

Menu	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30	Sunday 31
Breakfast (Boarders Only)	Miso and Rice, Potato Hash with Peppers, Onion, Diced Sausage, and a Fried Egg	Miso and Rice, Waffles, Syrup, Bacon, Fresh Fruit	Miso & Rice Continental Pastries, Muffins, Smoothies, Boiled eggs, Oatmeal	Miso & Rice, Poached Eggs, Sausage Patty, Cheese, English Muffin, Potato Patties	Continental in Dorms	Continental in Dorms	Continental in Dorms
Soup	Chef's Choice	Carrot and Ginger Soup	Wonton Soup	Cream of Broccoli and Cheese			
Lunch Cold Choice	Lemony Chickpea Salad	Chicken Salad Sandwich	Spring Fruit Salad	Caesar Salad			
Lunch Hot Choice	Pizza Bagels – Pepperoni for Grades 4-12, Tomato Cucumber Salad ----- For Primary: Cheese Pizza Bagels	Beef Rose Pasta Bake, Garlic Toast, Buttered Green Beans	Sesame Ginger Chicken, Sticky Rice, Broccoli	Baked Ham, Roasted Caramelized Sweet Potato, Roasted Carrots and Asparagus	Brunch	Brunch	Brunch
Vegetarian Lunch	Cheese Pizza Bagel	Vegetarian Pasta; Veggie Sandwich	Sesame Ginger Tofu; same Salad	Stuffed Peppers; same Salad			
Dinner (Boarders Only)	Pineapple, Bacon, Teriyaki Burger, Fries, Salad Bar	Baked Chicken Breast with Ham and Provolone, Pasta with Pesto, Roasted Carrots and Parsnips	Pork Parmesan, Roasted Italian Zucchini, Roasted Lemon Potato	Build your own Ramen Bowls – Chicken, Prawns Boiled Eggs, Vegetables & a rich Chicken Stock ... add your own spiciness	East Coast Fish Cakes, Plank Fries, Salad Bar	Korean Chicken, Sticky Rice, Stir Fry Veggies	Salisbury Steak, Mashed Potatoes, Roasted Mixed Beans