

Weekly Menu

August 21-27



Lunch includes Bottled Water
Dinner includes Juice

FRIDAY

Lunch

Chicken Caesar Salad and Garlic Cheese Toast

Dinner

Carbonara Linguini with Roasted Vegetables & Chicken

SATURDAY

Lunch

Chicken Ranch Flatbread & Salad

Dinner

Roasted Pork Loin Topped With a Blueberry Jus, Roasted Potatoes & Seasonal Vegetables

SUNDAY

Lunch

Eggs Benny with Ham and Hash browns

Dinner

Grilled Chicken Tropical Kabobs, Coconut Rice, Slaw

MONDAY

Lunch

Beef Dip Served With Steak Fries

Dinner

Grilled Salmon Topped With Pineapple Chutney, Ancient Grain Rice, and Seasonal Vegetables

TUESDAY

Lunch

Turkey Chipotle Sandwich, Vegetable Soup & Salad

Dinner

Street Taco Trio, Chicken & Beef Tortillas Served with Fried Black Bean & Pico Slaw

WEDNESDAY

Lunch

Mac & Cheese Served With Italian Sausage and Side Salad

Dinner

Lemon Grass Beef And Broccoli, Garlic Infused Rice Vegetable Spring Rolls

THURSDAY

Lunch

Italian Meat Trio Kaiser, Carrot Sticks, Cookie & Whole Fruit

Dinner

Turkey Pot Pie Served With Caramelized Onion Mashed Potatoes And Kale Salad

Weekly Menu

August 28 – Sept 3



Lunch includes Bottled Water
Dinner includes Juice

FRIDAY

Lunch

Grilled Steak & Spinach Kale Caesar

Dinner

Half Rack Of Ribs & Fries

SATURDAY

Lunch

Pho Noodle Beef Soup

Dinner

Stuffed Chicken Served With Rice and Vegetables

SUNDAY

Lunch

Black Bean & Chicken Quesadilla with Salsa and Sour
Cream on the side

Dinner

Slow Roast Beef Served With Mashed Potatoes and
Vegetables

MONDAY

Lunch

Teriyaki Beef & Wild Grains Bowl

Dinner

Butter Chicken, Steamed Rice, Aloo Gobi, and
Naan Bread

TUESDAY

Lunch

Fish & Chips with Coleslaw and Pickles and Lemon
Wedge on the side

Dinner

Fragrant Rice with Green Curry Tropical Chicken

WEDNESDAY

Lunch

Ciabatta Chicken Caprese Sandwich & Curly Fries

Dinner

Grilled Pork Chop, Topped with Apple Onion Jam,
Mashed Potatoes, and Roasted Vegetables

THURSDAY

Lunch

Roast Beef Sandwich, Carrot Sticks, Cookie &
Whole Fruit

Dinner

Chicken, Shrimp & Sausage Bow Tie Pasta



Add On To Your Meal Plan!



BREAKFAST

Start your mornings off with a breakfast package selected by the Chef. Includes coffee & juice.

\$42.00/ week | \$6.00/ daily cost*

*Breakfast option will be added to the full week

DESSERT

For the sweet tooth's! Add a sweet offering selected by the Chef to your lunch meal every day!

\$14.00/ week | \$2.00/ daily cost*

*Dessert option will be added to the full week

EXTRAS

Assorted Individual Chips \$1.60

Bottled Pop \$2.25

*Select from our in stock items and we will add it to your order!

FOR THE COOKS

Soup Kit of the Day \$4.00

*All you need is a pot and some water. Directions provided.

FOOD ALLERGIES

We take allergies and dietary restrictions very seriously. We want to support you with your dietary needs. Please reach out to us so we can review your dietary needs.

NOT SO FINE PRINT

Orders must be placed by August 17th for Week 1 Menu and August 24th for Week 2.

Email: catering@twu.ca

Students who do not contact us to customize their meals will be automatically enrolled in the standard lunch and dinner menu.