



March 4 - March 10

### Primary Vegetarian Options

Please make an appointment to see the  
Director of Dining Services or Executive Chef  
250-370-6102 or e-mail: [sodexo@smus.ca](mailto:sodexo@smus.ca)



March 11 - March 15

## Graves Dining Hall Menu

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## Graves Dining Hall Menu

### Primary Vegetarian Options

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
<b>BREAKFAST</b> <i>Mon - Fri:</i> 7:00-9:00am <i>Saturday &amp; Sunday</i> <i>Continental</i> 7:00-9:00 am <i>Hot Breakfast</i> 9:00-11:00	Scrambled Eggs Hard Boiled Eggs Vegetarian Omelette Banana Bread French Toast Shredded Hash Brown Bacon Steamed Rice BBQ Pork Boa Oatmeal Daily Congee		Scrambled Eggs Hard Boiled Eggs Tomato & Herb Frittata Nutella Crepes Breakfast Potatoes Steamed Rice Roasted Root Vegetables Chicken Sausage Oatmeal Daily Congee		Scrambled Eggs Hard Boiled Eggs Egg & Cheese Wrap White Chocolate Pancakes Hash browns Apple Chicken Sausage Steamed Rice Roasted Tomatoes Oatmeal Daily Congee		Scrambled Eggs Hard Boiled Eggs Chefs Special Fritta Crêpes/Berry Compote Breakfast Potatoes Bacon Steamed Rice Pork & Shrimp Wontons Oatmeal Daily Congee		Scrambled Eggs Hard Boiled Eggs Chef Special Egg Sandwich Belgium Waffles Hash browns English Bangers Steamed Rice Spinach & Mushrooms Oatmeal Daily Congee		Scrambled Eggs Hard Boiled Eggs Vegetarian Egg Muffin Waffles & Fruit Compote Hash Brown Steamed Rice Baked Beans Ham Oatmeal Daily Congee		Scrambled Eggs Hard Boiled Eggs Daily Quiche Cinnamon Raisin French Toast Chefs Special Hash Potato Steamed Rice Dim Sum Chicken Sausage Oatmeal Daily Congee
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
<b>LUNCH</b>  <i>Mon - Fri:</i> 11:30 am - 1:15  <b>BRUNCH</b>  <i>Saturday &amp; Sunday</i> 11:00 - 1:00 O	Turkey Tacos with Pickled Jalapeno & Roasted Sweet Peppers  Chipotle Vegan Tacos Soft Shell & Corn Tortilla  Pinto & Kidney Bean Casserole  Smoked Paprika & Onion Rice Roasted Red Onion & Zucchini Daily Vegan Soup Daily Protien Soup		(Middle East )Baharat Baked Chicken  Plant Based Chicken Baharat Green Beans, Almonds & Green Olives  Harrissa, Mint & Cumin Rice  Cous Cous with Sultanas & Orange Orzo with Feta, Peppers & Tomatoes Creamy Yogurt Spinach Daily Vegan Soup Daily Protien Soup		Greek Style Minted Roasted Lamb Leg  Spinach Spanikopita Mushroom Moussaka  Roasted Oregano Lemon Zucchini Flatbread Daily Vegan Soup Daily Protien Soup		Gambas Al Ajillo, Spanish Prawns  Paella Rice with Sausage & Calamari Plant Based Paella Patatas Bravas (Spanish Roasted Potatoes With Tomato Sauce) Piperade (Spanish Bell Pepper Sauté) Minted Green Peas Daily Vegan Soup Daily Protien Soup		Roast Beef with Mustard, & Pearl Onion Sauce  Plant Based Beef Bites with Pearl Onions Egg Noodles with Carrots & Scallions Scalloped Potatoes  Yorkshire Pudding Buttered Asparagus Daily Vegan Soup Daily Protien Soup		<b>BRUNCH</b>  Chef's Entrée Chef's Vegetarian Entrée  Chef's Starch  Chef's Vegetable Daily Soup <b>Action Station</b> <b>Smoothie</b>		<b>BRUNCH</b>  Chef's Entrée Chef's Vegetarian Entrée  Chef's Starch  Chef's Vegetable Daily Soup <b>Action Station</b> <b>Smoothie</b>
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
<b>DINNER</b>  <i>7 days a week:</i> 4:45-7:00	Korean BBQ Style Pork Ribs BBQ Plant Based Pork Bean Curd Japchae (Korean noodles) Creamy Kimchi Rice Stir-Fried Oyster Mushrooms Buttered Garlic Asparagus Daily Soup		Tex-Mex Beef Chili Con Carne Plant Based Chili Con Carne Baked Potato Bar Tex Mex Rice with Cheddar & Fresh Salsa Creamed Sweet Corn Corn Tortilla Daily Soup Broiled Italian Meatballs		SMUS Special Theme Dinner With Chef Pop Up Action Station Daily Soup		Malaysian Coconut Chicken Rendang Plant Based Chicken & Bean Curd Redang Mee Goreng Mamak "Fried Noodles" Nasi Lemak "Coconut Rice" Mushroom Korma Steamed Bok Choy Daily Soup		Pork Chop in Creamy Forest Mushroom Sauce Baked Portobello with Plant Based Pork Brie & Garlic Potato Perogies Caraway & Sweet Onion Rice Pilaf Green Bean Almondine Vegetarian Gyoza Daily Soup Chef Pop Up Action Station		Baked Salmon Filet with Shrimp Piri Piri Sauce Plant Based Chorizo Piri Piri Pasta "Agio Olio" Green Onion & Sweet Pea Rice Smoked Paprika Roasted Zucchini Baked Tomato With Olive Tapenade Daily Soup		Chicken Cutlet Burgers Plant Based Chicken Cutlet Burgers Creole Potato Wedges Mac & Cheese Warm Cabbage Slaw Local BC Green Market Vegetables Daily Soup

### Special Dietary Needs?

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**Graves Dining Hall Menu****Primary Vegetarian Options**

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
<b>BREAKFAST</b> <i>Mon - Fri:</i> 7:00-9:00am <i>Saturday &amp; Sunday</i> <i>Continental</i> 7:00-9:00 am <i>Hot Breakfast</i> 9:00-11:00	Scrambled Eggs Hard Boiled Eggs Chef Special Omelet French Crepes Breakfast Potatoes Steamed Rice Roasted Mushrooms Pork Sausage Oatmeal Daily Congee		Scrambled Eggs Hard Boiled Eggs Egg, Bean & Cheese Quesadilla White Chocolate Blueberry Pancakes Hash browns Steamed Rice Dumplings Turkey Bacon Oatmeal Daily Congee		Scrambled Eggs Hard Boiled Eggs Spinach Omelet Waffle & Whipped Vanilla Cream Breakfast Potatoes Steamed Rice Roasted Tomatoes Beef Sausage Oatmeal Daily Congee		Scrambled Eggs Hard Boiled Eggs Feta Cheese & Spinach Quiche French Crepes Breakfast Potatoes Steamed Rice Roasted Zucchini Bacon Oatmeal Daily Congee		Scrambled Eggs Hard Boiled Eggs Breakfast Sausage Muffin Strawberry Pancakes Hash Brown Steamed Rice Pork & Shrimp Wontons Chicken Sausage Oatmeal Daily Congee		Scrambled Eggs Hard Boiled Eggs Egg & Cheese Quesadilla Chocolate Chip Pancakes Hash Brown Apple Chicken Sausage Steamed Rice Roasted Mushrooms Oatmeal Daily Congee		Scrambled Eggs Hard Boiled Eggs Eggs Benedict with Spinach Waffles with Whipped Cream Breakfast Potatoes Bacon Steamed Rice Dim Sum Oatmeal Daily Congee	
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
<b>LUNCH</b> <i>Mon - Fri:</i> 11:30 am - 1:15 <b>BRUNCH</b> <i>Saturday &amp; Sunday</i> 11:00 - 1:00	Chicken Breast in Sundried Tomato & Roasted Garlic Jus Plant Based Chicken 3 Cheese Cannelloni in Rose Sauce Basil Pesto Rice Pilaf Garlic Green Beans 2 Bean Ragout "Puttanesca Style" Daily Vegan Soup Daily Protien Soup		Miso Marinated Roasted Salmon Filet Shrimp Yaki Udon Takikomi Gohan (Japanese Mixed Rice) Miso Tofu Stitake Mushrooms & Napa Cabbage Soy Braised Radish Daily Vegan Soup Daily Protien Soup		Kuku Paka (African Chicken Curry) Plant Based African Curry Jollof Rice Ethiopean Aromatic Spiced Lentils African Sweet Potato stew Hassia Beans Daily Vegan Soup Daily Protien Soup		(Buglama) Gegorgian Lamb Ragout with Peppers Cheese Perogies Steamed Sour Cream Potatoes Candied Carrots Vegetable Medley Butter Egg Noodles with Feta Daily Vegan Soup Daily Protien Soup		Beef Burgers Plant Based Burgers Spicy French Fries Tortellini Alfredo Local BC Vegetables Kaiser Sesame Buns Daily Vegan Soup Daily Protien Soup		BRUNCH Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Daily Soup Action Station Smoothie		BRUNCH Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Daily Soup Action Station Smoothie	
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
<b>DINNER</b> <i>7 days a week:</i> 5:00-7:00	Beef Bulgogi Tacos Plant Based Beef Taco Shredded Red Cabbage & Diakon Sl Steamed Rice Flour & Corn Tortilla KimChi & Enoki Mushroom Rice Noodles Daily Soup		Honey Mustard Glazed Ham Creamy Garlic Egg Noodles Leek & Havarti Tart Dill Steamed Potatoes Vegetable Medley with Herbs Green Asparagus Daily Soup		SMUS Special Theme Dinner With Chef Pop Up Action Station		Peking Pork Chops Cantonese Squid Fried Rice Vegetable Chow Mein Vegetable Spring Rolls Sui Choy with Bean Sprouts Steamed Ginger Broccoli Daily Soup		Lemon Rosemary Chicken Plant Based Rosemary Chicken Orzo Pasta with Sweet Peppers Rapini Tuscan Rosemary Potatoes Balsamic Glazed Root Vegetables Daily Soup Chef Pop Up Action Station		Thai Basil Pork Stir-fry (Pad Kra Pao Pork) Plant Basil Stir Fry Yellow Coconut Rice Pad Thai Noodles Baby Corn & Shanghai Bok Choy Yellow Curry Mushrooms Daily Soup		Beef Bolognaise Plant Based Bolognaise Parmesan & Fontina Cheese Rice Daily Pasta Green Beans with Onions & Garlic Garlic Bread Ice Cream Bar Daily Soup	

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