



Sun Centre Dining Hall Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST <i>Mon - Fri:</i> 7:00-9:00am <i>Saturday & Sunday</i> Continental 7:00-9:00 am Hot Breakfast 9:00-11:00	Scrambled Eggs Hard Boiled Eggs Vegetarian Omelette French Toast Waffles Hash browns Roast Tomato's Beef Sausage	Ultimate Veggie Scramble Hard Boiled Eggs Croissant Buttermilk Pancakes Hash browns Bacon	Chef's Special Eggs Hard Boiled Eggs Dumplings Waffles Hash browns Chicken Sausage	Scrambled Eggs Hard Boiled Eggs Bistro Pastry's Chocolate Chip Banana Pancake Hash browns Back Bacon Vegan Sausage	Avocado & Egg English Muffin Hard Boiled Eggs Sautéed Spinach & Tomatoes Crêpes/Blueberry Sauce Hash browns Turkey Bacon	Scrambled/Hard Boiled Eggs Cheese Omelette SMUS Bunwich Vegetarian Bunwich Fresh Waffles Hash Brown Bacon/Pork Sausage Congee	Scrambled/Hard Boiled Eggs Dim Sum Egg & Cheese Quesadilla Fried Eggs to Order Cinnamon Raisin French Toast Hash Brown Back Bacon/Turkey Bacon Wonton Soup
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH <i>Mon - Fri:</i> 11:30 am - 1:15 BRUNCH <i>Saturday & Sunday</i> 11:00 - 1:00	BBQ Roast Chicken Broccoli & Cheddar Quiche Roast Potatoes Peaches & Cream Corn Braised Kale	Italian Lasagne Hearty Vegetable Lasagna Garlic Bread Sautéed Zucchini Steamed Green Beans	Creamy Mushroom Meatballs Pinto Beans Stroganoff Egg Noodles Steamed Rice Steamed Broccoli PEI Mixed Vegetables	Chicken Vegetable Curry Chickpea Vegetable Curry Basmati Rice Naan Bread Mustard Cauliflower Steamed Peas	Battered Wild Pollock Vegetarian Patty Whole Wheat Bun Roast Potatoes Zucchini & Peppers Roast Mushrooms	BRUNCH Fried Chicken Spinach & Cheese Cannelloni Garlic Cheese Bread Chef's Vegetable Smoothie	BRUNCH Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Smoothie
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DINNER 7 days a week: 5:00-7:00	Sautéed Beef Tao Tempura Chicken Sesame Crust Tofu Sushi Rice Tempura Green Beans Edamame In Shell Cabbage, Bean Sprout, Carrot & Mushrooms Teriyaki Sauce	Pork Burrito Filling Vegetable Bean Burrito Filling Flour Tortilla Seasoned Brown Rice Baked Yam Roast Corn, Roast Cauliflower Sautéed Peppers & Onion Roast Squash Tortilla Chips	Intercultural Council Theme Dinner Or Local & Sustainable	Beef Bolognese Vegan Bolognese Italian Sausage Spinach Fettuccini Parmesan Bread Stick Herb Roast Tomato Steamed Broccoli	BBQ Ribs Baked Local Salmon Grilled Vegetable Frittata Maple Baked Beans Baked Potato 2 Chef's Vegetables	Argentinian Grilled Chicken w/ Chimichurri Sauce Mediterranean Quinoa Roast Yams Sautéed Spinach & Tomatoes Roast Asparagus	Roast Beef Spicy Kale & Chickpeas Mashed Potatoes Steamed Cauliflower Roast Brussels Sprouts Beef Gravy Yorkshire Pudding

Special Dietary Needs?

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



Sun Centre Dining Hall Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST <i>Mon - Fri:</i> 7:00-9:00am <i>Saturday & Sunday</i> <i>Continental</i> 7:00-9:00 am <i>Hot Breakfast</i> 9:00-11:00	Scrambled Eggs Hard Boiled Eggs Mushroom & Cheese Omelette Chocolate Chip Pancake Hash browns Sushi Rice Skinless Pork Sausage	Country Scramble Hard Boiled Egg Fresh Baked Croissants Caramel Banana French Toast Hash browns Sushi Rice Chicken Sausage Roast Tomatoes	Chef's Special Eggs Hard Boiled Eggs Dumplings Waffles Hash browns Sushi Rice European Back Bacon	Scrambled Eggs SMUS Egg Bunwich SMUS Vegetarian Bunwich Buttermilk Pancakes Hash browns Sushi Rice Beef Sausage Vegan Sausage	Scrambled Eggs Hard Boiled Eggs Chef's Special Frittata Chocolate Banana Bread Hash browns Sushi Rice Bacon Vegetarian Perogies	Hard Boiled Eggs Vegetarian Omelette Fried Egg Bennie Sushi Rice Fresh Waffles Hash Brown Turkey Bacon/Pork Sausage Congee	Scrambled/Hard Boiled Eggs Sushi Rice Dim Sum Fried Eggs to Order Blueberry Pancakes Hash Brown Bacon/Chicken Sausage Wonton Soup
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH <i>Mon - Fri:</i> 11:30 am - 1:15 BRUNCH <i>Saturday & Sunday</i> 11:00 - 1:00	Grilled Cheese Sandwich Broccoli & Cheese Quiche Roast Potato Wedges Roast Carrots Steamed Cauliflower	Turkey & Bean Taco Filling Chipotle Vegan Crumble Hard & Soft Shells Tortilla Chips Peaches & Cream Corn Sautéed Peppers & Onions	Thai Beef Crispy Tofu Thai Sesame Salad Jasmine Rice Sautéed Bok Choy Roast Mushrooms & Onions Red Thai Sauce	Breaded Chicken Breast Vegetarian Patty Whole Wheat Bun Roast Potatoes Zucchini & Peppers Steamed Peas	Italian Meat Sauce Vegetarian Meatball Marinara WW Spaghetti Garlic Bread Sautéed Spinach Steamed Green Beans	BRUNCH Beef Cabbage Rolls Vegetarian Cabbage Rolls Roast Potato Chef's Vegetable Smoothie	BRUNCH Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Smoothie
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DINNER <i>7 days a week:</i> 5:00-7:00	Seasoned Roast Chicken Italian Sausage Pesto Cream Sauce Marinara Sauce Butternut Squash Ravioli Whole Wheat Penne Roast Italian Vegetables Green Beans Garlic Cheese Sticks	Honey Mustard Roast Pork Loin Maple Baked Sockeye Salmon Spinach & Feta Pie Mashed Potatoes Lemon Garlic Roast Broccoli Steamed Carrots Pork Gravy	Intercultural Council Theme Dinner Or International Theme	Korean BBQ Chicken Sweet Chili Shrimp & Vegetables Mapo Tofu Vegetarian Spring Roll Jasmine Rice Vegetarian Chow Mein Sautéed Mixed Vegetables	Meat Pizza Specialty Vegetarian Pizza Specialty Meat Pizza Vegetarian Calzone Chicken Souvlaki Rice Pilaf Herb Roast Tomatoes	Shaved Roast Beef Grilled Vegetables Fresh Baked Baguette Crispy Fries Sautéed Onions Sautéed Mushrooms Chef's Mixed Vegetables Beef Au Jus	Lemon Garlic Baked Salmon Glazed Local Ham Ricotta Pea & Leek Quiche Scalloped Potatoes Glazed Carrots Roast Brussels Sprouts

Special Dietary Needs?

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



Sun Centre Dining Hall Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST <i>Mon - Fri:</i> 7:00-9:00am <i>Saturday & Sunday:</i> Continental 7:00-9:00 am Hot Breakfast 9:00-11:00	Scrambled Eggs Hard Boiled Eggs Cheese Omelet Cinnamon Raisin French Toast Hash browns Spinach & Mushrooms Skinless Pork Sausage	Ham & Cheese Scramble Hard Boiled Eggs Lemon Blueberry Loaf Buttermilk Pancakes Hash browns Beef Sausage	Chef's Special Eggs Hard Boiled Eggs Dumplings Waffle Hash browns Turkey Bacon	Scrambled Eggs Hard Boiled Eggs Egg & Cheese Quesadilla Blueberry Pancakes Hash browns Chicken Sausage	Scrambled Eggs Hard Boiled Eggs Chef's Special Frittata Fresh Baked Croissant Hash browns Bacon Vegan Sausage	Scrambled/Hard Boiled Eggs Sausage & Egg Muffin Vegetarian Egg Muffin Sushi Rice Fresh Waffles Hash Brown Turkey Sausage/Back Bacon Congee	Scrambled/Hard Boiled Eggs Sushi Rice Dim Sum Fried Eggs to Order Raspberry Chocolate FT Hash Brown Bacon/Chicken Sausage Wonton Soup
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH <i>Mon - Fri:</i> 11:30 am - 1:15 BRUNCH <i>Saturday & Sunday:</i> 11:00 - 1:00	Butter Chicken Moroccan Eggplant Tagine Basmati Rice Roast Cauliflower Steamed Peas Naan Bread	Beef Fajita Chipotle Vegan Filling Flour Tortilla Sauteed Peppers & Onions Peaches & Cream Corn Tortilla Chips	Chorizo Spiced Ground Pork Baja Black Beans Seasoned Quinoa Seasoned Brown Rice Roast Corn, Mushrooms, Fennel , Yams Edamame Fire Roast Tomato Sauce	Beef Burger Vegetarian Burger WW Bun Roast Potato Wedges Sauteed Zucchini Herb Roast Tomatos	5 Spice Chicken & Vegetable 5 Spice Fried Tofu & Vegetables Vegetarian Chow Mein Sautéed Bock Choy Steamed Green Beans Stir Fry Sauce	BRUNCH Beef Pot Pie Vegetarian Pot Pie Sushi Rice Chef's Vegetable Smoothie	BRUNCH Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Smoothie
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DINNER <i>7 days a week:</i> 5:00-7:00	Poached Egg Soy Ginger Medium Tofu Ramen Noodles Bok Choy Edamame Snap Peas Miso Broth Aromatic Vegetable Broth	Fried Chicken Dover Sole w/Capper Relish Quinoa & Kale Stuffed Sweet Potato Crispy Fries Braised Kale w/Onions Lemon Garlic Green Beans Chicken Gravy	Intercultural Council Theme Dinner Or Chinese Takeout	Brazilian Fish Stew Mojo Pork Tenderloin w/Sofrito Shakshuka Coconut Rice Spiced Roast Pumpkin Steamed Broccoli & Cauliflower	Grilled Strip Loin Steak Grilled Chicken Breast Grilled Vegetable Quinoa Twice Baked Potato Grilled Asparagus Chef's Vegetables	Chicken Strips Salt & Pepper Pork Ribs Vegetarian Quiche Yam Fries Steamed Carrots & Cauliflower Peaches & Cream Corn	Italian Lasagne Vegetarian Lasagne Lemon Dill Baked Cod Cheese Garlic Bread Roast Italian Vegetables Steamed Broccoli

Special Dietary Needs?

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



Sun Centre Dining Hall Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST Mon - Fri: 7:00-9:00am Saturday & Sunday Continental 7:00-9:00 am Hot Breakfast 9:00-11:00	TBD	TBD	TBD	TBD	TBD	TBD	TBD
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH Mon - Fri: 11:30 am - 1:15 BRUNCH Saturday & Sunday 11:00 - 1:00	TBD	TBD	TBD	TBD	TBD	TBD	TBD
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DINNER 7 days a week: 5:00-7:00	TBD	TBD	TBD	TBD	TBD	TBD	TBD

Special Dietary Needs?

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