

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUPS (1x Veg / 1x Meat)	OFF	Bean Minestrone with Pulled Pork GF, DF Cream of Cauliflower V, GF	Miso Soup DF Carrot & Ginger GF, V	Chicken Noodle H, DF Mushroom GF, V	Chef Choice
LUNCH		Canada Day Celebration	Taste of Japan	Tour Of Emilia-Romagna	
ENTRÉE	OFF	Fried Chicken Poutine H	Beef Gyudon DF, GF, H	Beef Lasagna H	
VEGETARIAN ENTRÉE	OFF	Crispy Cauliflower Poutine V	Japanese Vegetable Curry V, DF, GF	Cheese Cappelletti with Tomato & Basil Sauce V	
SIDES (Minimum x3)	OFF	Maple & Herb-Roasted Carrots V, DF Roasted Asparagus with Chili & Garlic V, V*, DF, GF Chicken Gravy & Vegetable Gravy V	Goma-Ae Greens V, DF Sushi Rice DF, GF, V, V* Stir-Fried Mixed Vegetables DF, GF, V, V*	Roasted Cauliflower with Olives, Currants & Apricots V, V*, GF, DF Charred Rapini with Kale, Treviso, Chili & Garlic V, DF, GF, V* Rosemary Focaccia V, V*, DF	
COMPOSED SALAD	OFF	Maple Roasted Sweet Potato, Kale, Cranberry & Toasted Sunflower Seeds V, V*, DF, GF	Garden Salad with Miso & Ginger Vinaigrette DF, V	Tomato, Cucumber, Watermelon, Shaved Parmesan Salad with Radicchio, Greens & Herb Dressing V, GF	
SALAD BAR	Mixed Greens, Romaine, Pasta, or Potato Salad, 6 vegetable toppings and 6 vinaigrettes	Mixed Greens, Romaine, Pasta, or Potato Salad, 6 vegetable toppings and 6 vinaigrettes	Mixed Greens, Romaine, Pasta, or Potato Salad, 6 vegetable toppings and 6 vinaigrettes	Mixed Greens, Romaine, Pasta, or Potato Salad, 6 vegetable toppings and 6 vinaigrettes	Mixed Greens, Romaine, Pasta, or Potato Salad, 6 vegetable toppings and 6 vinaigrettes

Thunderbird Café Menu					
2024 Menu					
SANDWICH BAR	Prosciutto, Salami, Artisan Cheese, Egg Salad, Tuna Salad, Roasted Vegetable, Artisan breads and fresh condiments	Prosciutto, Salami, Artisan Cheese, Egg Salad, Tuna Salad, Roasted Vegetable, Artisan breads and fresh condiments	Prosciutto, Salami, Artisan Cheese, Egg Salad, Tuna Salad, Roasted Vegetable, Artisan breads and fresh condiments	Prosciutto, Salami, Artisan Cheese, Egg Salad, Tuna Salad, Roasted Vegetable, Artisan breads and fresh condiments	Prosciutto, Salami, Artisan Cheese, Egg Salad, Tuna Salad, Roasted Vegetable, Artisan breads and fresh condiments
	MTO Restaurant Rotation	Summer Quinoa Chicken Salad Bowl: Spiced Chicken, Mixed Greens, Tri-Color Quinoa, Cherry Tomatoes, Vanilla Roasted Peaches, Crispy Onions & Toasted Sunflower Seeds with Lemon Vinaigrette Summer Quinoa & Tofu Salad Bowl: Spiced Chicken, Greens, Tri-Color Quinoa, Cherry Tomatoes, Vanilla Roasted Peaches, Crispy Onions & Toasted Sunflower Seeds with Lemon Vinaigrette	Summer Quinoa Chicken Salad Bowl: Spiced Chicken, Mixed Greens, Tri-Color Quinoa, Cherry Tomatoes, Vanilla Roasted Peaches, Crispy Onions & Toasted Sunflower Seeds with Lemon Vinaigrette Summer Quinoa & Tofu Salad Bowl: Spiced Chicken, Greens, Tri-Color Quinoa, Cherry Tomatoes, Vanilla Roasted Peaches, Crispy Onions & Toasted Sunflower Seeds with Lemon Vinaigrette	Summer Quinoa Chicken Salad Bowl: Spiced Chicken, Mixed Greens, Tri-Color Quinoa, Cherry Tomatoes, Vanilla Roasted Peaches, Crispy Onions & Toasted Sunflower Seeds with Lemon Vinaigrette Summer Quinoa & Tofu Salad Bowl: Spiced Chicken, Greens, Tri-Color Quinoa, Cherry Tomatoes, Vanilla Roasted Peaches, Crispy Onions & Toasted Sunflower Seeds with Lemon Vinaigrette	
SANDWICHES (1xMeat / 1x Veg)	OFF	Grilled Vegetable with Halloumi & Balsamic Glaze V Prosciutto, Brie & Arugula	Grilled Vegetable with Halloumi & Balsamic Glaze V Prosciutto, Brie & Arugula	Grilled Vegetable with Halloumi & Balsamic Glaze V Prosciutto, Brie & Arugula	
DESSERT	OFF	Nanaimo Bars	Matcha Cheesecake	Tiramisu	
CHEF’S TABLE (Daily Bites)	OFF	Sausage Roll	California Roll	Spanakopita	
BREAKFAST	Assorted Sweet & Savory Pastry	Assorted Sweet & Savory Pastry	Assorted Sweet & Savory Pastry	Assorted Sweet & Savory Pastry	
SMOOTHIE	Yellow Smoothie	Orange Smoothie	Red Smoothie	Purple Smoothie	

Legend



Halal

GF Made without Gluten

DF Dairy Free

V vegetarian

V*vegan