and Corn Topped with Pico De Gallo and Crispy Tortilla Strips	Mixed Bean and Vegetable Cassoulet with Grilled Baguette	Vegan Kyoto Dogs with Tofu Scramble Pickled Onion, Togaroshi Aioli and Nori Strips	Yellow Cocounut Thai Curry Potato, Tofu and Squash over Jasmine Rice topped with Crispy Noodle
Brick Oven (Pepperoni, Deluxe and Vegetarian Pizzas are Offered in addition to Feature Pizza's)	The Goodfella (Italian Meatball, Pepperoni, Bacon, Onion, Spicy Pizza Sauce, Mozzarella and Provolone)	The Greco (Olives, Red Onions, Grape Tomatoes, Greek Seasoning Mozzarella and Feta)	The Polynesian (Ham , Pineapple, Feta and Mozzarella)	Butter Chicken Pizza (Butter Chicken Sauce, Diced Tomato, Red Onions and Cilantro)	Nashville Heat (Chicken, Pickle and Red Onions on a Hot Honey-Tomato base with Mozzarella) Chef Tip: Drizzle with House Made Ranch Post-Bake)
Cool Foods	Vegetable Gyoza Salad Bowl (6 piece of Vegetable Gyoza, Shredded Lettuce, Spicy Cucumbers and Gochugang Dressing)				
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)

