

STUDENT NAME: \_\_\_\_\_

STUDENT #: \_\_\_\_\_ ROOM #: \_\_\_\_\_ DATE: \_\_\_\_\_

For menu questions, please visit the VIU Food Services website: [services.viu.ca/food-services](https://services.viu.ca/food-services)

BREAKFAST	LUNCH	DINNER
<p><b>CHOOSE ONE</b></p> <p>Apple Juice Orange Juice Grape Juice 2% Milk Chocolate Milk Almond Milk</p>	<p><b>CHOOSE ONE</b></p> <p>Assorted Canned Pop Apple Juice Orange Juice 2% Milk Chocolate Milk Almond Milk</p>	<p><b>CHOOSE ONE</b></p> <p>Assorted Canned Pop Apple Juice Orange Juice 2% Milk Chocolate Milk Almond Milk</p>
<p><b>CHOOSE TWO</b></p> <p>Assorted Muffins Assorted Baked Goods Apple Orange Assorted Cheese Hard Boiled Egg</p>	<p><b>CHOICE OF SOUP &amp; SANDWICH</b></p> <p><i>comes with sandwich and cup of daily soup</i></p> <p><b>CHOOSE ONE</b></p> <p>Falafel (V) Tuna Salad Egg Salad (V) Chicken Salad Chicken Caesar Salad Wrap</p>	<p><b>CHOOSE ONE</b></p> <p><i>refer to Dinner Menu</i></p> <p>Option One Option Two (vegetarian)</p>
<p><b>CHOOSE ONE</b></p> <p>Assorted Yoghurt Egg Salad Sandwich (V) Bagel (V) with... <i>Peanut Butter Jam Cream Cheese</i> Hummus &amp; Naan Assorted Cereal (V) <i>Choose milk type above</i> Fruit Salad (V)</p>	<p><b>OR CHOICE OF POKE BOWL</b></p> <p><i>Only order a poke bowl if you did not order soup &amp; sandwich</i></p> <p><b>CHOOSE ONE</b></p> <p>Chicken Soya Poke Bowl Veggie Poke Bowl Tuna Poke Bowl</p>	<p><b>ALLERGIES &amp; OTHER DIETARY RESTRICTIONS</b></p>

**(V) = Vegetarian**

VIU Food Services views vegetarian as a Lacto-ovo vegetarian diet which excludes meat, fish and poultry, but allow dairy products and eggs.