

MOUNT BENSON MARKET

Week of **November 21 to November 27**

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"> • Bratwurst Sausage • Cabbage Rolls • Braised Cabbage • Grilled Zucchini 	<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"> • Roast Beef Dinner • Roasted Potatoes • Caesar Salad 	<p>OPTION ONE</p> <ul style="list-style-type: none"> • Pulled BBQ Pork • Braised BBQ Beef • Potato Salad • Mixed Green 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"> • Vegan Sausage • Pierogis • Braised Cabbage • Grilled Zucchini 	<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"> • Grilled Balsamic Cauliflower • Roast Potatoes • Caesar Salad 	<p>OPTION TWO</p> <ul style="list-style-type: none"> • Pulled BBQ Jackfruit • Potato Salad • Mixed Green 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"> • Sauerkraut • Gravy 	<p>EXTRAS</p> <ul style="list-style-type: none"> • Hummus • Tzatziki • Pita 	<p>EXTRAS</p> <ul style="list-style-type: none"> • Yorkies • Gravy 	<p>EXTRAS</p> <ul style="list-style-type: none"> • Bun • Coleslaw • Fresh Fruit