

**Kingsway College Cafeteria**

**Sample Meal Menus**

*(all meals are \$9.00 per person)*

**Friday, November 7, 2008**

**Breakfast**

*Breakfast Stripples  
Scrambled Eggs  
Cooked/Cold Cereals  
Croissants  
Cinnamon Buns  
Juice/Milk/Hot Drink*

**Lunch**

*Cashew Casserole  
Steamed Rice  
Corn  
Rolls & Butter  
Salad Bar  
Dessert  
Beverage*

**Supper**

*Vegetarian Patties & Gravy  
Mashed Potatoes  
Peas  
Rolls & Butter  
Salad Bar  
Dessert  
Beverage*

**Saturday, November 8, 2008**

**Breakfast**

*Hot and Cold Cereals  
Pancakes with toppings  
Veg. Breakfast Links  
Hard Boiled Eggs  
Bread – Toasted or Plain  
Juice/Milk/Hot Drink  
Fruits*

**Lunch**

*Stir Fry Veg's & Veg. Chicken  
French Cut Beans & Almonds  
Wild Rice Pilaf  
Rolls & Butter  
Salad Bar  
Beverage*

**Supper**

*Breaded Prime Steak in Sauce  
Roasted Potatoes  
Corn  
Rolls & Butter  
Salad Bar  
Dessert  
Beverage*

**Sunday, November 9, 2008**

**Breakfast**

*Breakfast Patties  
Fried Eggs – made to order  
Home Fries  
Cooked/Cold Cereals  
Bread – Toasted or Plain  
Juice/Milk/Hot Drink  
Fruits*

**Lunch**

*Scalloped Casserole  
Roasted Parisienne Potatoes  
Baby Carrots  
Rolls & Butter  
Salad Bar  
Dessert  
Beverage*

**Supper**

*Stir Fry Vegetables/Noodles  
Seasoned Rice  
Mixed Vegetables  
Rolls & Butter  
Salad Bar  
Dessert  
Beverage*