

Menu	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
<b>Breakfast</b> (Boarders Only)	Miso and Rice, Scrambled Eggs, Sausage Patty, Hash Browns	Miso and Rice, Waffles, Syrup, Sausage, Fresh Fruit	Miso & Rice Continental Pastries, Muffins, Smoothies, Boiled Eggs, Oatmeal	Miso & Rice, Heuvs Rancheros, Hash Browns	Miso & Rice, Bacon Egg Muffins, Hash Browns, Mini Croissant	Continental in Dorms	Continental in Dorms
<b>Soup</b>	Cream of Mushroom	Carrot and Ginger Soup		Chef's Choice	Beef Noodle Soup		
<b>Lunch Cold Choice</b>	Lemony Chickpea Salad	Caesar Salad	Quinoa Salad	Roast Beef Sandwich	Chicken Salad Sandwich		
<b>Lunch Hot Choice</b>	Chicken Strips, French Fries, Salad Bar	Perogies, Sour Cream, Bacon, Fried Onions, Chef's Choice Vegetables	BBQ Day Hamburgers, Fixings, Potato Chips, Tossed Salad, Orange Wedges, Popsicles	Honey Garlic Chicken, Sticky Rice, Broccoli	Italian Sausage Tomato Pasta, Garlic Toast, Buttered Green Beans	Brunch	Brunch
<b>Vegetarian Lunch</b>	Veggie Strips; same Salad	no Bacon; same	Vegetarian Burger; same Salad	Honey Garlic Veg Chicken; Veg Sandwich	Vegetarian Pasta; Veggie Sandwich		
<b>Dinner</b> (Boarders Only)	Lasagna, Bread Sticks, Caesar Salad	Sweet and Sour Pork, Sticky Rice, Vegetable Stir Fry	Mexican Meal – Chorizo Molletes, Chilaquiles Verde, Chicken Flautas, Churros	Build your own Fish Tacos – Pineapple Salsa, Guacamole, Coleslaw, Cilantro Rice	Build your own Ramen Bowls – Chicken, Prawns Boiled Eggs, Vegetables & a Rich Chicken Stock	Chef's Choice	Mediterranean Chicken Dinner, Baby Roast Potatoes, Roasted Tomatoes, Onions & Zucchini

April Pringle, Executive Chef [apringle@qms.bc.ca](mailto:apringle@qms.bc.ca)

**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, [nurse@qms.bc.ca](mailto:nurse@qms.bc.ca)