



# St. Michaels University School

Outstanding preparation for higher learning and for life.

Brown Hall Menu

January 8th-14th

2017/2018 Term Two Week One

January 29th-February 4th

February 19th-25th

	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	Herb Roast Chicken Broccoli & Cheddar Quiche Parsley Steamed Potatoes Braised Kale Chicken Gravy	Grilled Ham & Cheese Grilled 3 Cheese Roast Potato Wedges PEI Mixed Vegetables	Beef Fajita Chipotle Bean & Vegetable Fajita Tortilla Chips Steamed Corn Flour Tortilla Diced Tomato Shredded Cheese	Curried Chicken Curried Chickpea & Vegetables Basmati Rice Steamed Peas Naan Bread	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) Smoothie Sunday
<b>DINNER</b> <i>7 days a week:</i> 4:45-6:45	Thai Chicken & Vegetables Red Thai Tofu & Vegetables Red Thai Curry Sauce Jasmine Rice Sautéed Bok Choy Sesame Soy Edamame	Beef Stew Winter Vegetable & Bean Stew Whole Wheat Dinner Roll Broccoli & Cauliflower Lemon Dill Salmon	<b>Intercultural Council</b> <b>Theme Dinner</b> <b>Or</b> <b>Noodle Bowl</b>	Turkey Parmesan 3 Cheese Macaroni Herb Roast Potatoes Spinach & Bell Peppers Meatballs in Tomato Sauce	2 Meat Pizza 2 Vegetarian Pizza Caesar Salad Greek Salad	Beef Burger Turkey Burger Black Bean & Rice Burger Twice Baked Potato Sautéed Mushrooms Caramelized Onions	Southwest Roast Chicken Spaghetti Squash & Pintos with Sofrito Empanada Perogies Roast Carrot & Cauliflower Spinach & Feta Pie

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. Michael's University School

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## Brown Hall Menu

2017/20178 Term Two Week Two

January 15th-21st

February 5th-11th

February 26th-February 4th

	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	Spaghetti & Meatballs Spaghetti & Marinara Sauce Garlic Toast Roast Mushrooms & Zucchini	Cod Burger Mushroom & Cheddar Garden Burger Wild Rice Pilaf Steamed Broccoli	5 Spice Chicken & Vegetables 5 Spice Tofu & Vegetables Stir fry Sauce Vegetarian Chow Mein Green Beans	Steak & Cheese Baguette Vegetable Hummus & Cheese Baguette Greek Orzo Salad Steamed Corn	Chicken Pot Pie Garden Pot Pie w/Lentils Whole Roast Yams Cauliflower & Carrots	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	Honey Garlic Pork Egg Foo Young Vegetarian Fried Rice Sautéed Mixed Vegetables  Soy Ginger Basa	Roast Beef Roast Yam Quinoa Mashed Potatoes Cauliflower & Peppers Beef Gravy  Vegetable Pesto Quiche	<b>Intercultural Council Theme Dinner Or Asian Grill</b>	Cheese Ravioli Whole Wheat Penne Chorizo Tomato Sauce Italian Roast Vegetable Sauce Braised Kale  Parmesan Bread Sticks	Beef Taco Black Bean & Corn Taco Tortilla Chips Sautéed Zucchini Lettuce, Tomato & Cheese Fresh Salsa  Hard & Soft Shells	Korean BBQ Chicken Korean Tofu & Vegetables Steamed Rice Sesame Ginger Cabbage	Baked Cod w/ Roast Red Pepper Sauce Chickpea Tagine Roast Potatoes Parsley Carrots Turkey Sausage w/ Sundried Tomato

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# St. Michaels University School

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## Brown Hall Menu

2017/2018 Term Two Week Three

January 22nd-28th

February 12th-18th

March 5th-11th

	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 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	Chicken Broccoli Alfredo Sauce Vegetable Alfredo Sauce Spinach Fettuccini Parmesan Bread Sticks Sautéed Spinach & Onions	Roast Pork Loin Kale & Cranberry Quinoa Mashed Potatoes Sautéed Zucchini Pork Gravy	Thai Beef Salad Garlic Chili Crispy Tofu Sticky Rice Asian Dressed Salad Sautéed Bok Choy	Chicken Burger Chef Mike's Vegan Burger Roast Potato Wedges PEI Mixed Vegetables	Turkey & Black Bean Chili 3 Bean & Vegetable Chili Steamed Brown Rice Steamed Broccoli	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 Chefs Special Congee (Jook) <b>Smoothie Sunday</b>
<b>DINNER</b> <i>7 days a week:</i> 4:45-6:45	Beef & Vegetable Stir Fry Tofu Vegetable Stir Fry Sesame Stir Fry Sauce Vegetarian Chow Mein Steamed Green Beans Vegetarian Spring Roll	Butter Chicken Curry Vegetable & Lentils Basmati Rice Naan Bread Steamed Peas Sole Provencal	<b>Intercultural Council Theme Dinner Or Brown Hall Theme</b>	Meat Sauce Sundried Tomato Pesto Sauce Whole Wheat Spaghetti Focaccia Bread Italian Roast Vegetables	Grilled Salmon Grilled Greek Chicken Skewer Falafels Greek Roast Potatoes Pita Bread Herb Roast Tomatoes	Beef Dip Sandwich Eggplant Parmesan Sandwich French Fries Chef's Mixed Vegetables Beef Au Jus	Lemon Pork Schnitzel Baked Spinach Cannelloni Roast Yams Broccoli & Cauliflower Vegetarian Perogies

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