



BRANKSOME
HALL

Athletic & Wellness Centre
Residence Menu Week 1

WEEK 1	MON	TUES	WED	THURS	FRI	SAT	SUN
Breakfast							
Continental Breakfast Offerings	Full Service Fresh Cut Fruit, Berries and Yogurt, Bar, Cereal/Granola Station, Juice & Smoothies, Fresh Baked Muffins, Pastries and Croissants are all available in addition to the Hot Breakfast Offerings					Weekend Addition to the Standard Continental Breakfast Offerings has a Create your Smoothie Blender Bar:	
Hot Breakfast Offering	Scrambled Eggs	Fried Eggs	Vegetable and Cheddar Quiche	Assorted Omelets	Classic Sunrise Sandwich Bar	Mediterranean Brunch:	Eggs Two Ways with Bacon and Home fries
	Roasted Peppers, Spinach, and Feta	Crispy Hash Browns with Caramelized Onions	Roasted White Potato	Sautéed Spinach	Martin’s roll	Scrambled Eggs, Lemon Potatoes	<u>Hot Option #2</u> Vegetable and Cheese Quesadillas with Salsa and Sour Cream
	Herbed Home Fries with Oregano and Parsley	Country Style Sausage	Sliced Bacon	Home fries	with Salisbury Steak, Fried Egg and Cheddar	<u>Hot Option #2</u> Greek salad	
	Grilled Pork Sausage with Lemon			Maple Sausage	Crispy Potato Bites tossed with Paprika	Chicken Souvlaki , Falafel, Pita, Hummus	
Breads	Assorted Breads, Jams & Spreads (Alternating Days of Avocado and Smoked Salmon available from Chefs upon request)						
Lunch							
Student Approved Hot Option	Chargrilled Citrus Chicken with Fresh herb Chimichurri	Mykonos Market Bowl	Pesto Tossed Gemelli with Optional Garlic Alfredo	Green Goddess Coastal Catch	Island Chicken Burger	Weekend Brunch Options Listed Above in SAT/SUN Columns	
	Roasted Broccoli	Oregano, Garlic and Spiced Beef	Served with a Warm Cheddar and Chive Buttered Biscuit	Battered Haddock	Jerk Grilled Chicken Thigh, Pineapple Salsa, Fresh Lettuce, Jalapeno Lime Mayo		
	Paprika Roasted Potatoes	Lemon Herb Rice, Roasted Peppers and Onions		Quinoa and Brown Rice	Brioche Bun		
		Eggplant Dip & Grilled Pita		Shredded Kale with Green Goddess Dressing,	Served with Sweet Potato Wedges		
Meatless Lunch Entrée	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, Pomodoro and Whipped Ricotta	Lentil Daal over Basmati with Crispy Onions	Impossible Smash Burgers with House Made Pickle, Mac Sauce and Kettle Chips		
Dinner							
Hot Dinner Entrée (Daily Dinner Salad Bar and Dessert to accompany Hot Entrée)	Cider-Brined Pork Loin with Smoked Apple Gastrique	North African Chermoula Salmon on Lemony Greens	Leek and Tarragon Briased Chicken Thighs	Jumbo Beef Meatballs in San Marzano Ragù	Chettinad Prawn Pepper Fry (Shrimp are tossed with Freshly Roasted and Ground Fennel Seeds, Black Peppercorns, Cumin, and Whole Curry Leaves)	Ravioli Bar	Maple Mustard Chicken Supremes
	Crispy Sage Barley Risotto	Harissa Roasted Sweet Potato,	Herb and Garlic Wild and Long Grain Rice Pilaf	Pesto Orzo		Assorted Stuffed Pastas with Choice of Sauces	Scalloped Potato
	Charred Brussel Spouts	Cumin Roasted Cauliflower	Lemon Caper Butter Roased Broccoli	Grilled Garlic Baguette	Contorno di Verdure Al Forno (A Baked Medley of Bell Peppers, Red Onion, and Zucchini topped with Breadcrumbs and Grated Parmesan)	Served with Cauliflower, Peppers and Zuchinni	Honey Roasted Heirloom Root Vegetables
	Maple Glazed Carrots	Preserved Lemon Yogurt		Caesar Salad	Ghee Rice (Ney Choru)	Sliced Chicken Breasts	Brussel Sprout and Seasonal Veg Miedley
Meatless Entrée	Navy Bean Stuffed Squash	Chickpea and Vegetable Simmer	Mojo Tofu and Mushroom	Impossible Meatballs	Lentil Dhal	Mixed Caesar Salad on Side	Mushroom & White Bean Steaks