

Back to the Grind @ Lakehead University Orillia, Week of Nov 20th - 26th

Features	Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th
Soup Feature 1	Roasted Carrot	Lentil	Vegetable Rice	Chicken Noodle	Potato & Bacon	Chef's Creation	Chef's Creation
Soup Feature 2	Caribbean Pork	Spinach & Mushroom	Corn Chowder	Thai Vegetable	Sweet Pepper	*	*
Deli Feature @ Lunch	Pizza Bagel	Italian Veggie Melt	California Sandwich	Bruschetta Flat Bread	Chicken Salad Wrap	A la Carte	A la Carte
Lunch Feature 1	Cherry Or Apple Crepes	Chick Pea & Feta Salad R	General Tao Chicken R	Sweet Potato Salad R	Red Thai Stir Fry	A la Carte	A la Carte
Lunch Feature 2	Macaroni & Cheese R	Pulled Pork Potato Skins R	Baja Salad	Beef Dip Sandwich	Bacon & Cheese Quiche R	A la Carte	A la Carte
Pizza Feature	Cheese Lover	Meatlover	Pepperoni, Green Olive & Mushroom	Vegetarian	Spicy Hawaiian	*	*
Evening Feature 1	Jerk Chicken R	Sausage Gumbo R	Tac-o-middle of da week Taco Bar	6oz Stiploin Steak \$14.99	Chicken Wings With Crudit�	Closed at 4pm For Fall Banquet	Sweet & Sour Pineapple Pork R
Evening Feature 2	Vegetarian Stew R	Portobello Mushroom Burger		The Veggie Stack \$14.99 R	Stuffed Peppers R		Vegetarian Coconut Curry R

* Selections in green are served or can be served as vegetarian *Selections in blue are vegan & gluten free *Selection in red are or can be gluten free*

*Menu subject to change based on availability or product shortages beyond our control *Selections with an R are ready to serve*