

# **Graves Dining Hall Menu**

### 2024 Term 1 Week One

January 8 - January 14

February 5 - February 11

March 4 - March 10

	Primary Vegetarian Options												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
BREAKFAST	Scrambled Eggs		Scrambled Eggs		Scrambled Eggs		Scrambled Eggs		Scrambled Eggs		Scrambled Eggs		Scrambled Eggs
Mon - Fri:	Hard Boiled Eggs		Hard Boiled Eggs		Hard Boiled Eggs		Hard Boiled Eggs		Hard Boiled Eggs		Hard Boiled Eggs		Hard Boiled Eggs
7:00-9:00am	Breakfast Sandiwch		Mexican Omelette		Burrito Eggs		Egg Pepper & Cheese Quiche		Quesadilla with Cheese & Pepp	ers	Egg, Cheese & Bean Quesadilla		Mushroom Benedict
Saturday & Sunday	Buttermilk Pancakes		French Toast	Cre	epes with Strawberry Comp	ote	Buttermilk Pancakes	W	affles with Vanilla Berry Compo	ote	Waffles		White Chocolate Pancakes
Continental	Breakfast Potatoes		Breakfast Potatoes		Hash browns		Breakfast Potatoes		Corn Beef Hash		Breakfast Potatoes		Hash Brown
7:00-9:00 am	Steamed Rice		Steamed Rice		Sushi Rice		Sushi Rice		Sushi Rice		Steamed Rice		Steamed Rice
Hot Breakfast	Pork Bao Bun		Baked Tomatoes		Bacon		Turkey Sausage		Chicken Apple Sausage		Shaksuka Vegetable		Roast Mushrooms
9:00-11:00	Maple Pork Sausage		Bangers		Pork & Shrimp Wontons		Dumplings		Sauteed Mushrooms		Pork Sausage		Turkey Sausage
	Oatmeal		Oatmeal		Oatmeal		Oatmeal		Oatmeal		Oatmeal		Oatmeal
	Daily Congee		Daily Congee		Daily Congee		Daily Congee		Daily Congee		Daily Congee		Daily Congee
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
LUNCH	Traditional Russian Stroganoff		Cuban Pork Chops with Orange & Lime		Mongolian Beef Kebab		Black Bean & Ginger Chicken		Lamb Curry Punjabi Style		BRUNCH		BRUNCH
Mon - Fri:	Plant Based Stroganoff		Lentil Stew and Lemon Crema	a 1	Plant Based Beef Kebabs		Plant Based Black Bean Chicken		Vegetarian Samosas		Chef's Entrée		Chef's Entrée
11:30 am - 1:15	Potato Zapekanka	Black	Beans Rice with Roasted Pe	pperse	getarian Mongolian Nood	les	Vegetarian Curry Rice Noodles		Lentil Masala		Chef's Vegetarian Entrée		Chef's Vegetarian Entrée
BRUNCH	Braised Apple Cabbage	Roa	asted Zucchni with Cheese Cu	ırds	Braised Bean Curd		Steamed Green Beans		Cumin Basmati with Sultana	S	Chef's Starch		Chef's Starch
Saturday & Sunday	Warm Creamy Beet & Dill Sa	lad	Mojo Potatoes		Mongolian Fried Rice	,	Steamed Carrots in Chili Oil Sauc	e Pur	njabi Dum Aloo (creamy potat	oes)	Chef's Vegetable		Chef's Vegetable
11:00 - 1:00	Garlic Bread		Spiced Citrus Carrots	Br	ocoli with Ginger & Chilli	es	Steamed Buns	Pe	as & Paneer with Cilantro & N	/lint	Smoothie		Smoothie
	Daily Vegan Soup		Daily Vegan Soup		Daily Vegan Soup		Daily Vegan Soup		Daily Vegan Soup		Action Station		Action Station
	Daily Protien Soup		Daily Protien Soup		Daily Protien Soup		Daily Protien Soup		Daily Protien Soup				
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
	Chicken Fajita Tortilla Bowls		Italian Chicken Picatta		SMUS Special		Honey Garlic Roasted Pork		Chili Garlic Prawns		Homemade Beef & Italian Sausage Lasagne		BBQ Chicken
DINNER	Plant Based Fajita		Plant Based Picatta		Theme Dinner		Steamed Buns		Pasta in Carbonarra Sauce		Vegetarian Lasagne		BBQ Plant Based Chicken
7 days a week:	Roasted Chipotle Potatoes		Balsamic Mushroooms		With		Sesame Coconut Rice		Chimichurri Rice		Rapini		Cajun Potato Wedges
5:00-7:00	Tomato Rice with Cumin		Risi e Bisi (rice & peas)	C	hef Pop Up Action Station	n	Soy Braised Mushrooms	1	Asparagus with Crispy Onion		Vegetable Medley		Almond Green Beans
	Refried Beans		3 Cheese Rigatoni				Vegetarian Noodles	Po	rtobello Baked with Brie Che	ese Ro	semary & Fennel Seed Potatoe	es	BBQ Baked Beans
	Daily B.C Vegetables		Italian Style Green Beans				Shanghai Bok Choy		Roast Kale		Baked Chessy Flatbread		Mac & Cheese
	Daily Soup		Daily Soup				Daily Soup		Daily Soup		Daily Soup		Daily Soup
									Chef Pop Up Action Station	_			Ice Cream Bar

**Special Dietary Needs?** 

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



# **Graves Dining Hall Menu**

#### 2023 Term 1 Week Two

January 15 - January 21 February 12 - February 18

March 11 - March 15

	Primary Vegetarian Options											
	Monday		Tuesday	Wednesday		Thursday		Friday		Saturday		Sunday
BREAKFAST	Scrambled Eggs		Scrambled Eggs	Scrambled Eggs		Scrambled Eggs		Scrambled Eggs		Scrambled		Scrambled Eggs
Mon - Fri:	Hard Boiled Eggs		Hard Boiled Eggs	Hard Boiled Eggs		Hard Boiled Eggs		Hard Boiled Eggs		Hard Boiled Eggs		Hard Boiled Eggs
7:00-9:00am	Smoked Salmon Omelette		Spinach & Cheese Tart	Breakfast Wrap		Mexican Omelette		Breakfast Sandiwch	;	Smoked Salmon & Egg Sandwich	า	Mushroom & Cheese Frittata
Saturday & Sunday	French Toast		Raisin Bread French Toast	Waffles with Berry Compote		French Toast		Buttermilk Pancakes		Chef Special Pancakes		Cinnamon French Toast
Continental	Hash browns		Hash Brown	Corned Beef Hash		Breakfast Potatoes		Breakfast Potatoes		Breakfast Potatoes		Breakfast Potatoes
7:00-9:00 am	Sushi Rice		Steamed Rice	Steamed Rice		Steamed Rice		Steamed Rice		Sushi Rice		Sushi Rice
Hot Breakfast	Pork Sausage		Dim Sum	Asian Dumplings		Baked Tomatoes		Pork Bao Bun		Turkey Bacon		Pork Sausage
9:00-11:00	Pork Bao Buns		Bacon	Turkey Bacon		Bangers		Maple Pork Sausage		Gyoza		Dim Sum
	Oatmeal		Oatmeal	Oatmeal		Oatmeal		Oatmeal		Oatmeal		Oatmeal
	Daily Congee		Daily Congee	Daily Congee		Daily Congee		Daily Congee		Daily Congee		Daily Congee
	Monday		Tuesday	Wednesday		Thursday		Friday		Saturday		Sunday
LUNCH	Beef Burgers		Chinese BBQ Pork Char Sui	Miso Ginger Pork Shogayaki		Tikka Masalla Butter Chicken		Slow Briased Beef Pot Roast in French Onion Gravy		BRUNCH		BRUNCH
Mon - Fri:	Plant Based Burgers		BBQ Tofu & Sui Choy	Vegetarian Gyoza		Vegetarian Samosas		Plant Based Pot Roast Bites		Chef's Entrée		Chef's Entrée
11:30 am - 1:15	Spicy French Fries		Vegetarian Chow Mein	Sushi Rice		Daal (Aromatic Lentil Stew		Potato Dauphinoise		Chef's Vegetarian Entrée		Chef's Vegetarian Entrée
BRUNCH	Seasame Kaiser Bun		Vegetarian Fried Rice	Yaki Udon	Caul	iflower & Green Bean Aloo	Gobi	<b>Braised Yams</b>		Chef's Starch		Chef's Starch
Saturday & Sunday	Rigatoni Arabiatta		Garlic Chili Brocolli	Miso Bean Curd		Roasted Indian Potatoes	Egg No	oodles in Creamy Mushroom	Sauce	Chef's Vegetable		Chef's Vegetable
11:00 - 1:00	B.C Vegetable of The Day		Shitake Mushroom Rice	Sesame Spinach		Naan Bread		Asparagus in Herb Butter		Smoothie		Smoothie
	Daily Soup		Daily Vegan Soup	Daily Vegan Soup		Daily Vegan Soup		Daily Vegan Soup		Action Station		Action Station
	Daily Protien Soup		Daily Protien Soup	Daily Protien Soup		Daily Protien Soup		Daily Protien Soup				
	Monday		Tuesday	Wednesday		Thursday		Friday		Saturday		Sunday
	B.C Salmon Filet in West Coast Chowder Sauce		Lemongrass Chicken (Bun Ga Nuong)	SMUS Special		Balsamic Pork Chops with Italian Bacon		Tavuk Sote (Turkish Chicken Stew)		Brazilian Picanha Beef		Slow Roasted Pork Adobo
DINNER	Bell Pepper Quiche with Goat Ch	neese	Vegan Vietnamese Noodles	Theme Dinner	Cream	y Broccoli & Fontina Chees	e Pasta	Plant Based Chicken Stew		Plant Based Picanha		Vegetables Pancit Noodles
7 days a week:	Lemon & Dill Rice Pilaf		Com am Phu(spicy rice)	With		Daily Vegetarian Quiche	To	urkish Rice with Dried Apricot	s	Baião-de-dois (brazilian rice)		Steamed Rice
5:00-7:00	Butter Asparagus		Baby Bok Choy	Chef Pop Up Action Station		Green Bean Almondine	Bu	lgur with Chckpeas & Tomato	es	Black Bean & Pepper Stew		Vegetarian Spring Rolls
	Steamed New Potatoes with Tarr	ragon	Chili Braised Mushrooms			Wild Mushroom Ragout	Zeytin	yağlılar (green beans with Oli	ve oil)	Braised Kale & Spinch		Mushroom Adobo
	Spinach Gomae		Bean Sprouts & Cabbage			Chef's Mixed Vegetables		Falafals		Chimichurri Potatoes	Mark	et Green Vegetable in Soy & Ga
	Daily Soup		Daily Soup	Daily Soup		Daily Soup		Daily Soup		Daily Soup		Daily Soup
	Daily Protien Soup							Chef Pop Up Action Station				Ice Cream Bar

# **Special Dietary Needs?**

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

January 22 - January 28 February 19 - February 25

# **Graves Dining Hall Menu**

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

### **Special Dietary Needs?**

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January 29 - February 4 February 26 - March 3

# **Graves Dining Hall Menu**

	<b>Primary Vegetarian Options</b>												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
BREAKFAST	Scrambled Eggs		Scrambled Eggs		Scrambled Eggs		Scrambled Eggs		Scrambled Eggs		Scrambled Eggs		Scrambled Eggs
Mon - Fri:	Hard Boiled Eggs		Hard Boiled Eggs		Hard Boiled Eggs		Hard Boiled Eggs		Hard Boiled Eggs		Hard Boiled Eggs		Hard Boiled Eggs
7:00-9:00am	Chef Special Omelet		Egg, Bean & Cheese Quesadilla		Spinach Omelet	F	eta Cheese & Spinach Quiche		Breakfast Sausage Muffin		Egg & Cheese Quesadilla		Eggs Benedict with Spinach
Saturday & Sunday	French Crepes	W	hite Chocolate Blueberry Pancak	es V	Waffle & Whipped Vanilla Cream		French Crepes		Strawberry Pancakes		Chocolate Chip Pancakes		Waffles with Whipped Cream
Continental	Breakfast Potatoes		Hash browns		Breakfast Potatoes		Breakfast Potatoes		Hash Brown		Hash Brown		Breakfast Potatoes
7:00-9:00 am	Steamed Rice		Steamed Rice		Steamed Rice		Steamed Rice		Steamed Rice		Apple Chicken Sausage		Bacon
Hot Breakfast	Roasted Mushrooms		Dumplings		Roasted Tomtoes		Roasted Zucchini		Pork & Shrimp Wontons		Steamed Rice		Steamed Rice
9:00-11:00	Pork Sausage		Turkey Bacon		Beef Sausage		Bacon		Chicken Sausage		Roasted Mushrooms		Dim Sum
	Oatmeal		Oatmeal		Oatmeal		Oatmeal		Oatmeal		Oatmeal		Oatmeal
	Daily Congee		Daily Congee		Daily Congee		Daily Congee		Daily Congee		Daily Congee		Daily Congee
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
LUNCH	Chicken Breast in Sundried Tomato & Roasted Garlic Jus		Miso Marinated Roasted Salmon Filet		Kuku Paka (African Chicken Curry)		(Buglama) Gegorgian  Lamb Ragout with  Peppers		Beef Burgers		BRUNCH		BRUNCH
Mon - Fri:	Plant Based Chicken		Shrimp Yaki Udon		Plant Based African Curry		Cheese Perogies		Plant Based Burgers		Chef's Entrée		Chef's Entrée
11:30 am - 1:15	3 Cheese Cannelloni in Rose Sauce		Takikomi Gohan (Japanese Mixed Rice)		Jollof Rice	St	teamed Sour Cream Potatoes		Spicy French Fries		Chef's Vegetarian Entrée		Chef's Vegetarian Entrée
BRUNCH	Basil Pesto Rice Pilaf		Miso Tofu	Eth	eopean Aromatic Spiced Lenti	ls	Candied Carrots		Tortellini Alfredo		Chef's Starch		Chef's Starch
Saturday & Sunday	Garlic Green Beans	Stit	ake Mushrooms & Napa Cabba	ge	African Sweet Potato stew		Vegtetable Medley		Local BC Vegetables		Chef's Vegetable		Chef's Vegetable
11:00 - 1:00	2 Bean Ragout "Puttanesca St	yle"	Soy Braised Radish		Hassia Beans	E	Butter Egg Noodles with Feta		Kaiser Sesame Buns		Daily Soup		Daily Soup
	Daily Vegan Soup		Daily Vegan Soup		Daily Vegan Soup		Daily Vegan Soup		Daily Vegan Soup		Action Station		Action Station
	Daily Protien Soup		Daily Protien Soup		Daily Protien Soup		Daily Protien Soup		Daily Protien Soup		Smoothie		Smoothie
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
	Beef Bulgogi Tacos		Honey Mustard Glazed Ham		SMUS Special		Peking Pork Chops		Lemon Rosemary Chicken	1	Thai Basil Pork Stir-fry (Pad Kra Pao Pork)		Beef Bolognaise
DINNER	Plant Based Beef Taco		Creamy Garlic Egg Noodles		Theme Dinner		Cantonese Squid Fried Rice		ant Based Rosemary Chicken		Plant Basil Stir Fry		Plant Based Bolognaise
7 days a week:	Shredded Red Cabbage & Dial	kon SI	Leek & Havarti Tart		With		Vegetable Chow Mein	Or	zo Pasta with Sweet Peppers		Yellow Coconut Rice	Pai	mesan & Fontina Cheese Rice
5:00-7:00	Steamed Rice		Dill Steamed Potatoes		Chef Pop Up Action Station		Vegetable Spring Rolls		Rapini		Pad Thai Noodles		Daily Pasta
	Flour & Corn Tortilla		Vegetable Medley with Herbs			,	Sui Choy with Bean Sprouts				oy Corn & Shanghai Bok Cho	/ Gre	en Beans with Onions & Garlic
KimCl	hi & Enoki Mushroom Rice Noc	odles	Green Asparagus				Steamed Ginger Brocoli	Bal	samic Glazed Root Vegetables		Yellow Curry Mushrooms		Garlic Bread
	Daily Soup		Daily Soup				Daily Soup		Daily Soup		Daily Soup		Ice Cream Bar
			,				,	(	Chef Pop Up Action Station				Daily Soup

### **Special Dietary Needs?**

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