

## QMS Food Services Menu Week of April 22-28, 2024

Menu	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
Breakfast (Boarders Only)	Miso & Rice, Scrambled Eggs, Sausages, Potato Patties	Miso & Rice, Fried Eggs, Bacon, Shredded Hash Browns	Miso and Rice Continental Breakfast with Smoothies, Boiled Eggs	Miso and Rice, Eggs Benedict, Wedge Potatoes, Fresh Fruit	Breakfast in Dorms	Breakfast in Dorms	Breakfast in Dorms
Soup	Chef's Choice	Seafood Chowder	Lemon Lentil Soup	Vegan Mexican Black Bean Soup	Brunch	Brunch	Brunch
Lunch Cold Choice	Vegan Black Bean and Mango Salad	Spinach, Artichoke, White Bean Wraps	Honey, Sweet Potato Summer Salad	Summer Fruit Salad			
Lunch Hot Choice	Macaroni and Cheese, Honey, Dijon, Apple, Bacon, Cranberry Salad, Garlic Breadsticks	Breakfast for Lunch Waffles, Hash Browns, Sausage, Fresh Fruit, Syrup, Whipped Cream	Butter Chicken, Broccoli, Basmati Rice, Naan	EARTH DAY – Indian Style Basmati Rice Chana Masala Tofu Coconut Curry, Naan	Brunch For Primary: Corn Dogs, Tater Tots, Salad	Brunch	Brunch
Vegetarian Lunch	same Pasta, no Bacon in Salad; same Salad	Veggie Sausage; same Salad	Butter Paneer; same Salad	same; same			
<b>Dinner</b> (Boarders Only)	Pulled Lamb Wraps with Hummus and Tzatziki, Greek Rice, Greek Salad	Shepherd's Pie, Gravy, Peas and Corn	Porchetta, Italian Oven Roast Potatoes, Zucchini, Cherry Tomatoes and Onions	Appie Night – Calamari, Wonton Soup, Onion Rings, Spring Rolls, and more	Garlic Shrimp and Vegetable Pasta, Garlic Pita Bread, Salad Bar	Chicken Wings, Sweet Potato Fries, Caesar Salad	Roast Beef, Mashed Potatoes, Gravy, Vegetables

April Pringle, Executive Chef <a href="mailto:apringle@qms.bc.ca">apringle@qms.bc.ca</a>

**SUBJECT TO CHANGE** 

Specialty diets to accommodate diagnosed food allergies, such as gluten free or dairy free meals, must be approved by the School Nurse, <a href="mailto:nurse@qms.bc.ca">nurse@qms.bc.ca</a>