

Menu	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30	Sunday 1
<b>Breakfast</b> (Boarders Only)	Miso and Rice, Scrambled Eggs, Potato Hash, Fresh Fruit	Miso and Rice, Pancakes, Syrup, Sausage, Fresh Fruit	Wellness Wednesday - Miso & Rice Continental Pastries, Muffins, Boiled Eggs, Oatmeal	Miso & Rice, Poached Eggs, Sausage Patty, Cheese, Bagel, Potato Patties	Continental in Dorms	Continental in Dorms	Continental in Dorms
<b>Soup</b>	Cream of Broccoli	Tomato Basil	Miso Soup	Chicken Noodle	Brunch	Brunch	Brunch
<b>Lunch Cold Choice</b>	Curried Chicken Salad Sandwich	Bacon, Spinach and Orzo Salad	Vegetarian Taco Salad	Roast Beef Sandwich			
<b>Lunch Hot Choice</b>	Spaghetti with Meatballs, Garlic Toast, Salad Bar	Grilled Cheese, Tater Tots, Caesar Salad	Butter Chicken, Basmati Rice, Broccoli, Naan	Baked Ham, Roast Potatoes, Broccoli	Brunch	Brunch	Brunch
<b>Vegetarian Lunch</b>	Veggie Spaghetti Sauce; Veggie Sandwich	Same; no Bacon Salad	Butter Paneer; same	Oaxacan Mole Stuffed Sweet Potatoes; Veggie Sandwich			
<b>Dinner</b> (Boarders Only)	BBQ Chicken, Roast Potatoes, Corn on the Cob	Mongolian Beef, Sticky Rice, Roast Vegetables	Sweet and Sour Pork, Sticky Rice, Veggie Stir Fry	Cheese Tortellini in Garlic Butter Sauce, Sweet Potato Arugula Salad, Caprese Salad	Poke Night – Tuna, Tempura Prawns and all the fixings	Korean Spicy Chicken, Scallion Pancakes, Spicy Cucumber Salad	Roast Pork, Gravy, Applesauce, Roast Potatoes, Leeks, Carrots and Mushrooms (all roasted together)

April Pringle, Executive Chef

**SUBJECT TO CHANGE**

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Specialty diets to accommodate diagnosed food allergies, such as gluten free or dairy free meals, must be approved by the School Nurse, [nurse@qms.bc.ca](mailto:nurse@qms.bc.ca)