



St. Michaels University School

Outstanding preparation for higher learning and for life.

Brown Hall Menu

2016/2017 Term Three Week One

March 25th-April 2nd
May 29th-June 4th

April 17th-23rd

May 8th-14th
June 19th-25th

	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 Pork & Shrimp Dumpling Chocolate Chip Pancake Hash browns Turkey Bacon	Country Scramble Hard Boiled Egg Fresh Baked Croissants Cinnamon Raisin French Toast Hash browns Maple Sausage	Scrambled Eggs Hard Boiled Eggs Chef's Special Eggs Buttermilk Pancakes Hash browns Bacon	Scrambled Eggs SMUS Egg Muffin Waffles 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	Spaghetti & Meatballs Spaghetti & Marinara Sauce Garlic Toast Carrots & Cauliflower	Battered Baked Cod Broccoli Cheddar Quiche Potato Wedges PEI Mixed Vegetable	Greek Chicken Pita Falafel Pita Rice Pilaf Sautéed Zucchini Shredded Lettuce Diced Tomato Fetta Cheese	Thai Beef Salad Thai Crisp Tofu Salad Sticky Rice Mixed Greens Mixed Vegetables	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 Kung Pao Chicken Kung Pao Tofu Steamed White Rice Bok Choy Egg Foo Young	Caramelized Onion & Mushroom Pork Chop Vegetable Strata Mac & Cheese Steamed Broccoli Herb Roast Chicken	Intercultural Council Theme Dinner Or Noodle Bowl	Pasta/Italian Night Italian Lasagna Vegetarian Lasagna Parmesan Bread Sticks Sautéed Spinach Baked Salmon	Pizza/Pub Night 2 Meat Flat Bread Pizza 2 Vegetarian Flat Bread Pizza Caesar Salad	BBQ or Grill Night Korean BBQ Chicken Korean Tofu & Vegetables Jasmine Rice Sesame Ginger Cabbage	Chili Lime Tilapia w/ Pineapple Salsa Fiesta Roast Corn Quinoa Roast Potato Sautéed Kale Grilled Chorizo Sausage

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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2016/2017 Term Three Week Two

April 3rd-9th

April 24th-30th

May 15th-21st

June 5th-11th

	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	Scrambled Eggs Hard Boiled Eggs Chef's Special Eggs Waffle Hash browns Grilled Ham	Scrambled Eggs Egg & Cheese Quesadilla Blueberry Pancakes Hash browns Skinless Pork Sausage	Scrambled Eggs Pork & Shrimp Dumpling 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	Italian Lasagna Vegetarian Lasagna Garlic Toast Sautéed Spinach & Onions	Spiced Chicken Summer Vegetable Quiche Macaroni Salad Braised Kale	Steak & Cheese Baguette Vegetable Hummus & Cheese Baguette Zesty Potato Wedges Spinach Salad	5 Spice Chicken & Vegetables 5 Spice Tofu & Vegetables Stir fry Sauce Vegetarian Chow Mein Green Beans	Cheese Ravioli Meat Sauce Summer Vegetable Sauce Parmesan Bread Sticks Steamed Carrots	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 Spinach & Feta Pie Mashed Potatoes Broccoli & Cauliflower Beef Gravy Banger Sausage	Intercultural Council Theme Dinner Or Brown Hall Theme	Pasta/Italian Night Turkey Parmesan Arugula Basil Pesto Pasta Herb Roast Potatoes Zucchini & Grape Tomatoes Arugula Pesto Baked Cod	Pizza/Pub Night 2 Meat Pizza 2 Vegetarian Pizza Greek Salad	BBQ or Grill Night Beef Burgers BBQ Chicken Breast Mediterranean Garden Burger Loaded Baked Potato Steamed Corn Sautéed Mushrooms	Turkey Chili Vegetable & Bean Chili Steamed Rice Steamed Broccoli Empanada Perogies

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2016/2017 Term Three Week Three

April 10th-16th

May 1st-7th

May 22nd-28th

June 12th-18th

	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 Waffles Hash browns European Back Bacon	Chef's Special Eggs Hard Boiled Eggs Pork & Shrimp Dumplings Chocolate Chip Banana Pancake Hash browns Bacon	Scrambled Eggs SMUS Egg Muffin Waffles Hash browns Chicken Sausage	Scrambled Eggs Hard Boiled Eggs Cheese Omelet 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 Focaccia Bread Sautéed Spinach & Grape Tomatoes	Roast Pork Loin Kale & Cranberry Quinoa Mashed Potatoes Steamed Broccoli Pork Gravy	Chicken Parmesan Sub Veggie Pizza Sub Spiced Yams Summer Slaw	Beef Vegetable Stir fry Tofu & Vegetable Stir fry Teriyaki Sauce Brown Rice Sautéed Romaine	Chicken Fajita Bean & Vegetable Fajita Tortilla Chips Steamed Corn Shredded Cheese Diced Tomato's	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 Beef & Vegetable Lo Mein Tofu & Mixed Mushroom Lo Mein Vegetarian Spring Rolls Ginger Green Beans Sesame Salmon	Tandoori Chicken Eggplant & Chickpea Tagine Basmati Rice Naan Bread Cauliflower Carrots & Peppers Vegetarian Samosa	Intercultural Council Theme Dinner Or Asian Grill	Pasta / Italian Night Cod w/Tomato & Olives Rustic Tomato Sauce Vegetable Rotini Roast Zucchini & Mushrooms Italian Meatballs	Pizza/Pub Night Beef Dip Sandwich Garden Pesto Grilled Flat Bread Sandwich French Fries Caesar 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 Sautéed Spinach & Peppers Mushroom Gravy

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