

# MOUNT BENSON MARKET

Week of **Oct 31 – Nov 6**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>OPTION ONE</b></p> <ul style="list-style-type: none"> <li>• VIU Chicken Fried Rice</li> </ul>	<p><b>OPTION ONE</b></p> <ul style="list-style-type: none"> <li>• Chicken Stew</li> <li>• Homemade Bun</li> </ul>	<p><b>OPTION ONE</b></p> <ul style="list-style-type: none"> <li>• Beef Lasagna</li> <li>• Mixed Green Salad</li> </ul>	<p><b>OPTION ONE</b></p> <ul style="list-style-type: none"> <li>• Bratwurst Sausage</li> <li>• Cabbage Rolls</li> <li>• Braised Cabbage</li> <li>• Grilled Zucchini</li> </ul>	<p><b>OPTION ONE</b></p> <ul style="list-style-type: none"> <li>• Souvlaki Chicken</li> <li>• Lemon Oregano Rice</li> <li>• Greek Salad</li> </ul>	<p><b>OPTION ONE</b></p> <ul style="list-style-type: none"> <li>• Roast Beef Dinner</li> <li>• Roasted Potatoes</li> <li>• Caesar Salad</li> </ul>	<p><b>OPTION ONE</b></p> <ul style="list-style-type: none"> <li>• Pulled BBQ Pork</li> <li>• Braised BBQ Beef</li> <li>• Potato Salad</li> <li>• Mixed Green Salad</li> </ul>
<p><b>OPTION TWO</b></p> <ul style="list-style-type: none"> <li>• VIU Vegetable fried rice</li> </ul>	<p><b>OPTION TWO</b></p> <ul style="list-style-type: none"> <li>• Vegetable Stew</li> <li>• Homemade Bun</li> </ul>	<p><b>OPTION TWO</b></p> <ul style="list-style-type: none"> <li>• Vegetable Lasagna</li> <li>• Mixed Green Salad</li> </ul>	<p><b>OPTION TWO</b></p> <ul style="list-style-type: none"> <li>• Vegan Sausage</li> <li>• Pierogis</li> <li>• Braised Cabbage</li> <li>• Grilled Zucchini</li> </ul>	<p><b>OPTION TWO</b></p> <ul style="list-style-type: none"> <li>• Falafel</li> <li>• Lemon Oregano Rice</li> <li>• Greek Salad</li> </ul>	<p><b>OPTION TWO</b></p> <ul style="list-style-type: none"> <li>• Grilled Balsamic Cauliflower</li> <li>• Roast Potatoes</li> <li>• Caesar Salad</li> </ul>	<p><b>OPTION TWO</b></p> <ul style="list-style-type: none"> <li>• Pulled BBQ Jackfruit</li> <li>• Potato Salad</li> <li>• Mixed Green Salad</li> </ul>
<p><b>EXTRAS</b></p>	<p><b>EXTRAS</b></p> <ul style="list-style-type: none"> <li>• Gravy</li> </ul>	<p><b>EXTRAS</b></p> <ul style="list-style-type: none"> <li>• Garlic Toast</li> </ul>	<p><b>EXTRAS</b></p> <ul style="list-style-type: none"> <li>• Sauerkraut</li> <li>• Gravy</li> </ul>	<p><b>EXTRAS</b></p> <ul style="list-style-type: none"> <li>• Hummus</li> <li>• Tzatziki</li> <li>• Pita</li> </ul>	<p><b>EXTRAS</b></p> <ul style="list-style-type: none"> <li>• Yorkies</li> <li>• Gravy</li> </ul>	<p><b>EXTRAS</b></p> <ul style="list-style-type: none"> <li>• Bun</li> <li>• Coleslaw</li> <li>• Fresh Fruit</li> </ul>