



Graves Hall Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST <i>Mon - Fri:</i> 7:00-9:00am <i>Saturday & 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 Crêpes/Berry Compote Breakfast Potatoes Bacon Steamed Rice Dim Sum Oatmeal Daily Congee	Scrambled Eggs Hard Boiled Eggs Chef Special Egg Sandwich Waffles with vanilla berry compote Hash browns English Bangers Steamed Rice Roast Tomato's Oatmeal Daily Congee	Chef's Special Eggs Hard Boiled Eggs Egg & Cheese Quesadilla Buttermilk Pancakes Hash browns Chicken Sausage Steamed Rice Roasted Mushrooms Oatmeal Daily Congee	Scrambled Eggs Hard Boiled Eggs Chefs Special Fritta Banana Bread French Toast Shredded Hash Brown Back Bacon Steamed Rice Baked Beans Oatmeal Daily Congee	Creamy Herb Scrambled Hard Boiled Eggs Tucan Vegetable & Ricotta Casserole Crêpes/Berry Compote Breakfast Potatoes Turkey Bacon Steamed Rice Dumplings Oatmeal Daily Congee	Scrambled Eggs Hard Boiled Eggs Cheese Omelette Waffles with Whipped Cream Hash Brown Chicken Sausage Steamed Rice Spinach & Mushrooms Oatmeal Daily Congee	Scrambled Hard Boiled Eggs Egg & Cheese Quesadilla Chocolate Chip Pancakes Breakfast Potatoes Bacon Steamed Rice Dim Sum Oatmeal Daily Congee
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH <i>Mon - Fri:</i> 11:30 am - 1:15 BRUNCH <i>Saturday & Sunday</i> 11:00 - 1:00	Italian Lasagne Hearty Vegetable Lasagna Garlic Bread Sautéed Zucchini Steamed Green Beans Daily Vegan Soup Daily Protien Soup	BBQ Roast Chicken Broccoli & Cheddar Quiche Roast Potatoes Peaches & Cream Corn Garlic Rapini Daily Vegan Soup Daily Protien Soup	Swedish Meatballs Pinto Beans & Mushroom Stroganoff Egg Noodles Steamed Rice Steamed Broccoli PEI Mixed Vegetables Daily Vegan Soup Daily Protien Soup	Madras Chicken Curry Chickpea Vegetable Curry Basmati Rice Naan Bread Mustard Cauliflower Steamed Peas Daily Vegan Soup Daily Protien Soup	Cod Fish & Chips Vegetarian Patty French Fries Zucchini & Peppers Roast Mushrooms Daily Vegan Soup Daily Protien Soup	BRUNCH Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Smoothie	BRUNCH Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Smoothie
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DINNER <i>7 days a week:</i> 5:00-7:00	Spicy Brazilian Coconut Chicken Black Bean Rice Pearl Barley & Vegetable Stew Roast Yams Sautéed Spinach & Tomatoes Steamed Broccoli	Beef Bolognese Vegan Bolognese Vegetable Prima Vera Spinach Fettuccini Parmesan Flatbread Herb Roast Tomato Roast Asparagus	Intercultural Council Theme Dinner Or Local & Sustainable	Pork Burrito Filling Vegetable Bean Burrito Filling Flour Tortilla Mexican Rice Roast Corn Sautéed Peppers & Onion Roast Squash Tortilla Chips	BBQ Ribs Baked Local Salmon Grilled Vegetable Quiche Maple Baked Beans Baked Potato 2 Chef's Vegetables	Black Bean Chicken Vegetable Chow Mein Fried Rice Gai Lan Garlic Mushrooms Bean Sprout Stir Fry	Roast Beef Mixed Bean Casserole Mashed Potatoes Steamed Cauliflower Roast Asparagus Beef Gravy Yorkshire Pudding

Special Dietary Needs?

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BREAKFAST <i>Mon - Fri:</i> 7:00-9:00am <i>Saturday & Sunday</i> Continental 7:00-9:00 am Hot Breakfast 9:00-11:00	Scrambled Eggs Hard Boiled Eggs Smoked Salmon Egg Casserole French Toast Hash browns Sushi Rice Pork Sausage Roasted Tomatoes Oatmeal Daily Congee	Scrambled Eggs Hard Boiled Egg Pepper & Cheese Quiche Chef Special Pancakes Breakfast Potatoes Sushi Rice Bacon Dim Sum Oatmeal Daily Congee	Scrambled Eggs Hard Boiled Eggs Quesadilla with Cheese & Peppers Waffles with Vanilla Berry Compote Corn Beef Hash Sushi Rice European Back Bacon Sautéed Mushrooms Oatmeal Daily Congee	Scrambled Eggs Hard Boiled Eggs Mushroom & Cheese Frittata Buttermilk Pancakes Breakfast Potatoes Sushi Rice Chicken Sausages Dumplings Oatmeal Daily Congee	Scrambled Eggs Hard Boiled Eggs Chef's Special Omelet Crepes with Strawberry Compote Hash browns Sushi Rice Bacon Baked Beans Oatmeal Daily Congee	Scrambled Eggs Hard Boiled Eggs Burrito Eggs Sushi Rice Breakfast Potatoes Sushi Rice Pork Sausage Dim Sum Oatmeal Daily Congee	Scrambled Hard Boiled Eggs Smoked Salmon & Egg Bagel Fried Eggs to Order Breakfast Potatoes Sushi Rice Turkey Bacon Chinese Steamed Buns Oatmeal Daily Congee
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH <i>Mon - Fri:</i> 11:30 am - 1:15 BRUNCH <i>Saturday & Sunday</i> 11:00 - 1:00	Turkey Tacos Chipotle Vegan Crumble Hard & Soft Shells Tortilla Chips Tomato Cumin Rice Sautéed Peppers & Onions Daily Vegan Soup Daily Protien Soup	Honey Balsamic Roast Pork Roast Pasta with Basil Marinara Mushroom & Chickpea Stew Roasted Potatoes Garlic Rapini Steamed Carrots Daily Vegan Soup Daily Protien Soup	Thai Beef Crispy Tofu Thai Sesame Noodles Jasmine Rice Sautéed Bok Choy Red Thai Sauce Daily Vegan Soup Daily Protien Soup	Grilled Ham Cheese Sandwich Macaroni & Cheese Roast Potato Wedges Roast Carrots Steamed Cauliflower Daily Vegan Soup Daily Protien Soup	Beef Stroganoff Vegetarian Meatballs Buttered Egg Noodles Garlic Bread Roasted Root Vegetables Steamed Green Beans Daily Vegan Soup Daily Protien Soup	BRUNCH Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Smoothie	BRUNCH Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Smoothie
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DINNER <i>7 days a week:</i> 5:00-7:00	Italian Roast Chicken Pesto Cream Sauce Mushroom Ravioli Roasted Potatoes Roasted Vegetables Green Beans Garlic Bread	Maple Baked Sockeye Salmon Steamed Lemon Potatoes Spinach, Pearl Cous Cous & Feta Ragout Wild Rice Pilaf Spicy Garlic Green Beans Baked Squash	Intercultural Council Theme Dinner Or International Theme	Shaved Roast Beef Yokshire Pudding Mashed Potatoes Beef Au Jus Sautéed Mushrooms Chef's Mixed Vegetables	Specialty Vegetarian Pizza Specialty Meat Pizza Roasted Zucchini Parmesan Roast Tomatoes Rice Pilaf	Korean BBQ Chicken Kim Chee Steamed Rice Mushroom Vegetable Noodles Spicy Bean Sprout & Tofu Sesame Bok Choy	Glazed Local Ham Leek & Brie Quiche Scalloped Potatoes Glazed Carrots Buttered Brocoli

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BREAKFAST <i>Mon - Fri:</i> 7:00-9:00am <i>Saturday & 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 Breakfast Sausage Muffin 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 Egg, Bean & Cheese Quesadilla Strawberry Pancakes Hash Brown Steamed Rice Roasted Root Vegetables Chicken 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 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
LUNCH <i>Mon - Fri:</i> 11:30 am - 1:15 BRUNCH <i>Saturday & Sunday</i> 11:00 - 1:00	Beef Pot Pie Vegetarian Pot Pie Potato Wedges Roast Cauliflower Steamed Minted Peas Steamed Rice Daily Vegan Soup Daily Protien Soup	Pulled Pork Fajita Chipotle Vegan Filling Flour Tortilla Sauteed Peppers & Onions Creamed Corn Mexican Rice Tortilla Chips	Salmon in French Herb Cream Caper Rice Pilaf Scalloped Potatoes Steamed Mushrooms & Green Beans Lentil Stew with Sweet Peppers Daily Vegan Soup Daily Protien Soup	Beef Burger Vegetarian Burger Sesame Bun Roast Potato Wedges Sauteed Zucchini Daily Vegan Soup Daily Protien Soup	Hunters Chicken Lemon Dill Rice Steamed New Potatoes Buttereded Steamed Broccoli Roasted Squash Daily Vegan Soup Daily Protien Soup	BRUNCH Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Smoothie	BRUNCH Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Smoothie
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DINNER <i>7 days a week:</i> 5:00-7:00	Miso Pork Loin Soy Ginger Medium Tofu Vegetable Ramen Noodles Bok Choy Braised Daikon Edamame & Sushi Rice	Fried Chicken Crispy Fries Quinoa & Kale Stuffed Pepper Mac & Cheese Garlicky Broccoli Chicken Gravy	Intercultural Council Theme Dinner Or Chinese Takeout	Grilled Mustard Pork Chop Mashed Potato Braised Cabbage Roasted Cauliflower Cous Cous Stuffed Pepper Steamed Vegetable Medley	Salt & Pepper Pork Rib Bites Chicken Wings Grilled Vegetable Quinoa Baked Fingerling Potatoes Steamed Asparagus Chef's Vegetables	Italian Meatballs Sweet Pepper & Chickpea Stew Vegetarian Quiche Garlic Butter Pasta Steamed Carrots & Cauliflower	Italian Lasagne Vegetarian Lasagne Cheese Garlic Bread Roast Italian Vegetables Steamed Rapini

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH <i>Mon - Fri:</i> 11:30 am - 1:15 BRUNCH <i>Saturday & Sunday</i> 11:00 - 1:00	Tomato Parmesan Chicken Spinach & Cheese Manicotti Risi Bisi Rice Roasted Peppers & zucchini Balsamic Green Beans Garlic Bread Daily Vegan Soup Daily Protien Soup	Pulled Pork Sloppy Joe Spinach & Feta Quiche Sauteed Mushrooms & Onion Potato Wedges Vegetable Medley Potato Scallion Bun Daily Vegan Soup Daily Protien Soup	Pesto Chicken Goat Cheese & Pepper Tartine Fettuccini Alfredo Roast Zucchini Sauteed Spinach Tomato Rose Sauce Daily Vegan Soup Daily Protien Soup	Beef Bourginon Roasted Garlic Mashed Potatoes Honey Glazed Carrots Steamed Asparagus Butter Egg Noodles Bread Rolls Daily Vegan Soup Daily Protien Soup	Traditional Meat Loaf Rice Pilaf Roasted Potatoes Sweet Peas & Corn Steamed Broccoli Quinoa Stuffed Pepper Daily Vegan Soup Daily Protien Soup	BRUNCH Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Smoothies	BRUNCH Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Smoothies
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DINNER <i>7 days a week:</i> 5:00-7:00	Turkey Schitzel Cheese Perogies 3 Bean Casserole Warm German Potato Salad Braised Kale Cranberry Compote	Cantonese Braised Beef Steamed Rice Vegetable Chow Mein Ginger Bok Choy Dark Soy Mushroom Stew Stir Fry Cabbage	Intercultural Council Theme Dinner & Tuna Poke Bowl	Teriyaki Salmon Miso Tofu Sushi Rice Odon Noodles Braised Daikon Sesame Goma Ae Green Beans	Vietnamese Pork Chop Vermicelli Noodles Coconut Rice Vegetarian Spring Rolls Mushroom, Bok Choy & Sui Choy Baby Corn	Moroccan Chicken Breast Pearl Cous Cous & Vegetable Tagine Raisin & Almond Rice Pilaf Roasted Spiced Vegetables Baked Spiced Flatbread	BBQ Pork Butt Cajun Rice Mac & Cheese Corn & Pepper Succotash Buttered Green Beans

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