

Menu	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
Breakfast (Boarders Only)	Miso & Rice, Fried Eggs, Bacon, Potato Patties, Fresh Fruit	Miso and Rice Eggs "McMuffin", Home-Fried potatoes, Fresh Fruit	Miso and Rice, Continental – Smoothies, Boiled Egg, Pastries, Oatmeal	Miso and Rice, Spinach, Mushroom & Cheese Frittata, Wedge Potatoes, Fresh Fruit	Cold Breakfast	Cold Breakfast	Cold Breakfast
Soup	Tomato Vegetable Soup	Wonton Soup	Chef's Choice	Butternut Squash Soup			
Lunch Cold Choice	Mango Curry Chicken Salad Sandwich	Sandwich Bar	Roasted Brussels Sprouts, Sweet Potato Quinoa Salad	Roasted Sweet Potato Salad with Arugula and Millet			
Lunch Hot Choice	Macaroni and Cheese, Garlic Bread Sticks, Spinach Salad	Head For a Day Chicken Strips, French Fries, Caesar Salad Ice Cream Cups	Taco Day, Sour Cream, Salsa, Guacamole, Mexican Salad	Butter Chicken, Basmati Rice, Naan, Broccoli	Brunch	Brunch	Brunch
Vegetarian Lunch	Same; Veggie Sandwich	Veggie Strips; Veggie Sandwich	Veggie Tacos; same salad	Butter Paneer; Same salad			
Dinner (Boarders Only)	Thai Grilled Chicken, Thai Coconut Rice, Thai Roasted Vegetables	Mark's East Coast Donair Pizza, Greek Salad	Lunar New Year – Dumplings, Smashed Cucumber Salad, Mapo Tofu, Sweet & Sour Ribs, Rice, Dessert	Tuna Poke, Tempura Shrimp, Pickled Ginger, Sushi Rice, and fixings	Chef's Choice	Chef's Choice	Roast Chicken, Gravy, Garlic Mashed Potatoes, Vegetables

April Pringle, Executive Chef 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.