



*IPAC BC Education Day*

# MENU

## **BREAKFAST**

*Tea/Coffee, cookies, croissants, muffins\*, yogurt, & fruit*

## **LUNCH**

*Butter Chicken  
Tofu Stir Fry  
Lemon Cream Fish  
Rice  
Roasted Vegetables  
Mixed Greens  
Greek Salad  
Pasta Salad*

## **AFTERNOON BREAK**

*Tea/Coffee, juice, cookies, & cupcakes*

*If menu does not meet your own needs  
then feel free to bring your own food.\**

*\*some gluten free options available*

