



## Graves Hall Dining Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b> <i>Mon - Fri:</i> 7:00-9:00am <i>Saturday &amp; Sunday</i> <i>Continental</i> 7:00-9:00 am <i>Hot Breakfast</i> 9:00-11:00	Scrambled Eggs Hard Boiled Eggs Vegetarian Omelette Crêpes/Berry Compote Breakfast Potatoes Bacon Steamed Rice Dim Sum Oatmeal Daily Congee	Scrambled Eggs Hard Boiled Eggs Chef Special Egg Sandwich Waffles with vanilla berry compote Hash browns English Bangers Steamed Rice Roast Tomato's Oatmeal Daily Congee	Chef's Special Eggs Hard Boiled Eggs Egg & Cheese Quesadilla Buttermilk Pancakes Hash browns Chicken Sausage Steamed Rice Roasted Mushrooms Oatmeal Daily Congee	Scrambled Eggs Hard Boiled Eggs Egg & Cheese Quesadilla Banana Bread French Toast Shredded Hash Brown Back Bacon Steamed Rice Mexican Style Beans Oatmeal Daily Congee	Creamy Herb Scrambled Hard Boiled Eggs Tucan Vegetable & Ricotta Casserole Crêpes/Berry Compote Breakfast Potatoes Turkey Bacon Steamed Rice Dumplings Oatmeal Daily Congee	Scrambled Eggs Hard Boiled Eggs Cheese Omelette Waffles with Whipped Cream Hash Brown Chicken Sausage Steamed Rice Spinach & Mushrooms Oatmeal Daily Congee	Scrambled Hard Boiled Eggs Egg & Cheese Quesadilla Chocolate Chip Pancakes Breakfast Potatoes Bacon Steamed Rice Dim Sum Oatmeal Daily Congee
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>LUNCH</b> <i>Mon - Fri:</i> 11:30 am - 1:15 <b>BRUNCH</b> <i>Saturday &amp; Sunday</i> 11:00 - 1:00	Italian Sausage Bolognaise Plant Based Bolognaise Garlic Bread Sautéed Zucchini Steamed Green Beans Roasted Portobello Mushrooms Daily Vegan Soup Daily Protien Soup	BBQ Texas Style Pork Broccoli & Cheddar Quiche Cajun Potato Wedges Peaches & Cream Corn Mac & Cheese Local Market Green vegetables Daily Vegan Soup Daily Protien Soup	Braised Beef Steak Plant Briased Beef Chef Special Egg Noodles Potato Dauphinoise French Beans Vichy Carrots Daily Vegan Soup Daily Protien Soup	Punjabi Style Chicken Curry Chickpea & Paneer Vegetable Curry Basmati Rice Naan Bread Vegetarian Samosas Minted Potatoes, Peas & Cauliflower Daily Vegan Soup Daily Protien Soup	B.C Roasted Salmon Filet Creamy Mussel & Clam Bisque Rice Pilaf with Lemon & Dried Cranberries Asparagus with Tarragon Roast Mushrooms Steamed Dill Potatoes Daily Vegan Soup Daily Protien Soup	<b>BRUNCH</b> Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Daily Soup <b>Action Station</b> <b>Smoothie</b>	<b>BRUNCH</b> Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Daily Soup <b>Action Station</b> <b>Smoothie</b>
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>DINNER</b> <i>7 days a week:</i> 5:00-7:00	Alsatian Chicken Fricasse Plant Based Alsatian Chicken Fricasse French Onion Rice Buttered Egg Noodles Roast Squash Sautéed Spinach & Tomatoes Steamed Asparagus Daily Soup	Beef Tacos Plant Based Beef Tacos Tomato, Lime & Cilantro Rice Roasted Zucchini With Smoky Paprika Refried Beans Spiced Chili & Pepper Stew Corn Tortilla Chips Daily Soup	<b>SMUS Special</b>  <b>Local &amp; Sustainable Theme Dinner</b>  <b>Chefs Special Pop up Action Station</b>	Japanese Roast Pork (BUTADON) Miso Braised Tofu & Daikon Yaki Udon Shitake Steamed Pearl Rice Baby Bok Choy Sesame Spinach Gomaee Roasted Eggplant Daily Soup	Afghan Creamy Yogurt Chicken Kabuli Raison & Carrot Rice Cinnamon Tomato Eggplant Sabzi (aromatic spiced spinach) Spiced Minted Green Beans Baked Flatbread Daily Vegan Soup Daily Protien Soup	Black Bean Prawns Vegetable Chow Mein Fried Rice Gai Lan Chinese Braised Mushrooms Bean Sprout Stir Fry Vegetarian Spring Rolls Daily Soup	Roast Beef Plant Based Beef Mashed Potatoes Steamed Broccoli Roasted Squash Beef Gravy Yorkshire Pudding sundae bar

### Special Dietary Needs?

Please make an appointment to see the  
Director of Dining Services or Executive Chef  
250-370-6101 or e-mail: [sodexo@smus.ca](mailto:sodexo@smus.ca)



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<b>BREAKFAST</b> <i>Mon - Fri:</i> 7:00-9:00am <i>Saturday &amp; Sunday</i> Continental 7:00-9:00 am Hot Breakfast 9:00-11:00	Scrambled Eggs Hard Boiled Eggs Mushroom & Cheese Fritta Brioche French Toast Hash browns Sushi Rice Pork Sausage Roasted Tomatoes Oatmeal Daily Congee	Denver Scramble Hard Boiled Egg Smoked Salmon Egg Casserole Chef Special Pancakes Breakfast Potatoes Sushi Rice Bacon Dim Sum Oatmeal Daily Congee	Chef's Special Scramble Hard Boiled Eggs Quesadilla with Cheese & Peppers Waffles with Vanilla Berry Compote Corn Beef Hash Sushi Rice European Back Bacon Sauteed Mushrooms Oatmeal Daily Congee	Scrambled Eggs Hard Boiled Eggs Guacamole Egg Sandwich Buttermilk Pancakes Breakfast Potatoes Sushi Rice Chicken Sausages Dumplings Oatmeal Daily Congee	Scrambled Eggs Hard Boiled Eggs Chef's Special Frittata Crepes with Strawberry Compote Hash browns Sushi Rice Bacon Cheese & Spinach Quiche Oatmeal Daily Congee	Chef Special Scrambled Hard Boiled Eggs Smoked Salmon Benedict Sushi Rice Fresh Waffles Breakfast Potatoes Pork Sausage Dim Sum Oatmeal Daily Congee	Scrambled Hard Boiled Eggs Burrito Eggs Fried Eggs to Order Blueberry Pancakes Hash Brown Bacon Chinese Steamed Buns Oatmeal Daily Congee
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>LUNCH</b> <i>Mon - Fri:</i> 11:30 am - 1:15 <b>BRUNCH</b> <i>Saturday &amp; Sunday</i> 11:00 - 1:00	Beef Slopy Joe Broccoli & Cheese Quiche Roast Potato Wedges Peas & Carrots Green Beans Chef Special Stuffed Portobello Daily Vegan Soup Daily Protien Soup	Turkey & Cranberry Meatloaf Chipotle Vegan Crumble Whipped Potatoes Buttered Broccoli Mixed Vegetable Medley Crispy Bread Rolls Daily Vegan Soup Daily Protien Soup	Arabian Lamb Stew Plant Based Arabic Stew Sulatana & Cumin Rice Aromatic Lentils (Koshary Asfar) White Bean & Zucchini Tagine Falafals Daily Vegan Soup Daily Protien Soup	Beef Burgers Plant Based Burgers Spicy French fries Creamed Corn Pepper Succotash Sesame Kaiser Buns Daily Vegan Soup Daily Protien Soup	Albondigas (Spanish Meatballs) Vegetarian Meatballs Spanish Rice Garlic Bread Sauteed Spinach & Mushrooms Green Beans & Roasted Peppers Daily Vegan Soup Daily Protien Soup	<b>BRUNCH</b> Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Daily Soup <b>Action Station</b> <b>Smoothie</b>	<b>BRUNCH</b> Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Daily Soup <b>Action Station</b> <b>Smoothie</b>
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<b>DINNER</b> <i>7 days a week:</i> 5:00-7:00	Roasted Greek Chicken Breast Plant Based Greek Chicken Rice Pilaf Lemon Potatoes Orzo with Ollives & Feta Zucchini with Oregano Pita Bread Daily Soup	Chili Verde Roasted Pork Plant Based Chili Verde Patatas Bravas Mexican Rice Pilaf Refried Beans Sweet Peppers with Cheese Curd Local Market Vegetables Daily Soup	<b>SMUS Special</b>  <b>Local &amp; Sustainable</b> <b>Theme Dinner</b>  <b>Chefs Special Pop up Action Station</b>	Sweet & Sour Chicken Sweet & Sour Plant Based Chicken Chili Garlic Noodles Vegetarian Spring Roll Fried Rice Black Bean Broccoli Steamed Bao Buns Daily Soup	Vietnamese Pork Chops Lemongrass Rice Rice Noodles with Shrimp Vegetarian Dumplings Shanghai Bok Choy Shitake Mushrooms Braised Napa Cabbage Daily Soup	Philly Steak (au jus) Plant Based Beef Fresh Baked Baguette Crispy Potato Wedges Sautéed Onions Sautéed Mushrooms Chef's Mixed Vegetables Daily Soup	Mustard Glazed Local Ham Brie & Scallion Quiche Potato Perogies Aspargaus Glazed Carrots Mixed Bean Caserole Pork Gravy Daily Soup

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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>LUNCH</b> <i>Mon - Fri:</i> 11:30 am - 1:15 <b>BRUNCH</b> <i>Saturday &amp; Sunday</i> 11:00 - 1:00	Tikka Masala Butter Chicken Plant Based Butter Chicken Basmati Rice Roast Cauliflower & Potatoes Steamed Peas & Paneer Naan Bread Daily Vegan Soup Daily Protein Soup	Beef Fajita Chipotle Vegan Filling Aromatic Mexican Rice Sautéed Peppers & Onions Peaches & Cream Corn Tortilla Chips & Flour Tortilla Daily Vegan Soup Daily Protein Soup	Chorizo Spiced Pork Chops Plant Based Chorizo Baja Black Beans Prawn Paella Roasted Chili Potatoes Fennel, Yams Daily Vegan Soup Daily Protein Soup	Beef Burger Vegetarian Burger Sesame Kaiser Bun Crispy Fries Sautéed Zucchini Honey Glazed Carrots Daily Vegan Soup Daily Protein Soup	Chicken Kung Pao 5 Spice Fried Tofu & Vegetables Vegetarian Chow Mein Sautéed Bok Choy Fried Garlic Broccoli Steamed Jasmine Rice Daily Vegan Soup Daily Protein Soup	<b>BRUNCH</b> Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Daily Soup <b>Action Station</b> <b>Smoothie</b>	<b>BRUNCH</b> Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Daily Soup <b>Action Station</b> <b>Smoothie</b>
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<b>DINNER</b> <i>7 days a week:</i> 5:00-7:00	Miso Roasted Pork Plant Based Miso Pork Udon Noodles Bok Choy Edamame Rice Soy Ginger Tofu Sesame Mushroom Stew Daily Soup	Fried Chicken Macaroni & Cheese Quinoa & Kale Stuffed Pepper Candied Sweet Potato Roast Potato Wedges Warm Cabbage Slaw Lemon Garlic Green Beans Daily Soup	<b>SMUS Special</b>  <b>Local &amp; Sustainable</b>  <b>Theme Dinner</b>  <b>Chefs Special Pop up Action Station</b>  Daily Soup	Brazilian Coconut Chicken Plant Based Coconut Chicken Piri Piri Potatoes Coconut Rice Spiced Roast Squash Steamed Broccoli & Cauliflower Local Market Vegetables Daily Soup	Beef Carne Asada Plant Based Beef Carne Asada Chili, Lime & Cilantro Rice Refried Beans Grilled Peppers Chef's Vegetables Baked Potato Bar Daily Soup	Italian Lasagne Vegetarian Lasagne Lemon Basil Rice Garlic Bread Roast Italian Vegetables Eggplant Parmagianna Roasted Zucchini Daily Soup	Salt & Pepper Pork Ribs Vegetarian Quiche Cajun Rice Pilaf Creamy Prawn Pasta Roasted Cauliflower Peaches & Cream Corn Green Beans Daily Soup

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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>LUNCH</b> <i>Mon - Fri:</i> 11:30 am - 1:15 <b>BRUNCH</b> <i>Saturday &amp; Sunday</i> 11:00 - 1:00	Greek Spiced Chicken Breast Spanakopita Lightly Dressed Greens Greek Roast Potatoes Chef Special Orzo Pasta Pita Bread Daily Vegan Soup Daily Protien Soup	Roasted Turkey Breast Cheese Tortellini Creamy Cheese Rice Roast Potatoes Honey Glazed Carrots Roasted Mushrooms Daily Vegan Soup Daily Protien Soup	Creamy Pesto Chicken Plant Based Pesto Chicken Rigatoni Pasta Arabiata Parmesan Roasted Roma Tomatoes Sautéed Spinach Balsamic Asparagus Daily Vegan Soup Daily Protien Soup	Honey Garlic Pork Vegetarian Spring Rolls Shrimp Chow Mein Garlic & Ginger Bok Choy Fried Rice Soy Briased Tofu & Mushroom Daily Vegan Soup Daily Protien Soup	Italian Meatball Submarine Plant Based Meatballs Crispy Mini Baguette Cajun Potato Wedges Pasta Alfredo Chef Special Vegetables Daily Vegan Soup Daily Protien Soup	<b>BRUNCH</b> Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Daily Soup <b>Action Station</b> <b>Smoothie</b>	<b>BRUNCH</b> Chef's Entrée Chef's Vegetarian Entrée Chef's Starch Chef's Vegetable Daily Soup <b>Action Station</b> <b>Smoothie</b>
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<b>DINNER</b> <i>7 days a week:</i> 5:00-7:00	Pulled Pork Sandwich Spinach & Feta Quiche Chiabatta Bun Roast Potatoes Seasoned Carrots Sautéed Mushrooms & Onion Local Market Vegetables Daily Soup	Beef Tacos Plant Based Beef Tacos Patatas Bravas Tomato & Sweet Pepper Rice Pilaf Refried Beans Creamed Corn Chefs Special Quinoa Daily Soup	<b>SMUS Special</b>  <b>Local &amp; Sustainable</b> <b>Theme Dinner</b>  <b>Chefs Special Pop up Action Station</b>  Daily Soup	Baked Tikka Masala Salmon Vegetarian Samosas Cumin Potatoes Saffron Basmati Rice Tikka Masala Paneer & Peas Roasted Cauliflower Spiced Lentils Daily Soup	Morrocان Chicken Plant Based Chicken Spiced Basmati Rice with Dates Flatbread Lentil & Chickpea Tagine Vegetable Shakshuka Zucchini with Preserved Lemon Daily Soup	Roasted Lamb Leg Cheese Tortellini Rosemary Roasted Potatoes Mixed Bean Ragout Cabbage & Onions Vegetarian Perogies Green Beans with Almonds Daily Soup	Alsation Beef Stew Plant Based Beef Stew Asparagus Mashed Potatoes Vichy Carrots Mushroom & Pearl Onions French Onion Rice Daily Soup

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