



Prince of Wales Island  
International School®

**POWIS Boarders Menu**

*\*Ingredients may be packed in a facility where traces of nuts may be present\**

Date/Day	4 July Monday	5 July Tuesday	6 July Wednesday	7 July Thursday	8 July Friday
<b>Breakfast</b> (7:15am-7:50am)	Cereal & Milk Hot Chocolate Toast Butter & Jam Mixed Fruits Assorted Muffin Omelet Counter French Toast	Cereal & Milk Hot Chocolate Toast Butter & Jam Mixed Fruits Egg Counter Assorted Sandwiches	Cereal & Milk Hot Chocolate Toast Butter & Jam Mixed Fruits Chicken Ham Breakfast Sausage Baked Bean Scrambled Egg	Cereal & Milk Hot Chocolate Toast Butter & Jam Mixed Fruits Assorted Yogurt Egg Counter Monte Cristo	Cereal & Milk Hot Chocolate Toast Butter & Jam Mixed Fruits Egg Counter Make Your Own Sandwich
<b>Dinner</b> (5.30-6:30pm)	NO DINNER from Cafeteria	NO DINNER from Cafeteria	NO DINNER from Cafeteria	NO DINNER from Cafeteria	NO DINNER from Cafeteria