

Main Campus Lunch Menu

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	October 26	October 27	October 28	October 29	October 30
MAIN COURSE		Chicken Pot Pie	Beef Meatball with Tomato Sauce	Soy Sauce Chicken	Pork Schnitzel
ALLERGENS		G, D, L	G, E	L	G, E
STAPLE FOOD		Mashed Potato	Spaghetti with Garlic and Olive Oil	Brown Rice	Baked Potato
ALLERGENS		D	G		D
VEGETABLES		Steamed Carrot & Broccoli	Roasted Carrot, Zucchini, Bell Peppers	Stir-Fried Chinese Bok Choy	Steamed Corn, Carrot & Green Peas
ALLERGENS					L
SPECIALTIES		Cheese Spring Roll	Tomato Bruschetta	Pan-Fried Pork Dumplings	Warm Corn Salad
ALLERGENS		G, D	G, D	G, L	
SANDWICH BAR		Ham	Egg Salad	Paprika Lyoner	Tuna Salad
ALLERGENS			E	L	S, E
VEGETARIAN DISH (on request)		Mushroom Pot Pie	Chickpea Meatball with Tomato Sauce	Soy Sauce Tofu	Zucchini Schnitzel
ALLERGENS		G, D, L	L	L	G, E
SALAD BAR		Salad Bar	Salad Bar	Salad Bar	Salad Bar
DRINKS		Milk, Fruit Yogurt, Apple Juice, Kumquat Lemon Juice	Milk, Plain Yogurt, Apple Juice, Grape Juice	Milk, Fruit Yogurt, Apple Juice, Orange Juice	Milk, Plain Yogurt, Apple Juice, Lemonade
FRUITS		Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit

* ALLERGENS: D=Dairy, G=Gluten, E=Egg, N=Nuts, L=Legumes, S=Seafood

ECE Campus Lunch Menu

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	October 26	October 27	October 28	October 29	October 30
MAIN COURSE		Chicken Pot Pie	Beef Meatball with Tomato Sauce	Soy Sauce Chicken	Pork Schnitzel
ALLERGENS		G, D, L	G, E	L	G, E
STAPLE FOOD		Mashed Potato	Spaghetti with Garlic and Olive Oil	Brown Rice	Baked Potato
ALLERGENS		D	G		D
VEGETABLES		Steamed Carrot & Broccoli	Roasted Carrot, Zucchini, Bell Peppers	Stir-Fried Chinese Bok Choy	Steamed Corn, Carrot & Green Peas
ALLERGENS					L
SPECIALTIES		Cheese Spring Roll	Tomato Bruschetta	Pan-Fried Pork Dumplings	Warm Corn Salad
ALLERGENS		G, D	G, D	G, L	
SANDWICH BAR		Ham	Egg Salad	Paprika Lyoner	Tuna Salad
ALLERGENS			E	L	S, E
VEGETARIAN DISH (on request)		Mushroom Pot Pie	Chickpea Meatball with Tomato Sauce	Soy Sauce Tofu	Zucchini Schnitzel
ALLERGENS		G, D, L	L	L	G, E
SALAD BAR		Salad Bar	Salad Bar	Salad Bar	Salad Bar
DRINKS		Milk, Fruit Yogurt, Apple Juice, Orange Juice	Milk, Plain Yogurt, Apple Juice, Kumquat Lemon Juice	Milk, Fruit Yogurt, Apple Juice, Orange Juice	Milk, Plain Yogurt, Apple Juice, Orange Juice
FRUITS		Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit

* ALLERGENS: D=Dairy, G=Gluten, E=Egg, N=Nuts, L=Legumes, S=Seafood

Nutrition Facts

October 27-30 Lunch Menu Nutrition Facts (based on 2000 calorie diet)

Menu	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
Chicken Pot Pie	550	45	30	25	800	5
Beef Meatball with Tomato Sauce	494	26	40	30	528	2
Soy Sauce Chicken	278	5	15	22	940	3
Pork Schnitzel	296	14	18	27	300	1
Mashed Potato	256	28	15	4	316	5
Spaghetti with Garlic and Olive Oil	250	38	8	8	376	2
Brown Rice	200	45	1	6	2	0
Baked Potato	300	36	6	6	377	3
Roasted Carrot, Zucchini, Bell Peppers	140	18	6	7	400	5
Stir-Fried Chinese Bok Choy	70	7	5	7	482	2
Steamed Corn, Carrot & Green Peas	104	24	0	4	56	6
Steamed Broccoli & Carrot	113	18	4	5	406	7

* ALL DATA FOR REFERENCE ONLY