



# St. Michael's University School

Outstanding preparation for higher learning and for life.

## Brown Hall Menu

2017/2018 Term Three Week One

April 2nd-8th

April 23rd-29th

May 14th-20th

June 4th-10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b> <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 Southwest 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	
<b>LUNCH</b> <i>Mon - Fri:</i> 11:30 am - 1:15 <i>Saturday</i> 11:30-1:00 <b>BRUNCH</b> <i>Sunday</i> 10:00 am - 1:00	Meat Sauce Marinara Sauce Whole Wheat Spaghetti Roast Mushroom Peppers & Zucchini Herb Flat Bread	Curried Chicken Curried Chickpea & Vegetables Basmati Rice Steamed Peas Naan Bread	Pulled Pork Sandwich Cheddar Garden Burger Roast Potato Wedges Steamed Corn Summer Slaw	Greek Chicken Falafel Mixed Greens Pita Bread Feta Cheese Diced Cucumber Diced Tomato	Beef & Vegetable Stir Fry Smk Tofu & Vegetable Stir Fry Teriyaki Sauce Steamed Rice Sautéed Bok Choy	Chef Special Entrée Chef Special Vegetarian Entrée Chef Special Vegetable <b>Brunch Items</b> Eggs to Order Bacon/ Sausage Pancakes/ Waffles Hash browns	<b>BRUNCH</b> SMUS Egg Muffin French Toast/ Waffles Bacon/Sausage Chefs Special Congee (Jook) <b>Smoothie Sunday</b>
<b>DINNER</b> <i>7 days a week:</i> 4:45-6:45	Turkey Parmesan Eggplant Parmesan Roast Potatoes Steamed Broccoli BBQ Glazed Salmon	Burrito Bar Fajita Beef Filling Turkey Taco Filling Baja Black Beans Tortilla Chips Cilantro Lime Rice Wraps, Toppings & Sauces	<b>Intercultural Council Theme Dinner Or Asian Grill</b>	Cheese Tortellini Spinach Fettuccini Seafood Alfredo Sauce Italian Roast Vegetable Sauce Braised Kale Italian Sausage	2 Meat Pizza 2 Vegetarian Pizza Caesar Salad Greek Salad	Grilled Salmon Burger BBO Chicken Breast Quinoa & Chickpea Burger Twice Baked Potato Roast Spring Vegetables	Chicken Pot Pie Vegetable Lentil Pot Pie Roast Whole Yams Steamed Green Beans Seasoned Roast Chicken Thighs

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



# St. Michaels University School

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2017/2018 Term Three Week Two

April 9th-15th

April 30th-May 6th

May 21st-27th

June 11th-17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b> <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 Spinach & Tomato Omelet Mixed Berry Crêpes Hash browns European Back Bacon	Scramble & Eggs to Order Western Omelet Pancakes/ Waffles Bacon/ Sausage Hash browns Chefs Special	
<b>LUNCH</b> <i>Mon - Fri:</i> 11:30 am - 1:15 <i>Saturday</i> 11:30-1:00 <b>BRUNCH</b> <i>Sunday</i> 10:00 am - 1:00	Italian Lasagna Vegetarian Lasagna Garlic Toast Sautéed Zucchini & Onions	Tandoori Chicken Spicy Eggplant & Chickpeas Basmati Rice Roast Cauliflower	Steak & Cheese Baguette Vegetable Hummus & Cheese Baguette Greek Orzo Salad PEI Mixed Vegetables	Spice Rubbed Chicken Broccoli & Cheddar Quiche Parsley Steamed Potatoes Braised Kale Chicken Gravy	Thai Beef Salad Garlic Chili Crispy Tofu Sticky Rice Asian Dressed Salad Sautéed Bok Choy	Chef Special Entrée Chef Special Vegetarian Entrée Chef Special Vegetable <b>Brunch Items</b> Eggs to Order Bacon/ Sausage Pancakes/ Waffles Hash browns	<b>BRUNCH</b> Omelets/Waffle bar Breakfast Burrito French Toast/ Waffles Bacon/ Sausage Chefs Special Congee (Jook) <b>Smoothie Sunday</b>
<b>DINNER</b> <i>7 days a week:</i> 4:45-6:45	Honey Garlic Pork Mapo Tofu Vegetarian Chow Mein Sautéed Bok Choy Sea Salt Edamame  Steamed Rice	Chili Lime Tilapia w/ Pineapple Salsa Fiesta Roast Corn & Quinoa Spiced Roast Yams Sautéed Spinach & Bell Peppers  Grilled Andouille Sausage	<b>Intercultural Council Theme Dinner Or Noodle Bowl</b>	Meatball Marinara Sundried Tomato Pesto Sauce Vegetable Fusilli Focaccia Bread Italian Roast Vegetables  Sole Puttanesca	Lamb Kofta Chicken Shawarma Falafel Quinoa Tabbouleh Salad Pita Pocket Lettuce, tomato, feta & cucumbers Hummus & Tzatziki	Korean BBQ Chicken Korean Tofu & Vegetables Steamed Rice Sesame Ginger Cabbage	Roast Beef Mushroom Thyme Quinoa Mashed Potatoes Cauliflower & Peppers Beef Gravy  Summer Vegetable Quiche

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# St. Michaels University School

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## Brown Hall Menu

### 2017/2018 Term Three Week Three

April 16th-22nd

May 7th-13th

May 28th-June 3rd

June 18th-24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b> <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 Turkey Bacon	Southwest Scramble Hard Boiled Eggs Fresh Baked Muffins Buttermilk Pancakes Hash browns Pork Sausage	Chef's Special Eggs Hard Boiled Eggs Dumplings Waffles Hash browns European Back 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 Chef's Special	
<b>LUNCH</b> <i>Mon - Fri:</i> 11:30 am - 1:15 <i>Saturday:</i> 11:30-1:00 <b>BRUNCH</b> <i>Sunday:</i> 10:00 am - 1:00	Chicken Pesto Sauce Vegetable Alfredo Sauce Whole Wheat Penne Parmesan Bread Sticks Sautéed Spinach & Onions	Roast Pork Loin Roast Tomato & Basil Quinoa Mashed Potatoes Sautéed Zucchini Pork Gravy	Turkey Club Sub Veggie Melt Sub Roast Yams Ranch Spinach Salad  Shredded Lettuce Diced Tomato	5 Spice Chicken & Vegetables 5 Spice Tofu & Vegetables Stir fry Sauce Vegetarian Chow Mein PEI Mixed Vegetables	Fish Soft Taco Black Bean & Vegetable Taco Steamed Corn Tortilla Chips Lettuce, Tomato & Cheese (Salad Bar) Chipotle Lime Mayo Shredded Cabbage	Chef Special Entrée Chef Special Vegetarian Entrée Chef Special Vegetable <b>Brunch Items</b> Eggs to Order Bacon/ Sausage Pancakes/ Waffles Hash browns	<b>BRUNCH</b> Omelets/Waffle bar Mexican Egg Burrito French Toast/ Waffles Bacon/ Sausage Chef's Special Congee (Jook) <b>Smoothie Sunday</b>
<b>DINNER</b> <i>7 days a week:</i> 4:45-6:45	Ginger Beef & Vegetables Egg Foo Young Ginger Sauce Singapore Rice Noodles Sesame Green Beans  Vegetarian Spring Rolls	Biryani Chicken Eggplant Tagine Basmati Rice Flat Bread Roast Cauliflower  Vegetarian Samosa	<b>Intercultural Council Theme Dinner Or Brown Hall Theme</b>	Meat Lasagna Spinach & Feta Lasagna Garlic Toast Steamed Broccoli  Grilled Lemon Salmon	Balsamic Grilled Chicken w/ Bruschetta Topping Sweet Potato & Black Bean Patty Cilantro Salsa Topping Loaded Baked Potato Roast Asparagus & Bell Peppers	Beef Dip Sandwich Eggplant Parmesan Sandwich Yam Fries Chef's Mixed Vegetables Beef Au Jus	Southwest Roast Chicken Spaghetti Squash & Pintos with Sofrito Cheese Perogies Rosemary Roast Carrots

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