

Teacher Mentorship: A Provincial Conversation, April 10-11, 2014

Menus

Thursday evening dinner

Artisan Rolls with Butter
Wild & Gathered Greens with a Selection of Dressings
Old Fashion Potato Salad & Hard Boiled Eggs
Hummus (vegan, gluten free) & Rosemary Flat Bread
Whole Wheat Penne with Golden Raisins, Sage, Edamame & Almonds
Pickles, Marinated Olives & Hot Peppers

Slow Roast Top Round of Canadian Angus Beef with Rosemary au Jus
E-Fu Noodles with Mushrooms & Spring Onion
Steamed Seasonal Vegetables
Fragrant Jasmine Rice

Chocolate Brownies, Nanaimo, Carrot Cake & Butter Tart Bars
Freshly Brewed Coffee & Organic Numi Teas

Friday morning breakfast

Orange & Grapefruit Juices
Happy Planet Organic Fruit Smoothies
Sliced Seasonal Fruit & Berries
Individual No Fat Fruit Yogurts
Low Fat Cranberry Omega Loaf & Apple Cinnamon Muffins
Granola & Select Cereals with Skim & Soy Milk
Freshly Brewed Coffee & Organic Numi Teas

Friday lunch

The Chicken Salad Bar (build your own chicken salad)

Garlic & Parmesan Toasted Focaccia

Roast Boneless & Skinless B.C. Chicken Breast
Crisp Romaine, Young Spinach & Artisan lettuces
Seasonal Sprouts & English Cucumbers
Cherry & Seasonal Tomatoes, Broccoli & Cauliflower Florets
Sliced Spanish Onion & Field Mushrooms
Marinated Olives, Sliced Banana & Cherry Peppers
Garbanzo Beans & Dried Cranberries
Parmesan, Feta & Crumbled Blue Cheese
Chilled Rice Noodles & Crispy Tofu
Spicy Wontons, Croutons & Sunflower Seeds
Vinaigrettes & Dressings
No Fat Sesame, Buttermilk Ranch, Blackberry Balsamic & Caesar

Lemon Cream Shortcake Bars & Fresh Fruit Salad
Freshly Brewed Coffee & Organic Numi Teas