

January 15 - 21, 2018

# LUTHER CAFETERIA WINTER MENU



## Breakfast 7:00 AM - 10:30 AM FRESH DAILY FEATURES

Fresh fruit, yogurt, granola, bread, cereal, and pastries are available daily as well as classic breakfast items (e.g. eggs, bacon/sausage, hash browns). The following daily features are also available:

**MONDAY**  
(MEXICAN MEATLESS)  
*Huevos Rancheros*  
*Mexi Fries*

**TUESDAY**  
*French Toast*  
**WEDNESDAY**  
*Waffles*

**THURSDAY**  
*Pan Scrambler • Pancakes*  
**FRIDAY**  
*Eggs Benedict • Baked Potato Hash*

## Lunch 10:30 AM - 3:30 PM FRESH DAILY FEATURES

**MONDAY** (MEXICAN MEATLESS)  
*Taco of the Sea*  
*Grilled 3-Cheese Sandwich*  
*Rice & Beans*  
*Fries & Mixed Vegetables*  
*SOUP - Winter Squash & De Jour*

**TUESDAY**  
*Burger Bar • Chicken Fingers*  
*Fries & Mixed Vegetables*  
*SOUP - Tomato & De Jour*

**WEDNESDAY**  
*Burrito Bar • Rice*  
*Mexi Fries & Mixed Vegetables*  
*SOUP - Thai Chicken & De Jour*

**THURSDAY**  
*Beef Stroganoff with Egg Noodles*  
*Reuben Sandwich*  
*Fries & Mixed Vegetables*  
*SOUP - Mushroom & De Jour*

**FRIDAY**  
*Crispy Battered Fish • Liver & Onions*  
*Fries & Mixed Vegetables*  
*SOUP - Corn Chowder & De Jour*

**SATURDAY & SUNDAY**  
*Brunch*

## Mediterranean 11:30 AM - 7:30 PM FRESH DAILY FEATURES

**MONDAY** (MEXICAN MEATLESS)  
*Veggie Empanadas • Mexican Pizza*  
*Egg & Double Cheese Polenta & Garlic Bread*

**TUESDAY**  
*Vegetarian & Classic Lasagna*  
*PIZZA: Pepperoni • 3 Cheese • Pepperoni, Mushroom & Bacon*

**WEDNESDAY**  
*Christmas Turkey Pizza • Steamed Fish & Vegetables*  
*Polenta Fries & Cheese Sauce*  
*PIZZA: Hawaiian • 3 Cheese*

**THURSDAY**  
*Baked Vegetable Pesto Rigatoni • Turkish Donair*  
*PIZZA: Bacon & Mushroom • Spinach & Feta*

**FRIDAY**  
*Italian Meat Stromboli • Moroccan Lentils • Spaghetti & Meatballs*



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LUTHER  
COLLEGE  
UNIVERSITY OF REGINA

## Supper 4:30 PM - 6:30 PM

### FRESH DAILY FEATURES

#### MONDAY (MEXICAN MEATLESS)

*Bean & Cheese Enchiladas • Nacho Casserole  
Rice & Beans • Fries & Mixed Vegetables  
SOUP - Black Bean & De Jour*

#### TUESDAY

*Turkey with Bread Stuffing • Roast Beef with Yorkshire Pudding  
Mashed Potatoes • Fries & Mixed Vegetables  
SOUP - Tomato & De Jour*

#### WEDNESDAY

*Asian Night • Rice • Stir-Fried Vegetables  
SOUP - Thai Chicken & De Jour*

#### THURSDAY

*Bison & Dumplings • Steamed Fish • Fries & Mixed Vegetables  
SOUP - Mushroom & Bouillabaisse*

#### FRIDAY

*Meatloaf & Gravy • Mashed Potatoes & Mixed Vegetables  
SOUP - Corn Chowder & De Jour*

#### SATURDAY

*Chef's Feature • Potatoes & Mixed Vegetables*

#### SUNDAY

*Mustard Glazed Ham • Spicy Roasted Brussel Sprouts  
Mixed Vegetables & Scalloped Potatoes*

## Salad Bar AVAILABLE ALL DAY

### FRESH DAILY FEATURES

#### MONDAY (MEXICAN MEATLESS)

*Mexican Salad • Jicama Salad • Spicy Tuna Salad*

#### TUESDAY

*Grilled Chicken Caesar Salad • Arugula, Pear & Roasted Beet Salad  
Sask Lentil Salad*

#### WEDNESDAY

*Spinach Salad • Pesto & Grilled Chicken Salad • Macaroni Salad*

#### THURSDAY

*Caesar Salad with Pepper Steak • Mushroom Salad  
Winter Squash & Orzo Salad*

#### FRIDAY

*Falafel Wraps • Kale, Apple & Bacon Salad  
Roasted Vegetable Salad • Broccoli Salad*

