



St. Michaels University School

Outstanding preparation for higher learning and for life.

Brown Hall Menu

2017/2018 Term One Week One

September 4th-10th
November 6th-12th

September 25th-October 1st

October 16th-22nd
November 27th-December 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST <i>Mon - Fri:</i> 6:45-7:50 am 8:10-9:00 am <i>Saturday</i> 9:00-11:30	Scrambled Eggs Hard Boiled Eggs Mushroom & Cheese Omelet Chocolate Chip Pancake Hash browns Turkey Bacon	Country Scramble Hard Boiled Egg Fresh Baked Croissants Cinnamon Raisin French Toast Hash browns Maple Sausage	Chef's Special Eggs Hard Boiled Eggs Dumplings Waffles Hash browns Bacon	Scrambled Eggs SMUS Egg Bunwich Buttermilk Pancakes Hash browns Pork Sausage	Scrambled Eggs Hard Boiled Eggs Sautéed Spinach & Tomatoes Mixed Berry Crêpes Hash browns European Back Bacon	Scramble & Eggs to Order Western Omelet Pancakes/ Waffles Bacon/ Sausage Hash browns Chefs Special	
LUNCH <i>Mon - Fri:</i> 11:30 am - 1:15 <i>Saturday</i> 11:30-1:00 BRUNCH <i>Sunday</i> 10:00 am - 1:00	Italian Lasagna Vegetarian Lasagna Garlic Toast Sautéed Zucchini & Onions	Cod Burger Mushroom & Cheddar Garden Burger Roast Potato Wedges Summer Slaw	Chicken Fajita Bean & Vegetable Fajita Tortilla Chips Steamed Corn Shredded Cheese Diced Tomato's	Thai Beef Salad Garlic Chili Crispy Tofu Sticky Rice Asian Dressed Salad	Curried Chicken Curried Chickpea & Vegetables Basmati Rice Steamed Peas Naan Bread	Chef Special Entrée Chef Special Vegetarian Entrée Chef Special Vegetable Brunch Items Eggs to Order Bacon/ Sausage Pancakes/ Waffles Hash browns	BRUNCH Omelets/Waffle bar Breakfast Burrito French Toast/ Waffles Bacon/ Sausage Chefs Special Congee (Jook) Smoothie Sunday
DINNER <i>7 days a week:</i> 4:45-6:45	Asian Night Lemongrass Chicken Stir Fry Egg Foo Young Jasmine Rice Steamed Green Beans Sesame Soy Edamame	Italian Marinated Roast Pork Loin Leek & Fennel Tart Mac & Cheese Steamed Broccoli Southwest Roast Chicken	Intercultural Council Theme Dinner Or Noodle Bowl	Pasta/Italian Night Turkey Parmesan Arugula Basil Pesto Pasta Herb Roast Potatoes Spinach & Bell Peppers Arugula Pesto Tilapia	Pizza/Pub Night Beef Dip Sandwich Garden Pesto Grilled Flat Bread Sandwich French Fries Chef's Summer Vegetables	BBQ or Grill Night Korean BBQ Chicken Korean Tofu & Vegetables Steamed Rice Sesame Ginger Cabbage	Turkey Meatloaf Chef's Vegetable Strata Baked Potato Steamed Corn Turkey Gravy Vegetarian Perogies

Evening snack at Brown Hall: 9:00-9:30 pm Sunday - Thursday

Special dietary needs?

Please make an appointment to see the
Director of Dining Services or Executive Chef
(250) 370-6101 / e-mail: sodexo@smus.ca



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2017/2018 Term One Week Two

September 11th-17th
November 13th-19th

October 2nd-8th

October 23rd-29th
December 4th-10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST <i>Mon - Fri:</i> 6:45-7:50 am 8:10-9:00 am <i>Saturday</i> 9:00-11:30	Scrambled Eggs Hard Boiled Eggs Cheese Omelet French Toast Hash browns Turkey Bacon	Ham & Cheese Scramble Hard Boiled Eggs Fresh Baked Trail Mix Bar Buttermilk Pancakes Hash browns Beef Sausage	Chef's Special Eggs Hard Boiled Eggs Dumping's Waffle Hash browns Grilled Ham	Scrambled Eggs Hard Boiled Eggs Egg & Cheese Quesadilla Blueberry Pancakes Hash browns Skinless Pork Sausage	Scrambled Eggs Hard Boiled Eggs Spinach & Bell Peppers Strawberry Crepes Hash browns Bacon	Scramble & Eggs to Order Cheese Omelet Pancakes/ Waffles Bacon/ Sausage Hash browns Chefs Special	
LUNCH <i>Mon - Fri:</i> 11:30 am - 1:15 <i>Saturday</i> 11:30-1:00 BRUNCH <i>Sunday</i> 10:00 am - 1:00	Spaghetti & Meat Sauce Spaghetti & Marinara Sauce Garlic Toast Carrots & Cauliflower	BBQ Chicken Spinach Feta & Sundried Tomato Quiche Roast Yams Braised Kale	Grilled Ham & Cheese Grilled 3 Cheese Roast Potato Wedges Savory Spinach Salad	5 Spice Chicken & Vegetables 5 Spice Tofu & Vegetables Stir fry Sauce Vegetarian Chow Mein Green Beans	Turkey & Black Bean Chili 3 Bean & Vegetable Chili Steamed Brown Rice Steamed Broccoli	Chef Special Entrée Chef Special Vegetarian Entrée Chef Special Vegetable Brunch Items Eggs to Order Bacon/ Sausage Pancakes/ Waffles Hash browns	BRUNCH SMUS Egg Muffin French Toast/ Waffles Bacon/Sausage Chefs Special Congee (Jook) Smoothie Sunday
DINNER <i>7 days a week:</i> 4:45-6:45	Asian Night Honey Garlic Pork Soy Ginger Tofu Vegetarian Fried Rice Sautéed Mixed Vegetables Soy Ginger Basa	Roast Beef Quinoa w/Squash & Tomato Mashed Potatoes Broccoli & Cauliflower Beef Gravy Yorkshire Pudding	Intercultural Council Theme Dinner Or Brown Hall Theme	Pasta/Italian Night Italian Lasagna Vegetarian Lasagna Parmesan Bread Sticks Italian Roast Vegetables Salmon w/Dill Butter	Pizza/Pub Night 2 Meat Pizza 2 Vegetarian Pizza Caesar Salad	BBQ or Grill Night BBQ Pulled Pork BBQ Chicken Breast Black Bean & Rice Burger Loaded Baked Potato Creamy Coleslaw	Potato Crust Cod w/ Red Pepper & Corn Relish Broccoli & Cheddar Quiche Wild Rice Pilaf Herb Roast Carrots Italian Sausage & Peppers

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Brown Hall Menu

2017/2018 Term One Week Three

September 18th-24th
November 20th-26th

October 9th-15th

October 30th-November 5th
December 11th-17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST <i>Mon - Fri:</i> 6:45-7:50 am 8:10-9:00 am <i>Saturday</i> 9:00-11:30	Scrambled Eggs Hard Boiled Eggs Spinach & Feta Omelet French Toast Hash browns Pork Sausage	Southwest Scramble Hard Boiled Eggs Fresh Baked Muffins Buttermilk Pancakes Hash browns European Back Bacon	Chef's Special Eggs Hard Boiled Eggs Dumplings Waffles Hash browns Bacon	Scrambled Eggs Hard Boiled Eggs SMUS Egg Muffin Chocolate Chip Banana Pancake Hash browns Chicken Sausage	Scrambled Eggs Hard Boiled Eggs Sautéed Spinach & Tomatoes Blueberry Crepes Hash browns Bacon	Scramble & Eggs to Order Vegetarian Omelet Pancakes/ Waffles Bacon/ Sausage Hash browns Chefs Special	
LUNCH <i>Mon - Fri:</i> 11:30 am - 1:15 <i>Saturday</i> 11:30-1:00 BRUNCH <i>Sunday</i> 10:00 am - 1:00	Chicken & Pesto Penne Vegetable Pesto Penne Parmesan Bread Sticks Sautéed Spinach & Grape Tomatoes	Roast Pork Loin Kale & Cranberry Quinoa Mashed Potatoes Steamed Broccoli Pork Gravy	Steak & Cheese Baguette Vegetable Hummus & Cheese Baguette Mediterranean Salad PEI Mixed Vegetables	Chicken Ranch Salad Falafel Ranch Salad Focaccia Bread Roast Italian Vegetables	Beef Vegetable Stir fry Tofu & Vegetable Stir fry Teriyaki Sauce Brown Rice Bok Choy	Chef Special Entrée Chef Special Vegetarian Entrée Chef Special Vegetable Brunch Items Eggs to Order Bacon/ Sausage Pancakes/ Waffles Hash browns	BRUNCH Omelets/Waffle bar Mexican Egg Burrito French Toast/ Waffles Bacon/ Sausage Chefs Special Congee (Jook) Smoothie Sunday
DINNER <i>7 days a week:</i> 4:45-6:45	Asian Night Kung Pao Beef Kung Pao Tofu Vegetarian Chow Mein Steamed Green Beans Vegetarian Spring Roll	Tandoori Chicken Eggplant & Chickpea Tagine Basmati Rice Naan Bread Cauliflower Carrots & Peppers Vegetarian Samosa	Intercultural Council Theme Dinner Or Asian Grill	Pasta / Italian Night Cheese Tortellini Spinach Fettuccini Seafood Alfredo Sauce Vegetable Marinara Braised Kale Italian Meatballs	Pizza/Pub Night 2 Meat Flat Bread Pizza 2 Vegetarian Flat Bread Pizza Greek Salad	BBQ or Grill Night Balsamic Grilled Chicken w/Bruschetta Topping Polenta w/Bruschetta Topping Roast Yams Chef's Fresh Vegetables	Lemon Pork Schnitzel Baked Spinach Cannelloni Roast Potatoes Glazed Carrots Mushroom Gravy

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