JULY 6 - 11AM TO 2PM

THE FRESH FOOD COMPANY
SUMMER BBQ

Lunch will be located outside. Find us located at the green area behind the Pembina Hall Student Lounge.
Meal swipes will be honoured. All are welcomed!
**MONDAY**
- **Homezone Station:** Pork Souvlaki or Tofu Vegetable Skewer with Roasted Lemon Herb Potatoes and Roasted Veggies or Wok Station: Pesto Chicken with Pasta and Breadsticks

**TUESDAY**
- **Homezone Station:** Meatball Marinara or Roasted Vegetable Marinara with Pasta, Breadstick and Steamed Vegetables or **Pizza Station:** Mediterranean Pizza or Chicken Pizza with Mac & Cheese

**WEDNESDAY**
- **Homezone Station:** Broccoli & Cheddar Soup or Hamburger Soup
- **Cream of Vegetable Soup** or Chicken Tortilla Soup
- Fresh Fruit

**THURSDAY**
- **Homezone Station:** Baked Bombay Cod or African Peanut Stew with Basmati Rice and Braised Kale and Tomato or Grill Station: Pulled Pork Sandwich with Corn and Salsa Rice

**FRIDAY**
- **Grill Station:** Chili Dog or Tofu Dog with French Fries or Pasta Station: Chicken Casserole or Vegetable Casserole with Steamed Vegetables and Dinner Roll

**SATURDAY**
- **Homezone Station:** Breakfast Sandwich with Egg Sous Vide with Hashbrowns and Breakfast Biscuit or Wok Station: Chicken Alfredo Pasta

**SUNDAY**
- **Grill Station:** Grilled Reuben Sandwich or Vegetarian Sandwich with Potato Chippers or **Deli Station:** Create-your-own sub sandwich with a side of Potato Chippers

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**SUMMER BBQ**
- Meal service will be outdoors. Find us in the picnic area behind the Pembina Hall Student Lounge.

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**NEW**
- A choice of a Medium Fountain Drink or Hot Beverage is included with meal
- **Halal meal options are available upon request**
- **= No Gluten**
- **= Vegetarian**
- *Cross-contact with wheat allergens may occur during preparation*

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**JULY 6 TO 12, 2020**
**LUNCH**
**11AM TO 2PM – WEEKLY MENU**

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**W. 2**

*Menu is subject to change without notice. Please visit umanitoba.campusdish.com for our most current copy of the menu*
**JULY 6 TO 12, 2020**

**DINNER**

**4PM TO 7PM – WEEKLY MENU**

- **Halal meal options are available upon request**
- **= No Gluten**
- **= Vegetarian**
- ***Cross-contact with wheat allergens may occur during preparation**

**A choice of a Medium Fountain Drink or Hot Beverage is included with meal**

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<table>
<thead>
<tr>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
<th><strong>FRIDAY</strong></th>
<th><strong>SATURDAY</strong></th>
<th><strong>SUNDAY</strong></th>
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<tbody>
<tr>
<td><strong>Homezone Station:</strong> Meat Loaf or Vegan Shepherd's Pie with Mashed Potatoes and Green Beans or Wok Station: Chicken Rosé Tortellini</td>
<td><strong>Grill Station:</strong> Chicken Teriyaki Stir-fry or Tofu Vegetable Stir-fry with Jasmine Rice and Steamed Vegetables or <strong>Pizza Station:</strong> Cheese Pizza or Pepperoni Pizza with Mediterranean Pasta Casserole</td>
<td><strong>Homezone Station:</strong> Pork Vindaloo or Aloo Gobi with Basmati Rice, Green Peas and Naan or <strong>Grill Station:</strong> Fish n’ Chips</td>
<td><strong>Homezone Station:</strong> Beef Stew or Teriyaki Tofu Steak with Yellow Beans, Rice Pilaf or Mashed Potatoes or <strong>Wok Station:</strong> Spicy Thai Chicken Stir-fry with Steamed Noodles</td>
<td><strong>Homezone Station:</strong> BBQ Chicken or Sweet and Sour Tofu with Carrots, Fried Rice or Roasted Potatoes or <strong>Grill Station:</strong> Beef Melt Sandwich with Baked Potato Wedges</td>
<td><strong>Homezone Station:</strong> Ham or Butternut Tikka Masala with Scalloped potatoes or Basmati Rice, Green Beans and Sun-dried Tomatoes or <strong>Wok Station:</strong> Beef Stir-fry with noodles</td>
<td><strong>Grill Station:</strong> Chicken or Tofu with Vegetables and Pad Thai Sauce with Sautéed Bok Choy and Egg Roll or <strong>Pizza Station:</strong> Cheese Pizza or Meat Lovers’ Pizza with Butternut Squash Mac &amp; Cheese</td>
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<tr>
<th><strong>Caesar Salad</strong></th>
<th><strong>Pasta Salad</strong></th>
<th><strong>Potato Salad Salad</strong></th>
<th><strong>Garden Tossed Salad</strong></th>
<th><strong>Caesar Salad</strong></th>
<th><strong>Greek Salad</strong></th>
<th><strong>Pasta Salad</strong></th>
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<tbody>
<tr>
<td><strong>Cake</strong></td>
<td><strong>Jell-O</strong></td>
<td><strong>Cookie</strong></td>
<td><strong>Mousse Dessert</strong></td>
<td><strong>Cookies</strong></td>
<td><strong>Ice Cream</strong></td>
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