

# UBC Pre-University Programs

## Sample Menu

These are some of the foods you'll enjoy at breakfast, lunch and dinner. Menus change daily and from week 1 to week 2. We're happy to accommodate different kinds of diets (e.g., Halal, Kosher, vegan). Be sure to let us know when you register if you have dietary needs.

### Breakfast



#### Daily Buffet Breakfast

Ham  
Chicken Sausage/Pork Sausage  
Bacon  
Breakfast Potatoes  
Whole Fruit  
Fruit Yogurt  
Toast Station  
Cereal Selection  
Milk/Fruit Juice/Coffee/Tea/  
Hot Chocolate

#### Breakfast Special

Scrambled Eggs  
Spanish Omelettes  
Congee and Oatmeal  
Waffles  
Pancakes with Fruit Sauce  
Cinnamon Swirl French Toast

### Lunch



#### Soup

Daily Soup

#### Buffet Lunch and Sandwich Bar

Fresh Salad Bar  
Bread Rolls/Breads  
Butter/Margarine  
Sliced Cheese & Meat

#### Lunch Special

BBQ Meatball Sub  
Chicken-a-la-King  
Stir-fried Beef w/ Basil & Pepper  
Perogies w/ Fried Onions & Bavarian Smokies  
Sweet & Sour Chicken Balls

#### Side Dishes

Pom Pom Fries	Rice
French Fries	Daily Vegetables
Chow Mein Noodle	Egg Noodles

#### Vegan Entrée

Falafel w/ Pita & Tzatziki  
Tofu Mushroom Korma  
Vegetable & Bean Chilli  
Quinoa Rattatouille

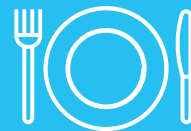
#### Pasta Bar

Alfredo Sauce	Tomato Veg. & Green Olives
Primavera Sauce	White Bean
3 Cheese Sauce	Vegetable w/ Tomato Sauce
Arabiatta Sauce	

#### Desserts

Yogurt, Jello, Seasonal Fresh Fruit  
Assorted Desserts

### Dinner



#### Buffet Dinner Daily

Fresh Salad Bar  
Bread Rolls/Breads  
Butter/Margarine  
Sliced Cheese & Meat

#### Pasta Specials

Basil Pesto Chicken  
White Bean Veg. w/ Tomato Sauce  
Chicken Cacciatore Sauce  
Primavera Sauce  
Arabiatta Sauce (vegetarian)  
Turkey Alfredo  
Grilled Vegetables Tomato Ragu

#### Entrée 1

Beef Ragout	Chicken Curry
Baked Breaded Cod	Thai Pork Curry
Mexican Chicken	Ginger Beef

#### Entrée 2

Glazed Ham	Roast Beef/gravy
Roast Turkey/gravy	Roast Pork/gravy

#### Vegan Entrée

Sweet Potatoe & Veg. Stew  
Vegetable Paneer Korma  
Veggie Burgers  
Lentil & Veg Stew  
Moroccan Chickpea Ragout

#### Side Dishes

Steamed Rice	Mashed Potatoes
Roast Potatoes	Couscous
Daily Vegetables	Chow Mein

#### Desserts

Assorted Desserts



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Extended Learning

