

What's on the Menu?

	BREAKFAST	LUNCH	DINNER
MONDAY		12pm-1pm in the Ponderosa Ballroom Buffet catering from The Nest <ul style="list-style-type: none"> • Asian glass noodle salad (ve, gf) • Superfood salad (ve, gf) • Roasted Mediterranean vegetables (v) • Italian salami sandwiches • Chickpea falafel sandwiches (ve) • Gyro wraps 	5pm-6pm Team dinners
TUESDAY	7am-9am in the Ponderosa Ballroom Breakfast Burrito (build your own) from The Nest <ul style="list-style-type: none"> • Scrambled eggs (v) • Black beans (ve, gf) • Sautéed onion & pepper (ve, gf) • Salsa (ve, gf), sour cream (v, gf) • Wraps (v) • Pancakes (ve) • Muffins (gf) • Coffee & teas 	12pm-1pm \$20 meal card valid at various food outlets in The Nest (excluding Porch and Flavour Lab as they are now closed).	5pm onwards On your own (per diem)
WEDNESDAY	7am-9am in the Ponderosa Ballroom Continental buffet from The Nest <ul style="list-style-type: none"> • Assorted breakfast bread and pastries (v), muffins (gf), banana bread (ve) • Granola with raisins and almonds (v) • Fruit flavoured and plain yogurt (v, gf) • Fresh fruit and berries (ve, gf) • Chilled juices, coffee, teas 	12pm-1pm \$20 meal card valid at various food outlets in The Nest (excluding Porch and Flavour Lab as they are now closed).	6pm at the MakeWay office (163 W Hastings St. #400) Buffet catering from Tayybeh <ul style="list-style-type: none"> • Pita (ve) • Mutabbal dip (ve, gf) • Fattoush salad (ve) • Falafel (ve, gf) • Crispy Cauliflower (ve, gf) • Fasoulia (ve, gf) • Chicken Sheesh Tawook (gf) • Kebab in tahini sauce (gf) • Mandi rice (gf) • Selection of non-alcoholic and alcoholic drinks
THURSDAY	7am-9am in the Ponderosa Ballroom Morning Sunrise buffet from The Nest <ul style="list-style-type: none"> • Scrambled eggs with chives (v, gf) • Bacon • Breakfast hash (ve) • Asiago and pesto roasted Roma tomatoes (v, gf) • Assorted breakfast bread and pastries (v) • Fresh fruit and berries (ve, gf) • Chilled juices, coffee, teas 	12pm-1pm \$20 meal card valid at various food outlets in The Nest (excluding Porch and Flavour Lab as they are now closed).	5pm-6pm in the Ponderosa Ballroom Buffet catering from Salishan Catering <ul style="list-style-type: none"> • 3 salads (assorted local greens, caesar, and Mediterranean) • Roasted baby potatoes and yams • Roasted tomato mac & cheese • Maple glazed roasted root vegetables • Grilled chicken and alder salmon • Variety of pop and sparkling water
FRIDAY	7am-9am in the Ponderosa Ballroom Basic buffet from The Nest <ul style="list-style-type: none"> • Breakfast bread and pastries (v), muffins (gf), banana bread (ve) • Seasonal fruit platter (ve, gf) • Coffee, teas 	12pm-1pm \$20 meal card valid at various food outlets in The Nest (excluding Porch and Flavour Lab as they are now closed).	

Drinks: There is a refillable water station in the building. We recommend bringing your own reusable water bottles! Coffee and tea will be provided in the afternoon as well.

Snacks: If you can't go without your favourite snacks, please bring them along for the week. We'll also be providing a selection of small treats.

Please note: While we did our best to encompass all dietary needs, our caterers can't guarantee that foods are not cross-contaminated. Please feel free to reach out to Sharon (Sharon.Chao@makeway.org) with any questions or accommodation requests (e.g. expensing individual meals or groceries). Thank you!