



King's-Edgehill School

Canada's First Independent School, Circa 1788
Nova Scotia's top boarding/day school for grades 7 through 12

Jr school trips this week

		SUNDAY May 7th	MONDAY May 8th	TUESDAY May 9th	WEDNESDAY May 10th	THURSDAY May 11th	FRIDAY May 12th	SATURDAY May 13th
BREAKFAST	Morning EDITIONS	BRUNCH 11:00 - 11:45 EGGS TO ORDER: Omelets, Scrambled, Fried Boiled Eggs Breakfast Burritos Breakfast Ham Pancakes Fresh Local Hash Browns Waffle Station SANDWICH BAR with Panini Grill 	Scrambled/Boiled Eggs Bacon Waffles Oatmeal	Poached/Boiled Eggs Sausage French Toast Smoothies Cream of Wheat	Eggs Bologna Chocolate Chip Pancakes Oatmeal Baked Beans	Omelets/Boiled Eggs Breakfast Ham French Toast & Blueberry Sauce Yogurt Parfaits Oatmeal	Scrambled/Boiled Eggs Sausage Pancakes Sliced Apples & Dip Oatmeal	BRUNCH 11:00 - 11:45 Western Scrambled Eggs Boiled Eggs Sausage & Egg Sunrise Sandwich Quiche Lorraine Breakfast Ham Fresh Local Hash Browns Waffle Station SANDWICH BAR with Panini Grill 
	LUNCH	The Fresh GRILLE	Fresh Salad 	Tuna Noodle Casserole Sloppy Joes Baked Fries Steamed Rice Green Beans Thai Style Salad	Pepperoni Pizza Veggie Pizza Cheese Pizza Donair Pizza Panko Crusted Filet of Haddock Sweet Potato Fries Herbed Lemon Rice Mixed Vegetables Caesar Salad	Pasta Bar Featuring: Bolognese & Alfredo Sauce Choice of Pasta & Garlic Bread Tandoori Roast Beef On Naan with Sautéed Onions & Peppers Spicy Potato Wedges Brown Rice Peas & Carrots Spinach Salad	Grilled Reuben on Rye Cheese & Turkey Pasta Bake Baked Potato Bar White Rice Oven Roasted Veggies Greek Salad	Spicy Beef Casserole Chicken Quesadillas Nacho Bar Spanish Rice Corn Chef Salad
		Sloppy Janes		Veggie or Cheese Pizza	Pasta with Marinara Sauce	Grilled Veggie Reuben on Rye	Black Bean Quesadillas	
		Chicken Pad Thai		Cheesy Pizza with Chicken	Pasta with Meatsauce	Beef & Broccoli Stir Fry White Rice & Veggies	Spicy Beef Casserole	
SOUP Emporium		Chicken Noodle Soup Corn Chowder		Spicy Beef Chili Curried Sweet Potato	Beef & Barley Soup Cream of Broccoli	Chicken Vegetable Soup Mushroom Bisque	Fish Chowder Minestrone	
Supper	Culinary TABLE	Pesto Crusted Roast Pork With Natural Juices Chicken Stir Fry Freshly Baked Rolls Roasted Sweet Potatoes Steamed Rice Fresh Carrots & Turnips	Korean BBQ Chicken Shepherd's Pie & Pan Gravy Mashed Potatoes Scallion Rice Pilaf Peas & Carrots	Basil & Garlic Pork Chops Homemade Hamburgers With your favourite toppings Herb Roasted Potatoes Savoury Quinoa Pilaf Green & Yellow Beans	1st BBQ of the Year! BBQ 9 Cut Chicken Beef & Veggie Kabobs Baked Potatoes Potato Salad Creamy Cole Slaw Macaroni Salad	Indian Butter Chicken Naan Bread Philly Steak Hoagie with BBQ Aioli & Caramelized Onions Boiled Potatoes with Skins Basmati Rice Mixed Veggies	Action Station Featuring Pasta & Garlic Bread Seared Salmon Loin with Cilantro Butter Garlic Mashed Potatoes Citrus Scented Couscous Fresh Green Beans	Assorted Pizzas Grilled Clubhouse Wraps Oven Baked Potato Wedges Steamed Rice Carrots
		SALAD EMPORIUM - Full Salad Bar Everyday						
		SANDWICH CENTRAL - Full Sandwich Bar Everyday						
		Chickpea Stir Fry	Vegetarian Shepherd's Pie	Sweet Potato & Cauliflower Tangine with Naan Bread	Veggie & Tofu Kabobs	Vegetarian Butter Tofu Naan Bread	Pasta with Creamy Pesto Sauce	Pizza or Stir Fry
		Roasted Pork Steamed Rice & Veggies	Roasted Chicken with Rice & Veggies	Pork Chop & Potato	Chicken & Baked Potatoes	Indian Butter Chicken Basmati Rice & Veggies	Salmon, Mashed Potatoes And Green Beans	Pizza



Blue Indicates Balanced Choice Item



Week One



King's-Edgehill School

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Cadet Church Parade

Cadet Inspection

BREAK

		SUNDAY May 14th	MONDAY May 15th	TUESDAY May 16th	WEDNESDAY May 17th	THURSDAY May 18th	FRIDAY May 19th	SATURDAY May 20th
BREAKFAST	Morning EDITIONS	BRUNCH 11:00 - 11:45 EGGS TO ORDER: Omelets, Scrambled, Fried Boiled Eggs Seasonal Quiche Sausage Cinnamon French Toast Fresh Local Hash Browns Baked Tomato Provincial Waffle Station SANDWICH BAR with Panini Grill	Poached/Boiled Eggs Bologna Blueberry Pancakes Spiced Apple & Quinoa Parfaits Oatmeal	Eggs Sausage Pancakes Smoothies Cream of Wheat	Scrambled/Boiled Eggs Breakfast Ham Waffles Fresh Local Hash Browns Oatmeal	Poached/Boiled Eggs Bacon French Toast Fresh Fruit Slices Oatmeal	Omelets/Boiled Eggs Sausage Pancakes Baked Beans Oatmeal	BRUNCH 11:00 - 11:45 Western Scrambled Eggs Boiled Eggs Bacon & Cheddar Croissants Bologna Hash Brown Potatoes Oatmeal Waffle Station SANDWICH BAR with Panini Grill
	The Fresh GRILLE		Swedish Meatballs Pork Canitas Tacos Nacho Bar White Rice Corn & Peas Orange Walnut Salad with Julienned Turkey	Pepperoni Pizza Veggie Pizza Cheese Pizza Greek Pizza Chicken Tetrizzini Moroccan Couscous White Rice Mixed Vegetables Greek Salad	Pasta Station Featuring: Carbonara Sauce & Meat Sauce Open Faced Turkey Sandwich Baked Fries Baked Sweet Potato Peas Garden Salad	Sweet & Spicy Chicken Tacos Mac & Cheese Herb Roasted Red Potatoes Basmati Rice Green & Yellow Beans Caesar Salad	Taco Station Featuring: Crispy Fish Tacos Baja Chicken Tacos Rotini with Italian Sausage & Pepper Sauce Spanish Rice Corn Chef Salad	
LUNCH			SALAD EMPORIUM - Full Salad Bar Everyday					
			Sweet Potato Falafel Pitas	Veggie or Cheese Pizza	Pasta with Marinara Sauce	Mac & Cheese	Bean Tostadas	
			Meatballs, Rice & Veggies	Cheese Pizza with Chicken	Sliced Turkey, Sweet Potato & Peas	Chicken, Rice and Veggies	Beef Tacos Rice & Corn	
	SOUP Emporium		Beef Noodle Soup Roasted Red Pepper Bisque	Chicken, Leek, Rice Soup Tomato Veggie with Cheese Tortellini	Beef & Barley Roasted Root Veggie	Chicken Noodle Creamy Potato & Cheddar	Clam Chowder Black Bean Soup	
	Culinary TABLE	Roast Turkey Dinner Stuffing, Cranberries & Gravy Fish Burgers with Lettuce, Tomato, Cheese Mashed Potatoes White Rice Fresh Squash	BBQ Beef Brisket Gravy Caribbean Pork Stew Freshly Baked Rolls Herb Roasted Potatoes White Rice Carrots & Turnip	Beef Lasagna Garlic Baguette Grilled Haddock with Zesty Ginger Sauce Lemon & Oregano Roasted Potatoes Rice Pilaf Steamed Fresh Broccoli Waffle Dessert Bar	Stir Fry Action Station: Featuring Choice of Pork, Chicken, Tofu & Veggies Thai Sweet & Spicy Pork Chops Boiled Potatoes with Skins Steamed Rice Peas & Carrots	Kung Poa Chicken Country Style Meatloaf & Pan Gravy Mashed Potatoes Vegetable Fried Rice Cauliflower	Chicken Pot Pie Action Station Featuring: Creamy Risotto & Garlic Baguette Spiced Potato Wedges Steamed Rice Carrots & Turnips	Assorted Pizzas Chicken Vegetable Stir Fry Baked Fries Steamed Rice Mixed Veggies
		SALAD EMPORIUM - Full Salad Bar Everyday						
		SANDWICH CENTRAL - Full Sandwich Bar Everyday						
	Cheese & Vegetable Casserole	Vegetarian BBQ Beef Strips, Potatoes, Veggies	Vegetarian Lasagna	Tofu & Veggie Stir Fry	Kung Poa Stir Fry with Vegetarian Chicken	Italian Risotto Station	Pizza	
	Roast Turkey, Mashed Potatoes & Squash	Beef Brisket, Potatoes, Carrots	Haddock, Potatoes & Broccoli	Stir Fry with Choice of Meat	Meatloaf, Mashed Potatoes & Cauliflower	Chicken Stew	Pizza	



Blue Indicates Balanced Choice Item









Week Two



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		BREAK	BREAK	BREAK	Gr 12 Alumni Dinner/Cadet Ball				
		SUNDAY May 21st	MONDAY May 22nd	TUESDAY May 23rd	WEDNESDAY May 24th	THURSDAY May 25th	FRIDAY May 26th	SATURDAY May 27th	
BREAKFAST	Morning EDITIONS	BRUNCH 11:00 - 11:45	BRUNCH 11:00 - 11:45	BRUNCH 11:00 - 11:45	Scrambled/Boiled Eggs Sausage Waffles Fresh Local Hash Browns Cream of Wheat	Poached/Boiled Eggs Bologna Pancakes Fresh Fruit Pieces Baked Beans	Scrambled/Boiled Eggs Bacon Waffles Mango Yogurt Parfaits Oatmeal	BRUNCH 11:00 - 11:45	
	The Fresh GRILLE	EGGS TO ORDER: Omelets, Scrambled, Fried Boiled Eggs Broccoli & Cheddar Quiche Breakfast Bangers Blueberry Pancakes Roasted Red Potatoes Waffle Station SANDWICH BAR with Panini Grill 	EGGS TO ORDER: Omelets, Scrambled, Fried Boiled Eggs Breakfast Ham French Toast Hash Browns Oatmeal Waffle Station SANDWICH BAR	EGGS TO ORDER: Fried Eggs Boiled Eggs Bacon Egg Salad Croissants Pancakes Baked Beans SANDWICH BAR	Beef & Broccoli Stir Fry BBQ Pulled Pork Kaisers with Coleslaw Baked Fries Steamed Rice Oven Roasted Veggies Greek Salad	Sweet & Sour Meatballs Classic Grilled Cheese Bacon, Tomato & Avocado Melt Baked Potato Bar White Rice Green Beans Taco Salad	Stir Fried Noodle Station Featuring Pork, Chicken, Shrimp Eggrolls Chicken Burgers Spiced Potato Wedges White Rice Pilaf Sauteed Peppers, Carrots & Broccoli Garden Salad	Mushroom & Swiss Quiche Scrambled/Boiled Eggs French Toast Sausage Fresh Local Hash Browns Oatmeal Waffle Station SANDWICH BAR with Panini Grill	
LUNCH		SALAD EMPORIUM - Full Salad Bar Everyday							
					Stir Fry Vegetables with Tofu	Grilled Cheese with Tomato	Broccoli & Cheddar Quiche		
	MADE WITHOUT GLUTEN				Beef & Broccoli Stir Fry Rice & Veggies	Meatballs, Rice & Veggies	Stir Fried Noodles with Chicken, Veggies		
	SOUP Emporium				Chinese Pork Soup arvest Squash Soup	Chicken Noodle Creamy Tomato	Spicy Chicken Chili Seafood Chowder		
	Culinary TABLE	Carved Slow Roasted Beef Caramelized Onion au Jus Baked Beans & Weiners Freshly Baked Rolls Mashed Potatoes White Rice Peas & Carrots	Tandoori Chicken Chef's Choice Baked Potatoes Basmati Rice Steamed Broccoli	Chef's Choice Maple Glazed Bone In Ham Dinner Rolls Scalloped Potatoes White Rice Fresh Local Squash	Herb Grilled Haddock Action Station Featuring Pasta & Garlic Bread Baked Potatoes Lemon Herbed Rice Broccoli & Cauliflower	Lime Cilantro Seared Pork Chops Chicken Korma Roasted Potatoes Cumin Scented Basmati Rice Green Beans Ice Cream Treats	Salisbury Steak Gravy & Sauteed Onions & Peppers Action Station Featuring Perogies, Sauteed Onions, Peppers, Bacon Bits & Sr Cream Mashed Potatoes Rice Pilaf Corn	Assorted Pizzas Creamy Chicken Alfredo Garlic Baguette Baked Fries Steamed Rice Mixed Veggies	
Supper		SALAD EMPORIUM - Full Salad Bar Everyday							
		SANDWICH CENTRAL - Full Sandwich Bar Everyday							
		Baked Beans	Vegetable Biryani with Chickpeas & Rice	Vegetarian Frittata	Baked Chimichangas with Tomato Salsa	Hot Artichoke & Spinach Dip with Baked Pita Chips	Action Station	Pizza or Creamy Alfredo	
MADE WITHOUT GLUTEN	Roast Beef, Potatoes & Veggies	Chicken, Potato & Broccoli	Baked Ham, Jasmine Rice & Squash	Grilled Haddock Baked Potato & Veggies	Pork Chop, Roasted Potatoes & Green Beans	Salisbury Steak, Mashed Potatoes & Corn	Pizza Baked Fries & Corn		



Blue Indicates Balanced Choice Item



Week Three