

Upper Columbia Academy
February 21-27, 2021
Week #2 - Supervisor on Duty: Mr. McConnachie/ Andrew
Rec Ski, ASB Spirit Week

| | <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Sabbath</i> |
|------------------|-----------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| BREAKFAST | | Breakfast Sandwiches | Blueberry Pancakes | Hashbrowns | Biscuits & Gravy | Waffles | Cinnamon Rolls |
| | | Fried Eggs/Tofu | Syrup/Peanut Butter | Scrambled Eggs | Scrambled Eggs | Strawberries | Scrambled Eggs/Tofu |
| | | Cheese | Whipped Topping | Cheese/Onions | Sauteed Mushrooms | Oatmeal | Stripples |
| | | Vegi-meat | Scrambled Tofu | Salsa/Sour Cream | Cheese/Onions | Tofu | Tofu |
| | | Condiments | Hot Cereal & Toppings | Tofu | Tofu | Yogurt & Pears | Hot Cereal |
| | | Hot Cereal | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | Fresh fruit, cereal bar | Fresh Fruit, Cereal Bar |
| | | Fresh Fruit, Cereal Bar | Belgium Waffles | | Belgium Waffles | Belgium Waffles | Belgium Waffles |
| | | Belgium Waffles | | | | | |
| | <i>10:00 AM</i> | <i>7:15am</i> | <i>7:15am</i> | <i>7:15am</i> | <i>7:15am</i> | <i>7:15AM</i> | <i>8:30AM</i> |
| LUNCH | | Pasta Bar - Tortellini | "Fish" Style Tacos | Spanish Omelettes | Veggie Burgers | Tikka Misala | Chicken Cacciatore |
| | | Marinara Sauce | Beans/Rice | Rice and Beans | Curly Fries | Basmati Rice | Egg Noodles |
| | Home Leave | Alfredo Sauce | Cabbage Salsa | Flour Tortillas | Lettuce/Tomatoes | Steamed Veggies | Steamed Veggies |
| | | Pesto Sauce | Tomatoes/Onions | Mixed Vegetables | Onions/Pickles | Naan Bread | Rolls |
| | | Garlic French Bread | Creamy Cilantro Sauce | Tortilla Chips | Cheese Slices | Fresh Toppings | Jam/ Margarine |
| | | Fresh Fruit, Cereal Bar | Shredded Cheese | Fresh Salsa /Sourcream | Condiments | Salad Bar | Salad Bar |
| | | Salad Bar | Sour Cream/Limes | Salad Bar | Fresh Fruit, Cereal Bar | Fresh fruit, cereal bar | Dessert |
| | | | Salsa/Guacamole | Fresh Fruit, Cereal Bar | Salad Bar | | Fresh Fruit, Cereal Bar |
| | | | Fresh fruit, cereal bar | | | | |
| | <i>11:50 AM</i> | <i>11:50 AM</i> | <i>12:15 PM</i> | <i>11:50 AM</i> | <i>11:50 AM</i> | <i>12:30PM</i> | |
| DINNER | | TaterTot Casserole | Baked Potato Bar | Sandwiches - BLT | Egg Rolls | Potato Soup | Sandwich Bar |
| | | Steamed Broccoli | Chili | Stripples | Fried Rice | Corn Bread | Lunch meat |
| | | Rolls | Cheese/Vegan Sauce | Lettuce | Stir Fry Veggies | Crackers and Cheese | Cheese |
| | | Butter and Jam | Steamed Broccoli | Tomatoes | Rice and Beans | Butter and Honey | Lettuce/Tomatoes |
| | | Rice and Beans | Tortilla Chips | Chips | Fresh Fruit, Cereal Bar | Fruit Salad | Onions/Pickles |
| | | Fresh Fruit, Cereal Bar | Onions/Salsa/Baco Bits | Rcie and Beans | Salad Bar | Cran/Poppyseed Salad | Condiments |
| | | Salad Bar | Fresh Fruit, Cereal Bar | Fresh Fruit, Cereal Bar | | Beans/Rice | Salad Bar |
| | | | Salad Bar | Salad Bar | | Fresh fruit, cereal bar | Fresh Fruit, Cereal Bar |
| | <i>4:00pm</i> | <i>5:10pm</i> | <i>5:10pm</i> | <i>5:10pm</i> | <i>5:10pm</i> | <i>5:30pm</i> | |