

## Deluxe Sandwiches

### WEEK 1

Italian Cold Cut Sub  
Black Forest Ham & Swiss on Rye  
Tuna Wrap  
Barbeque Beef on a Pretzel Bun  
Caprese Sandwich on a Multi Grain Ciabatta

### WEEK 2

Corned Beef, Dijon & Swiss on Marble Rye  
Turkey Club Wrap  
Grilled Portobello, Roasted Tomato, Hummus in a Pita  
Curry Chicken Salad on a Onion Bun  
Sliced Beef Wrap with Purple Onions & Cheddar Cheese

### WEEK 3

Grilled Fall Vegetables with Tabouleh in a Pita  
Cranberry Chicken Salad on a Herb Focaccia  
Salami with Horse Radish Mayo on a Ciabatta Bun  
Beef Fajita Wrap  
Ham & Cheese Wrap with Apple Jelly

### WEEK 4

Chicken with Red Pepper Jelly on a Herb Focaccia  
Tomato & Brie with Arugula, Garlic Mayo on a Multi Grain Ciabatta  
Pastrami & Swiss with Purple Onion Relish on a Pretzel Bun  
Egg Salad with Arugula on a Croissant  
Classic Chicken Sandwich on 12 Grain Bread

## Deluxe Salads

### WEEK 1

Tabouleh Salad with Chick Peas  
Classic Chef's Salad  
Philly Steak Salad  
Baby Spinach with Mandarin Sections  
Tex-Mex Salad

### WEEK 2

Greek Salad  
Nicoise Salad  
Southwest Salad  
Jerk Chicken Salad with Orange Slices  
Cobb Salad

### WEEK 3

Chicken Chow Mein Noodle Salad  
Taco Salad  
Antipesto Salad  
BLT Chicken Salad  
Arugula Salad with Watermelon & Feta

### WEEK 4

Chicken Greek Salad  
Baja Salad  
Chicken Caesar  
Great Grain Salad  
Chicken Salad with Dried Fruit & Seeds

## Always Available

Tuna Sandwich, Ham Sandwich, Egg Salad Sandwich, Roast Beef Sandwich

Meals come with the choice of Vegetable sticks or Side Salad

Beverages: Pepsi, Diet Pepsi, 7 - Up, Milk, Chocolate Milk, Juice Box

### Have questions?

Please email us at [food.beverage@utoronto.ca](mailto:food.beverage@utoronto.ca)

