

Langara. MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY
 THE COLLEGE OF HIGHER LEARNING. WEEK 1 2016/2017



	BREAKFAST SPECIAL BAVARIAN BREAKFAST	BREAKFAST SPECIAL PANCAKE TUESDAYS	BREAKFAST SPECIAL Eggs Benedict	BREAKFAST SPECIAL Steak and Eggs	BREAKFAST SPECIAL Green Eggs & Ham	
	SOUPS OF THE DAY MINISTRONI CREAM OF BROCCOLI VEGETABLE CHILI	SOUPS OF THE DAY CHICKEN NOODLE CREAM OF MUSHROOM TOMATO SOUP	SOUPS OF THE DAY LENTIL SOUP CREAM OF CAULIFLOWER BEEF CHILI	SOUPS OF THE DAY MULLIGATAWANY GARDEN VEGETABLE BUTTERNUT SQUASH	SOUPS OF THE DAY CHEF'S SPECIAL	
	MEATLESS MONDAY TOFU TIKKA MALAI KOFTA RICE PILAF VEGETABLE	MEATLOAF MASHED POTATOES VEGETABLES STEAMED	KICKING KUNG PAO CHICKEN STIR FRIED VEGETABLES STEAMED RICE	INDIAN FEATURE TANDOORI CHICKEN VEGETABLE RICE PILAF VEGETABLE JALFRAZIE & NAAN	SPAGHETTI & MEATBALLS GREEN SALAD & GARLIC BREAD	
 HOT VEGGIE BAR THE HOT VEGGIE BAR WILL CONSIST OF A VARIETY OF THE FOLLOWING ITEMS	PROTIENS: DAL FRY, MALAI KOFTA, SWEET & SOUR MEATLESS MEATBALLS, THAI RED TOFU CURRY, MUTTER PANEER, LENTIL STUFFED PEPPERS, PANEER TIKKA MASALA, CHANNA MASALA, CURRIED TOFU, RAJMA CURRY (RED KIDNEY BEANS), LENTIL HOT POT VEGGIE KHEEMA MASALA, ALOO GOBI, VEGETABLE MANCHURIAN, VEGETABLE KORMA, KADHI PAKORA, VEGETABLE JALFRAZIE, CAULIFLOWER AU GRATIN, BEET & COCONUT CURRY, CURRIED VEGETABLES, EGGPLANT PARMAGIANO, RATATOUILLE, VEGETARIAN HOT POT, ROASTED PARMASEN ZUCCHINI, ZUCCHINI PIE CARBS: JEERA ALOO, VEGETABLE BIRYANI, VEGETARIAN PAELLA, CHICKPEA BIRYANI, ALOO DUM, VEGETARIAN SHEPHERD'S PIE, COCONUT RICE, ACHARI POTAOES, HARVEST WILD RICE SKILLET					
		SMOOTHIE SMOOTHIE BERRY	SMOOTHIE SMOOTHIE GREEN	SMOOTHIE SMOOTHIE BERRY	SMOOTHIE SMOOTHIE GREEN	SMOOTHIE SMOOTHIE BERRY
	Artisan Deli & Smoothie Bar ROASTED VEGETABLE FEATURE	Artisan Deli & Smoothie Bar BUFFALO CHICKEN FEATURE	Artisan Deli & Smoothie Bar EGG SALAD FEATURE	Artisan Deli & Smoothie Bar CHICKEN SALAD FEATURE	Artisan Deli & Smoothie Bar TUNA SALAD FEATURE	
	MEATLESS MONDAY Meatless Meatballs in curry sauce / Spicy Coconut Eggplant/ Chop suey/ Sweet & Sour Tofu	Indian Delight Butter Chicken Beef Masala Chickpea curry Carrot Achar and Naan Bread	Chinese Honey Garlic Chicken Black Bean Beef Tofu with oyster sauce	Roast Beef Dinner Mashed Potatoes Stir-fried Vegetables Roasted Yams	Asian Delight Steamed Fish Chicken Thai	

WEEK 2 2016/2017

	BREAKFAST SPECIAL BAVARIAN BREAKFAST	BREAKFAST SPECIAL PANCAKE TUESDAYS	BREAKFAST SPECIAL Eggs Benedict	BREAKFAST SPECIAL Steak and Eggs	BREAKFAST SPECIAL Green Eggs & Ham
	SOUPS OF THE DAY CORN CHOWDER CREAM OF MUSHROOM TOMATO NOODLE	SOUPS OF THE DAY CHICKEN VEGETABLE THREE BEAN SOUP MISO	SOUPS OF THE DAY ZUCCHINI SOUP BEEF BARLEY HOMESTYLE BACON AND POTATO	SOUPS OF THE DAY CREAM OF CAULIFLOWER SPLIT PEA & HAM GINGER CARROT SOUP	SOUPS OF THE DAY CHEF'S SPECIAL
	MEATLESS MONDAY VEGETARIAN LASAGNA CAESAR SALAD GARLIC BREAD	CHICKEN PARMAGGINA STEAMED NOODLES GARDEN SALAD	MEXICAN FIESTA BEEF STARITO TATOR TOTS GREEN SALAD	INDIAN BUTTER CHICKEN ALOO GOBHI Rice Pilaf & Naan	CHEESE CHICKEN STUFFED PEPPER GARLIC BREAD GARDEN SALAD
 HOT VEGGIE BAR THE HOT VEGGIE BAR WILL CONSIST OF A VARIETY OF THE FOLLOWING ITEMS	PROTIENS: DAL FRY, MALAI KOFTA, SWEET & SOUR MEATLESS MEATBALLS, THAI RED TOFU CURRY, MUTTER PANEER, LENTIL STUFFED PEPPERS, PANEER TIKKA MASALA, CHANNA MASALA, CURRIED TOFU, RAJMA CURRY (RED KIDNEY BEANS), LENTIL HOT POT VEGGIE KHEEMA MASALA, ALOO GOBI, VEGETABLE MANCHURIAN, VEGETABLE KORMA, KADHI PAKORA, VEGETABLE JALFRAZIE, CAULIFLOWER AU GRATIN, BEET & COCONUT CURRY, CURRIED VEGETABLES, EGGPLANT PARMAGIANO, RATATOUILLE, VEGETARIAN HOT POT, ROASTED PARMASEN ZUCCHINI, ZUCCHINI PIE CARBS: JEERA ALOO, VEGETABLE BIRYANI, VEGETARIAN PAELLA, CHICKPEA BIRYANI, ALOO DUM, VEGETARIAN SHEPHERD'S PIE, COCONUT RICE, ACHARI POTAOES, HARVEST WILD RICE SKILLET				


	SMOOTHIE	BERRY	SMOOTHIE	GREEN	SMOOTHIE	BERRY	SMOOTHIE	GREEN	SMOOTHIE	BERRY
	SMOOTHIE		SMOOTHIE		SMOOTHIE		SMOOTHIE		SMOOTHIE	
	Artisan Deli & Smoothie Bar ROASTED VEGETABLE FEATURE		Artisan Deli & Smoothie Bar BUFFALO CHICKEN FEATURE		Artisan Deli & Smoothie Bar EGG SALAD FEATURE		Artisan Deli & Smoothie Bar CHICKEN SALAD FEATURE		Artisan Deli & Smoothie Bar TUNA SALAD FEATURE	
	MEATLESS MONDAY Meatless Meatballs with Mushrooms / Tofu with Devil's Ear/ Chop suey/ Butternut Squash Curry		Asian Delight Beef with Shanghai Noodles Teriyaki Chicken Sweet Chili Tofu		BAJA WRAP CHICKEN, BEEF OR TOFU BAJA WRAP		Roast Pork Dinner Mashed Potatoes Stir-fried Vegetables Roasted Yams Mushroom Sauce		BBQ Pulled Pork French Fries Salad	





WEEK 3 2016/2017

	BREAKFAST SPECIAL BAVARIAN BREAKFAST	BREAKFAST SPECIAL PANCAKE TUESDAYS	BREAKFAST SPECIAL Eggs Benedict	BREAKFAST SPECIAL Steak and Eggs	BREAKFAST SPECIAL Green Eggs & Ham
	SOUPS OF THE DAY VEGETABLE NOODLE CREAM OF POTATO MISO	SOUPS OF THE DAY CHICKEN GUMBO POTATO AND LEEK BEEF CHILI	SOUPS OF THE DAY MULLIGATAWNY BEEF & RICE MISO	SOUPS OF THE DAY BEEF NOODLE GARDEN VEGETABLE SEAFOOD CHOWDER	SOUPS OF THE DAY CHEF'S SPECIAL
	MEATLESS MONDAY LENTIL BIRYANI CURRIED CHICKPEAS VEGETABLE CURRY	CLASSIC BEEF STEW RICE PILAF STEAMED VEGETABLES	CHICKEN CACCAITORE STEAMED VEGETABLES STEAMED RICE	INDIAN BEEF RAZALLA OR SALMON MASALA VEGETABLE MAKHNI Rice Pilaf & Naan	CHICKEN COQ AU VIN MASHED POTATOES SAUTEED VEGETABLES
<p>HOT VEGGIE BAR THE HOT VEGGIE BAR WILL CONSIST OF A VARIETY OF THE FOLLOWING ITEMS</p>	<p>PROTEINS: DAL FRY, MALAI KOFTA, SWEET & SOUR MEATLESS MEATBALLS, THAI RED TOFU CURRY, MUTTER PANEER, LENTIL STUFFED PEPPERS, PANEER TIKKA MASALA, CHANNA MASALA, CURRIED TOFU, RAJMA CURRY (RED KIDNEY BEANS), LENTIL HOT POT</p> <p>VEGETABLES: VEGGIE KHEEMA MASALA, ALOO GOBI, VEGETABLE MANCHURIAN, VEGETABLE KORMA, KADHI PAKORA, VEGETABLE JALFRAZIE, CAULIFLOWER AU GRATIN, BEET & COCONUT CURRY, CURRIED VEGETABLES, EGGPLANT PARMAGIANO, RATATOUILLE, VEGETARIAN HOT POT, ROASTED PARMASEN ZUCCHINI, ZUCCHINI PIE</p> <p>CARBS: JEERA ALOO, VEGETABLE BIRYANI, VEGETARIAN PAELLA, CHICKPEA BIRYANI, ALOO DUM, VEGETARIAN SHEPHERD'S PIE, COCONUT RICE, ACHARI POTATOES, HARVEST WILD RICE SKILLET</p>				

	SMOOTHIE	BERRY	SMOOTHIE	GREEN	SMOOTHIE	BERRY	SMOOTHIE	GREEN	SMOOTHIE	BERRY
	SMOOTHIE		SMOOTHIE		SMOOTHIE		SMOOTHIE		SMOOTHIE	
	Artisan Deli & Smoothie Bar ROASTED VEGETABLE FEATURE		Artisan Deli & Smoothie Bar BUFFALO CHICKEN FEATURE		Artisan Deli & Smoothie Bar EGG SALAD FEATURE		Artisan Deli & Smoothie Bar CHICKEN SALAD FEATURE		Artisan Deli & Smoothie Bar TUNA SALAD FEATURE	
	MEATLESS MONDAY BBQ Meatless Meatballs Tofu in Chipotle Sauce Eggplant, Zucchini & Spinach Curry		Indian Delight Tandoori Salmon Beef Masala Chickpea Curry Naan Bread & Carrot Achar		Asian Five Spice Beef Sweet & Sour Chicken Szechewan Tofu		Roast Beef Dinner Mashed Potatoes Stir-fried Vegetables Roasted Yams		International Santa Fe Chicken Pork Adobo	

WEEK 4 2016/2017

	BREAKFAST SPECIAL BAVARIAN BREAKFAST	BREAKFAST SPECIAL PANCAKE TUESDAYS	BREAKFAST SPECIAL Eggs Benedict	BREAKFAST SPECIAL Steak and Eggs	BREAKFAST SPECIAL Green Eggs & Ham
	SOUPS OF THE DAY HEARTY VEGETABLE CREAM OF BROCCOLI VEGETABLE CHILI	SOUPS OF THE DAY CHICKEN NOODLE CREAM OF MUSHROOM TOMATO SOUP	SOUPS OF THE DAY LENTIL SOUP CREAM OF CAULIFLOWER BEEF CHILI	SOUPS OF THE DAY MULLIGATAWANY GARDEN VEGETABLE MISO	SOUPS OF THE DAY CHEF'S SPECIAL

	<p>MEATLESS MONDAY VEGETARIAN STUFFED PEPPERS GARDEN SALAD GARLIC BREAD</p>	<p>Mexican Baked Chicken Mexi Rice Mexi Beans</p>	<p>THAI THAI RED CHICKEN CURRY COCONUT RICE EGGPLANT CURRY</p>	<p>INDIAN CHICKEN KU DO KOO MATTAR PANEER Rice Pilaf & Naan</p>	<p>Italian BEEF LASAGNA CAESAR SALAD GARLIC BREAD</p>
<p>HOT VEGGIE BAR THE HOT VEGGIE BAR WILL CONSIST OF A VARIETY OF THE FOLLOWING ITEMS</p>	<p>PROTEINS: DAL FRY, MALAI KOFTA, SWEET & SOUR MEATLESS MEATBALLS, THAI RED TOFU CURRY, MUTTER PANEER, LENTIL STUFFED PEPPERS, PANEER TIKKA MASALA, CHANNA MASALA, CURRIED TOFU, RAJMA CURRY (RED KIDNEY BEANS), LENTIL HOT POT VEGETABLES: VEGGIE KHEEMA MASALA, ALOO GOBI, VEGETABLE MANCHURIAN, VEGETABLE KORMA, KADHI PAKORA, VEGETABLE JALFRAZIE, CAULIFLOWER AU GRATIN, BEET & COCONUT CURRY, CURRIED VEGETABLES, EGGPLANT PARMAGIANO, RATATOUILLE, VEGETARIAN HOT POT, ROASTED PARMASEN ZUCCHINI, ZUCCHINI PIE CARBS: JEERA ALOO, VEGETABLE BIRYANI, VEGETARIAN PAELLA, CHICKPEA BIRYANI, ALOO DUM, VEGETARIAN SHEPHERD'S PIE, COCONUT RICE, ACHARI POTAOES, HARVEST WILD RICE SKILLET</p>				
	<p>SMOOTHIE BERRY SMOOTHIE</p>	<p>SMOOTHIE GREEN SMOOTHIE</p>	<p>SMOOTHIE BERRY SMOOTHIE</p>	<p>SMOOTHIE GREEN SMOOTHIE</p>	<p>SMOOTHIE BERRY SMOOTHIE</p>
	<p>Artisan Deli & Smoothie Bar ROASTED VEGETABLE FEATURE</p>	<p>Artisan Deli & Smoothie Bar BUFFALO CHICKEN FEATURE</p>	<p>Artisan Deli & Smoothie Bar EGG SALAD FEATURE</p>	<p>Artisan Deli & Smoothie Bar CHICKEN SALAD FEATURE</p>	<p>Artisan Deli & Smoothie Bar TUNA SALAD FEATURE</p>
	<p>MEATLESS MONDAY Meatless Meatballs in Black Bean Sauce Sweet Chili Tofu Coconut Eggplant</p>	<p>Greek Chicken Souvlaki, lemon herb salmon, spanakopita, roasted potatoes, greek salad, tzatziki sauce</p>	<p>Black Bean Chicken Five Spice Beef Tofu in Sweet & Sour Sauce</p>	<p>Roast Pork Dinner Mashed Potatoes Stir-fried Vegetables Roasted Yams Mushroom Sauce</p>	<p>BBQ Pulled Pork French Fries Salad</p>