

MOUNT BENSON MARKET

Week of **January 23** to **January 29**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OPTION ONE</p> <ul style="list-style-type: none"> • VIU Chicken Fried Rice 	<p>OPTION ONE</p> <ul style="list-style-type: none"> • Chicken Stew • Homemade Bun 	<p>OPTION ONE</p> <ul style="list-style-type: none"> • Beef Lasagna • Mixed Green Salad 	<p>OPTION ONE</p> <ul style="list-style-type: none"> • Chicken Stir Fried Udon • Veggie Spring Roll 	<p>OPTION ONE</p> <ul style="list-style-type: none"> • Souvlaki Chicken • Lemon Oregano Rice • Greek Salad 	<p>OPTION ONE</p> <ul style="list-style-type: none"> • Burger Bar • French Fries 	<p>OPTION ONE</p> <ul style="list-style-type: none"> • Mexican Fiesta • Taco's & Quesadillas • Rice • Salad
<p>OPTION TWO</p> <ul style="list-style-type: none"> • VIU Vegetable fried rice 	<p>OPTION TWO</p> <ul style="list-style-type: none"> • Vegetable Stew • Homemade Bun 	<p>OPTION TWO</p> <ul style="list-style-type: none"> • Vegetable Lasagna • Mixed Green Salad 	<p>OPTION TWO</p> <ul style="list-style-type: none"> • Vegetable Stir Fried Udon • Veggie Spring Roll 	<p>OPTION TWO</p> <ul style="list-style-type: none"> • Falafel • Lemon Oregano Rice • Greek Salad 	<p>OPTION TWO</p> <ul style="list-style-type: none"> • Vegetarian Burger Bar • French Fries 	<p>OPTION TWO</p> <ul style="list-style-type: none"> • Mexican Fiesta • Vegetarian Taco's & Quesadillas • Rice • Salad
<p>EXTRAS</p>	<p>EXTRAS</p> <ul style="list-style-type: none"> • Gravy 	<p>EXTRAS</p> <ul style="list-style-type: none"> • Garlic Toast 	<p>EXTRAS</p> <ul style="list-style-type: none"> • Sprouts 	<p>EXTRAS</p> <ul style="list-style-type: none"> • Hummus • Tzatziki • Pita 	<p>EXTRAS</p> <ul style="list-style-type: none"> • Burger Fixings 	<p>EXTRAS</p> <ul style="list-style-type: none"> •