MEAL PERIOD SCHEDULE

**Monday to Thursday**

**Breakfast: 7am - 10:30am**
Full Breakfast, Salad Bar, Grab”N”Go.

**Lunch: 11:30am - 1:30pm**
Chef’s Table, Gourmet Burger House Express, Urban Deli, Salad Bar, Stone Oven Pizzeria, Pasta Pappardelle Express or Sambal Express, Grab“N”Go.

**Dinner: 5pm - 8pm**
Chef’s Table, Gourmet Burger House Express, Urban Deli, Salad Bar, Stone Oven Pizzeria, Pasta Pappardelle Express or Sambal Express, Grab“N”Go.

**Friday**

**Breakfast: 7am - 10:30am**
Full Breakfast.

**Lunch: 11:30am - 1:30pm**
Chef’s Table, Gourmet Burger House Express, Urban Deli, Salad Bar, Stone Oven Pizzeria, Pasta Pappardelle Express or Sambal Express, Grab“N”Go.

**Dinner: 5pm - 8pm**
Chef’s Table, Gourmet Burger House Express, Stone Oven Pizzeria, Grab“N”Go.

**Weekends, Holidays & Reading Week**

**Breakfast: 8am - 10:30am**
Full Breakfast.

**Lunch: 11:30am - 1:30pm**
Chef’s Table, Gourmet Burger House Express, Salad Bar, Stone Oven Pizzeria, Grab“N”Go.

**Dinner: 5pm - 8pm**
Chef’s Table, Gourmet Burger House Express, Stone Oven Pizzeria, Grab“N”Go.

**10:30am - 11:30am**
Continental Breakfast, Salad Bar, Grab“N”Go.

**1:30pm - 5pm**
Urban Deli, Salad Bar, Stone Oven Pizzeria, Grab“N”Go.

**8pm - 10pm**
Urban Deli, Salad Bar, Stone Oven Pizzeria, Grab“N”Go.

**10:30am - 11:30am**
Continental Breakfast, Deli Bar, Salad Bar.

**1:30pm - 5pm**
Urban Deli, Salad Bar, Stone Oven Pizzeria, Grab“N”Go.

**10:30am - 11:30am**
Continental Breakfast, Deli Bar, Salad Bar.

**1:30pm - 5pm**
Urban Deli, Salad Bar, Stone Oven Pizzeria, Grab“N”Go.
**Gourmet Burger House Express**  
Handmade, 100% local ground beef burgers, freshly grilled to order! Enjoy a local market creation like the Holland Marsh Double Onion, The Mushroom Melt or The Brie. Experience a classic double patty with bacon and cheese then dress it up however you want. Along with amazingly fresh burgers diners can enjoy fresh-cut local fries or one of many poutine creations like The Classic or The Pulled Pork.

**Urban Deli**  
A build-your-own sandwich station that includes deli meats, fresh roasted turkey breast, egg, tuna and chicken salads, a variety of cheeses and a selection of fresh cut vegetable garnishes. Enjoy a sandwich of the day such as Vietnamese Banh Mi, Pork Loin Cubano, Italian Muffaletta or a Boston Seafood Roll.

**The Chef’s Table**  
Chef-inspired hot meals including items like Roasted Chicken Mole, Hand Carved Pot Roast, General Tao’s Chicken and Lamb Korma as well as vegetarian selections, with dishes like Bombay Paneer Stir Fry or North African Inspired Lentil and Couscous Tagine. All selections are served with a variety of side dishes such as Wasabi Mashed Potato, Spanish Rice, Cumin Roasted Carrots or French Green Beans.

**Not Just Greens**  
Start your day with fresh cut fruits, yoghurts, and a build-your-own Muesli bar. For lunch and dinner enjoy a selection of composed salads like Harvest Kale, Spicy Thai Noodle, Golden Jewel, Spinach Waldorf and Roasted Beet and Orange. Or, create your own salad from a selection of fresh greens and assorted toppings including nuts, beans, seeds, fresh vegetables and cheeses.

**Stone Oven Pizzeria**  
Hand-crafted pizzas like the classic Pepperoni and Mushroom or Farmer’s Market Vegetable as well as speciality pizzas and flat breads like the Pear and Gorgonzola or the Butter Chicken Flat Bread. Savour one of our daily speciality baked items like Calzones, Stone Oven Baked Lasagna or Meatball Sub.

**Sambal Express**  
Asian inspired creations like Polynesian Fire Chicken, Dan Dan Noodles or Chicken Biryani are featured daily dishes at Sambal Express. If creating your own Sambal dish is more to your liking, enjoy a rotating variety of build-your-own fried rice or noodles with Asian themed toppings like spicy shrimp, bok choy, water chestnuts and bean sprouts.

**Pasta Pappardelle Express**  
Choose your own pasta and toppings with proteins including chicken, sausage and shrimp. Complete your dish with a selection of market fresh vegetables and sauces. A selection of sauces allows you to create your own pasta expression. Or, try one of the pastas of the day like Pork Belly Carbonara, Mushroom Ravioli or Pasta e’ Fagioli.
Meal Plan Schedule

**Fall Semester** Meal Plans begin on August 26, 2017 and run until December 21, 2017.

**Winter Semester** Meal Plans begin on January 4, 2018 and run until May 31, 2018.

At CampusOne, all food items are individually priced - just like a restaurant! You only pay for what you select. CampusOne Meal Plans also allow you to utilize the Grab “N” Go program to purchase either a sandwich for lunch or one of our home-made soup or stews that you can heat up later while studying late into the night.

Your Meal Plan selection is required to cover BOTH Fall and Winter Semesters. These plans do not include Summer semester.

You receive ALL your Meal Plan dollars for both semesters at the beginning of the Fall semester. Once you select your CampusOne Meal Plan, you are entering into a contract with CampusOne, which is operated by Canadian Campus Communities (CCC).

Please review all the Meal Plan information, terms and conditions carefully in this guide to ensure you have chosen the right Meal Plan to fit your needs.
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