

**Eat Well** - We know that great taste, nutrition and healthy eating are important to you. That's why our program is based around home-cooked meals using wholesome, seasonally fresh ingredients.

**Convenient & Social** - Leave the grocery shopping, food prep, cooking and cleaning to us - and enjoy sharing meals with your friends every day!

**Meal Plan Options** - All residents choose between a 5-day (M-F) or 7-day meal plan. Both plans receive \$200 flex dollars for the 'On the Go' counter or the Kelly Café.

**All Inclusive** - Residents may visit the Canada Room as many times a day as they like and enjoy 'all one cares to eat'.

**Special Diets** - Our program is designed to accommodate the diverse needs of today's students including vegetarian, vegan, halal and gluten-free diets.

**Bag Lunches** - Are available on request during the breakfast period. NB - Bag lunch recipients are not able to enter the Canada Room again until 4 PM.

**Themed Meals** - Enjoy themed meals on special occasions: Thanksgiving, Halloween, Grey Cup, Chinese New Years, Superbowl, Valentine's Day, etc.

**Fun Events** - Build your own sundae bar, hot wings eating contest, sushi nights, cooking contests and more!

**Guest Passes** - All residents receive 6 guest passes which allow them to bring their friends or family to eat in the Canada Room for only \$4!

## Canada Room Dining Hall

Food Stations Include:

### The Kitchen

Hearty entrees, including vegetarian & halal

### Trattoria

Brick fire oven pizzas, pastas and flatbreads

### The Grill

Grilled favourites, beef burgers, jerk chicken, BBQ ribs and more!

### Salad Bar

Stocked daily with a wide variety of fresh seasonal ingredients.

### Deli Station

Allows you to customize and create your own subs and sandwiches

### Dessert Station

Delectable cakes, squares, brownies, and pies, just to name a few treats!

### My Pantry

Cook your own meals in our assisted kitchen

### Hours of Operation:

Monday - Thursday 7:30 AM - 9 PM

Fridays 7:30 AM - 7 PM

Weekends & Holidays 10 AM - 7 PM



81 St Mary Street  
Brennan Hall

