



## BAYVIEW GLEN DUNCAN MILL CAMPUS WINTER MENU 2021



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W e e k  1	CLASS					
	Option 1	Chicken Breast Tenders Baked Sweet Potatoes Vegetable Crudite	(Sesame Aware) Baked Salmon Fillet Ginger Miso Tahini Sauce Steamed Sticky Rice Edamame	Roasted Turkey Breasts with Rosemary & Thyme Crushed New Potatoes Crisp Bean with Sea Salt	(Suitable for Vegetarian) Whole Wheat Fusilli Cheddar Bechamel Sauce Marinara Sauce Peas & Carrots	Chicken Breast Strips Honey Garlic Sauce Shanghai Noodles Steamed Bok Choy
	Option 2	(Suitable for Vegetarian) Grilled Piadina Flatbread with Mozzarella, Arugula, & Roasted Tomato	(Suitable for Vegan) Buckwheat Noodle Salad with Crispy Tofu	(Suitable for Vegan) Pan Fried Gnocchi w/ Butter, Sundried Tomato & Wilted Spinach	Cinnamon-Braised Beef with Creamy Polenta	(Suitable for Vegan) Kimchi Fried Rice with Vegetables & Tofu
	Salad/ Deli Bar	Whole Grain Tuna Sandwich Cream Cheese & Bagel Fresh Whole Fruits & Crudite Chef's Choice Salad Bowl	Whole Grain Egg Sandwich Turkey & Cheddar Sub Fresh Whole Fruits & Crudite Chef's Choice Salad Bowl	Whole Grain Tuna Sandwich Cream Cheese & Bagel Fresh Whole Fruits & Crudite Chef's Choice Salad Bowl	Whole Grain Egg Sandwich Turkey & Cheddar Sub Fresh Whole Fruits & Crudite Chef's Choice Salad Bowl	Whole Grain Tuna Sandwich Cream Cheese & Bagel Fresh Whole Fruits & Crudite Chef's Choice Salad Bowl
	Dessert	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Frozen Yogurt



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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W e e k  2	<b>CLASS</b>					
	<b>Option 1</b>	Baked Chicken Schnitzel Broad Egg Noodles Steamed Heiloom Carrots	Meatball w/ Teriyaki Sauce Steamed Whole Grain Rice Gai Lan in Garlic Sauce	(MSC certified) Southern-Style Pollock Fillets Crispy Tater Tots Petit Pois with Sea Salt Key Lime Aioli	Lemongrass Chicken Steamed Jasmine Rice Cucumber & Tomato Salad	(Suitable for Vegetarian) Farfalle Pasta Creamy Mushroom Sauce W/Wheat Garlic Toast Roma Tomato Bruschetta
	<b>Option 2</b>	(Suitable for Vegetarian) Caramelized Onion Tart with Gorgonzola & Brie	(Suitable for Vegan) Vegetable Spring Rolls with Plum Sauce	(Suitable for Vegetarian) Mushroom & Leek Strudel with Gruyere Cheese	(Suitable for Vegan) Steamed Bao Bun Beyond Beef Bulgogi with Pickled Slaw	Thai Red Curry Shrimp Steamed Coconut Rice
	<b>Salad/ Deli Bar</b>	Whole Grain Egg Sandwich Turkey & Cheddar Sub Fresh Whole Fruits & Crudite Chef's Choice Salad Bowl	Whole Grain Tuna Sandwich Cream Cheese & Bagel Fresh Whole Fruits & Crudite Chef's Choice Salad Bowl	Whole Grain Egg Sandwich Turkey & Cheddar Sub Fresh Whole Fruits & Crudite Chef's Choice Salad Bowl	Whole Grain Tuna Sandwich Cream Cheese & Bagel Fresh Whole Fruits & Crudite Chef's Choice Salad Bowl	Whole Grain Egg Sandwich Turkey & Cheddar Sub Fresh Whole Fruits & Crudite Chef's Choice Salad Bowl
	<b>Dessert</b>	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Frozen Yogurt



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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W e e k  3	CLASS					
	Option 1	(Suitable for Vegetarian) Individual Cheese Pizza Choice of Toppings Caesar w/ Shaved Parmesan	Tandoori chicken with Raita Steamed Basmatii Rice Petit Pois with Sea Salt	(Suitable for Vegetarian) Whole Wheat Rotini Pasta Pomodoro sauce Cheese Breadstick Sicilian Roasted Vegetable	(MSC certified) Cod Nuggets Dina's Tartar Sauce Oven Baked Fries Crisp Bean	Garlic Ginger Beef Chow Mein Noodles Chop Suey Vegetables
	Option 2	Maple Chipotle Roasted Pork Pineapple Slaw	(Suitable for Vegetarian) Curry Puffed Pastry with Lentil & Cauliflower	Miso Glazed Salmon Sauteed Rainbow Kale	(Suitable for Vegetarian) Pastry Pinwheels w/ Sundried Tomato & Parmesan	(Suitable for Vegan) Braised Eggplant with Garlic Sauce & Thai Basil
	Salad/ Deli Bar	Whole Grain Tuna Sandwich Cream Cheese & Bagel Fresh Whole Fruits & Crudite Chef's Choice Salad Bowl	Whole Grain Egg Sandwich Turkey & Cheddar Sub Fresh Whole Fruits & Crudite Chef's Choice Salad Bowl	Whole Grain Tuna Sandwich Cream Cheese & Bagel Fresh Whole Fruits & Crudite Chef's Choice Salad Bowl	Whole Grain Egg Sandwich Turkey & Cheddar Sub Fresh Whole Fruits & Crudite Chef's Choice Salad Bowl	Whole Grain Tuna Sandwich Cream Cheese & Bagel Fresh Whole Fruits & Crudite Chef's Choice Salad Bowl
	Dessert	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Frozen Yogurt