



**Sun Centre Dining Hall Menu**

2018/2019 Term One Week One

September 3rd-9th  
 November 5th-11th

September 24th-30th

October 15th-21st  
 November 26th-December 2nd

|  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   | Sunday   |
|--|---|---|--|---|---|--|--|
| <b>BREAKFAST</b><br><i>Mon - Fri:</i><br>6:45-7:50 am<br>8:10-9:00 am<br><i>Saturday &amp; Sunday</i><br>9:00-10:30                                    | Scrambled Eggs<br>Hard Boiled Eggs<br>Southwest Omelet<br>French Toast<br>Hash browns<br>Turkey Bacon                               | Ham & Cheese Scramble<br>Hard Boiled Eggs<br>Fresh Baked Trail Mix Bar<br>Buttermilk Pancakes<br>Hash browns<br>Beef Sausage  | Chef's Special Eggs<br>Hard Boiled Eggs<br>Dumping's<br>Waffle<br>Hash browns<br>Grilled Ham                       | Scrambled Eggs<br>Hard Boiled Eggs<br>Egg & Cheese Quesadilla<br>Blueberry Pancakes<br>Hash browns<br>Skinless Pork Sausage                             | Scrambled Eggs<br>Hard Boiled Eggs<br>Spinach & Bell Peppers<br>Strawberry Crepes<br>Hash browns<br>Bacon                                 | Scramble & Eggs to Order<br>Cheese Omelet<br>Pancakes/ Waffles<br>Bacon/ Sausage<br>Hash browns<br>Chefs Special   | Scramble & Eggs to Order<br>Chef's Omelet<br>French Toast/Waffles<br>Bacon/ Sausage<br>Hash browns<br>Chefs Special  |
| <b>LUNCH</b><br><i>Mon - Fri:</i><br>11:30 am - 1:15<br><i>Saturday</i><br>11:30-1:00<br><b>BRUNCH</b><br><i>Saturday &amp; Sunday</i><br>10:30 - 1:00 | Meat Sauce<br>Marinara Sauce<br>Whole Wheat Spaghetti<br>Roast Mushroom Peppers<br>& Zucchini<br>Herb Flat Bread<br>Parmesan Cheese | Curried Chicken<br>Curried Chickpea & Vegetables<br>Basmati Rice<br>Cauliflower<br>Naan Bread<br>Mango Chutney<br>Chopped Cilantro                                  | Pulled Pork Sandwich<br>Quinoa Mushroom Burger<br>Roast Potato Wedges<br>Steamed Corn<br>Roast Carrots<br>Coleslaw | Greek Chicken<br>Falafel<br>Mixed Greens<br>Pita Bread<br>Feta Cheese<br>Diced Cucumber<br>Diced Tomato<br>Tzatziki & Hummus                            | Beef & Vegetable Stir Fry<br>Smk Tofu & Vegetable Stir Fry<br>Teriyaki Sauce<br>Steamed Rice<br>Sautéed Bok Choy                          | <b>BRUNCH</b><br>Chef Special Entrée<br>Chef Special Vegetarian Entrée<br>Chef Special Vegetable<br>Eggs to Order<br>Bacon/ Sausage<br>Pancakes/ Waffles<br>Hash browns      | <b>BRUNCH</b><br>SMUS Egg Muffin<br>French Toast/ Waffles<br>Bacon/Sausage<br>Chefs Special<br>Congee (Jook)<br><b>Smoothie Sunday</b>                     |
| <b>DINNER</b><br><i>7 days a week:</i><br>4:45-6:45  | Honey Garlic Pork<br>Mapo Tofu<br>Vegetarian Chow Mein<br>Jasmine Rice<br>Sautéed Bok Choy<br>Sesame Edamame                        | 10" Tortillas<br>Chipotle Beef & Veggie Filling<br>Crispy Cod Filling<br>Black Bean Bites<br>Tortilla Chips<br>Cilantro Lime Rice<br>Selection of Toppings & Sauces | <b>Intercultural Council<br/>Theme Dinner<br/>Or<br/>Asian Grill</b>   | Seafood Alfredo Sauce<br>Italian Roast Vegetable Sauce<br>Italian Sausage<br>Cheese Tortellini<br>Spinach Fettuccini<br>Braised Kale<br>Parmesan Cheese | Argentinian Grilled Chicken<br>w/ Chimichurri Sauce<br>Mediterranean Paella w/<br>Pinto Beans<br>Roast Yams<br>Sautéed Spinach & Tomatoes | Beef Burger<br>Salmon Burger<br>Mushroom Cheddar Garden Burger<br>Twice Baked Potato<br>Sautéed Mixed Vegetables<br>Lettuce, Tomato & Cheese<br>Avocado, Feta & Bacon Strips | Southwest Spiced Chicken<br>Loaded Vegetable Quiche<br>Cheese Perogies<br>Cuban Black Beans & Rice<br>Cauliflower & Carrots<br>Sour Cream<br>Ice Cream Bar |

*Evening snack in Sun Center Dining 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

Weekend Continental 7:30  
 Weekend Hot Breakfast 9:00-10:30  
 Weekend Brunch 10:30-1:00



**Sun Centre Dining Hall Menu**

2018/2019 Term One Week Two

September 10th-16th  
 November 12th-18th

October 1st-7th

October 22nd-28th  
 December 3rd-9th

|  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  | Sunday  |
|--|---|--|--|---|---|---|---|
| <b>BREAKFAST</b><br><i>Mon - Fri:</i><br>6:45-7:50 am<br>8:10-9:00 am<br><i>Saturday &amp; Sunday</i><br>9:00-10:30                                    | Scrambled Eggs<br>Hard Boiled Eggs<br>Mushroom & Cheese Omelet<br>Chocolate Chip Pancake<br>Hash browns<br>Turkey Bacon | Country Scramble<br>Hard Boiled Egg<br>Fresh Baked Croissants<br>Cinnamon Raisin French Toast<br>Hash browns<br>Maple Sausage                                      | Chef's Special Eggs<br>Hard Boiled Eggs<br>Dumplings<br>Waffles<br>Hash browns<br>Bacon  | Scrambled Eggs<br>SMUS Egg Bunwich<br>Buttermilk Pancakes<br>Hash browns<br>Pork Sausage  | Scrambled Eggs<br>Hard Boiled Eggs<br>Spinach & Tomato Omelet<br>Mixed Berry Crêpes<br>Hash browns<br>European Back Bacon                             | Scramble & Eggs to Order<br>Western Omelet<br>Pancakes/ Waffles<br>Bacon/ Sausage<br>Hash browns<br>Chefs Special   |   |
| <b>LUNCH</b><br><i>Mon - Fri:</i><br>11:30 am - 1:15<br><i>Saturday</i><br>11:30-1:00<br><b>BRUNCH</b><br><i>Saturday &amp; Sunday</i><br>10:30 - 1:00 | Italian Lasagna<br>Vegetarian Lasagna<br>Garlic Toast<br>Sautéed Zucchini & Onions<br>Parmesan Cheese<br>Greek Salad    | Chicken & Chickpea Tagine<br>Chickpea Tagine<br>Basmati Rice<br>Steamed Peas<br>Mango Chutney<br>Chopped Cilantro  | Beef Fajita<br>Black Bean & Vegetables<br>Tortilla Chips<br>Peaches & Cream Corn<br>Steamed Broccoli<br>Lettuce, Tomato & Cheese<br>Salsa & Sour Cream | BBQ Chicken<br>Spinach & Feta Quiche<br>Parsley Steamed Potatoes<br>Braised Kale<br>Chicken Gravy   | Thai Beef<br>Garlic Chili Crispy Tofu<br>Sticky Rice<br>Asian Dressed Salad<br>Sautéed Bok Choy<br>Thai Sesame Dressing                               | Chef Special Entrée<br>Chef Special Vegetarian Entrée<br>Chef Special Vegetable<br><b>Brunch Items</b><br>Eggs to Order<br>Bacon/ Sausage<br>Pancakes/ Waffles<br>Hash browns | <b>BRUNCH</b><br>Omelets/Waffle bar<br>Breakfast Burrito<br>French Toast/ Waffles<br>Bacon/ Sausage<br>Chefs Special<br>Congee (Jook)<br><b>Smoothie Sunday</b> |
| <b>DINNER</b><br><i>7 days a week:</i><br>4:45-6:45  | Turkey Parmesan<br>BBQ Salmon<br>Eggplant Parmesan<br>Roast Potatoes<br>Steamed Green Beans                             | Garlic Herb Tilapia w/<br>Fresh Tomatoes & Basil<br>Grilled Andouille Sausage<br>Fiesta Roast Corn & Quinoa<br>Spiced Roast Yams<br>Sautéed Spinach & Bell Peppers | <b>Intercultural Council<br/>Theme Dinner<br/>Or<br/>Noodle Bowl</b>   | Chorizo Vegetable Sauce<br>Sole Puttanesca<br>Sundried Tomato Pesto Sauce<br>Vegetable Fusilli<br>Focaccia Bread<br>Italian Roast Vegetables<br>Parmesan Cheese | Lamb Kofta<br>Chicken Shawarma<br>Garden Veggie Bites<br>Herb Roast Potatoes<br>Pita Pocket<br>Lettuce, tomato, feta & cucumbers<br>Hummus & Tzatziki | Beef Dip Sandwich<br>Spinach Patty Parmesan Sandwich<br>Yam Fries<br>Chef's Mixed Vegetables<br>Beef Au Jus<br>Chipotle Lime Mayo   | Braised Pork Chop in<br>Mushroom Gravy<br>Vegetarian Strata<br>Mashed Potatoes<br>Rosemary Roast Carrots<br><br>Ice Cream Bar                                   |

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Weekend Continental 7:30  
 Weekend Hot Breakfast 9:00-10:30  
 Weekend Brunch 10:30-1:00



**Sun Centre Dining Hall Menu**

2018/2019 Term One Week Three

September 17th-23rd  
 November 19th-25th

October 8th-14th

October 29th-November 4th  
 December 10th-16th

|  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  | Sunday  |
|--|---|--|---|---|--|---|---|
| <b>BREAKFAST</b><br><i>Mon - Fri:</i><br>6:45-7:50 am<br>8:10-9:00 am<br><i>Saturday &amp; Sunday</i><br>9:00-10:30                                    | Scrambled Eggs<br>Hard Boiled Eggs<br>Spinach & Feta Omelet<br>French Toast<br>Hash browns<br>Turkey Bacon  | Southwest Scramble<br>Hard Boiled Eggs<br>Fresh Baked Muffins<br>Buttermilk Pancakes<br>Hash browns<br>Pork Sausage                    | Chef's Special Eggs<br>Hard Boiled Eggs<br>Dumplings<br>Waffles<br>Hash browns<br>European Back Bacon         | Scrambled Eggs<br>Hard Boiled Eggs<br>SMUS Egg Muffin<br>Chocolate Chip Banana Pancake<br>Hash browns<br>Chicken Sausage    | Scrambled Eggs<br>Hard Boiled Eggs<br>Sautéed Spinach & Tomatoes<br>Blueberry Crepes<br>Hash browns<br>Bacon   | Scramble & Eggs to Order<br>Vegetarian Omelet<br>Pancakes/ Waffles<br>Bacon/ Sausage<br>Hash browns<br>Chefs Special  |   |
| <b>LUNCH</b><br><i>Mon - Fri:</i><br>11:30 am - 1:15<br><i>Saturday</i><br>11:30-1:00<br><b>BRUNCH</b><br><i>Saturday &amp; Sunday</i><br>10:30 - 1:00 | Chicken Pesto Sauce<br>Cheese Sauce<br>Whole Wheat Penne<br>Parmesan Bread Sticks<br>Sautéed Spinach & Onions<br>Parmesan Cheese                          | Roast Pork Loin<br>Roast Tomato & Basil Quinoa<br>Mashed Potatoes<br>Sautéed Zucchini<br>Pork Gravy                                    | Steak & Cheese Baguette<br>Vegetable Hummus & Cheese<br>Baguette<br>Roast Yams<br>Sautéed Kale & Bell Peppers | 5 Spice Chicken & Vegetables<br>5 Spice Tofu & Vegetables<br>Stir fry Sauce<br>Vegetarian Chow Mein<br>PEI Mixed Vegetables | Battered Baked Cod<br>Seasoned Baked Cod<br>Broccoli & Cheddar Quiche<br>Roast Potato Wedges<br>Streamed Broccoli<br>Tartar Sauce<br>Creamy Coleslaw | Chef Special Entrée<br>Chef Special Vegetarian Entrée<br>Chef Special Vegetable<br><b>Brunch Items</b><br>Eggs to Order<br>Bacon/ Sausage<br>Pancakes/ Waffles<br>Hash browns | <b>BRUNCH</b><br>Omelets/Waffle bar<br>Mexican Egg Burrito<br>French Toast/ Waffles<br>Bacon/ Sausage<br>Chefs Special<br>Congee (Jook)<br><b>Smoothie Sunday</b> |
| <b>DINNER</b><br><i>7 days a week:</i><br>4:45-6:45  | Ginger Beef & Vegetables<br>Egg Foo Young<br>Ginger Sauce<br>Singapore Rice Noodles<br>Sesame Green Beans<br>Vegetarian Spring Rolls<br>Sweet Chili Sauce | Biryani Chicken<br>Spicy Eggplant & Chickpeas<br>Basmati Rice<br>Flat Bread<br>Roast Cauliflower<br>Vegetarian Samosa<br>Mango Chutney | <b>Intercultural Council<br/>Theme Dinner<br/>Or<br/>Brown Hall Theme</b>                                     | Meat Lasagna<br>Roast Vegetable Lasagna<br>Cheese Garlic Toast<br>Herb Roast Tomatoes<br>Parmesan Cheese                    | Specialty Pizza<br>Meat Pizza<br>Vegetarian Pizza<br>3 Cheese Pizza<br>Greek Salad<br>Caesar Salad   | Korean BBQ Chicken<br>Korean Tofu & Vegetables<br>Steamed Rice<br>Sesame Ginger Cabbage   | Roast Beef<br>Mushroom Thyme Quinoa<br>Mashed Potatoes<br>Cauliflower & Peppers<br>Beef Gravy<br><br>Ice Cream Bar  |

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