

CORRECTIONS BRANCH FOOD SERVICES AGREEMENT

THIS AGREEMENT made in duplicate as of the 10th day of March, 2012.

BETWEEN:

HER MAJESTY THE QUEEN IN RIGHT OF THE
PROVINCE OF BRITISH COLUMBIA represented by
the Minister of Justice and Attorney General, Responsible
for Corrections Branch

(The "**Province**")

OF THE FIRST PART

AND: Compass Group Canada Ltd.
Unit 100 – 3700 North Fraser Way
Burnaby BC V5J 5H4

(The "**Contractor**")

OF THE SECOND PART

WITNESSETH that the parties hereto agree as follows:

- A. The Contractor submitted a proposal to the Province on the 3rd of January 2006 and the Province and the Contractor entered into an agreement dated from the 1st of April 2006 to the 31st of March 2009, and the Province exercised an option to renew dated from the 1st of April, 2009 to the 31st of March 2012, the Province will now exercises the third and final option to renew the Agreement for the supply of food Services to the Corrections Branch of British Columbia at:
- Alouette Correctional Centre for Women ("ACCW")
 - Ford Mountain Correctional Centre ("FMCC")
 - Fraser Regional Correctional Centre ("FRCC")
 - Kamloops Regional Correctional Centre ("KRCC")
 - Nanaimo Correctional Centre ("NCC")
 - North Fraser Pre-trial Centre ("NFPC")
 - Prince George Regional Correctional Centre ("PGRCC")
 - Surrey Pre-trial Services Centre ("SPSC")
 - Vancouver Island Regional Correctional Centre ("VIRCC")

And Canteen Services at:

Alouette River Correctional Centre ("ACCW")

Ford Mountain Correctional Centre ("FMCC")
Fraser Regional Correctional Centre ("FRCC")
Nanaimo Correctional Centre ("NCC")
North Fraser Pre-trial Centre ("NFPC")
Surrey Pre-trial Services Centre ("SPSC")
Vancouver Island Regional Correctional Centre ("VIRCC")

NOW THEREFORE:

The parties agree as follows:

DEFINITIONS

1.01 In this Agreement and its Schedules, unless the context otherwise requires:

- a) "Adult Custody Division" means the division of the British Columbia Corrections Branch, Ministry of Justice that operates the provincial Correctional Centres;
- b) "Assistant Deputy Minister" or "ADM" means the Assistant Deputy Minister, Corrections Branch, Ministry of Justice, and includes any person designated by the Assistant Deputy Minister to act for or on the Assistant Deputy Minister's behalf with respect to any provision of the Contract;
- c) "Bag Breakfast" means a cold breakfast provided for Inmates going to Court before regular food Service begins;
- d) "Bag Court Lunch" means a meal provided to Inmates who are attending Court;
- e) "Breakfast" means the first meal of the day on the Branch Menu;
- f) "Brunch" means a combination of the regular Breakfast and Lunch served on weekends and statutory holidays;
- g) "Contract Manager" means the Corrections Branch representative responsible for the overall negotiation, development, administration, monitoring and evaluation of the Agreement;
- h) "Correction Act" means the *Correction Act*, SBC2004, c. 46 s. 34;
- i) "Correction Act Regulation" means the *Correction Act Regulation* B.C. Reg. 58/2005;
- j) "Correctional Centre" or "Centre" means a Provincial/Custody Correctional Centre for adults located within the Province of British Columbia, Canada that is mandated according to statutes and regulations determined by the Government of British Columbia and the Corrections Branch of the Ministry of Justice;
- k) "Corrections Branch" or "Branch" means the Corrections Branch, Ministry of Justice;
- l) "Court" means a British Columbia Provincial, Supreme or Appeal Court or the Federal Court of Canada;
- m) "Crew Lunch" means a Lunch served to Inmates who work outside the Centre as per Branch Menu Specifications;

- n) "Criminal Records Review Act" or "CRRRA" means the *Criminal Records Review Act*, RSBC 1996, c 86;
- o) "Dinner" means last meal of the day on the Branch Menu;
- p) "Facilities" means the premises, if any, described in the Appendix 1 attached hereto;
- q) "Financial Administration Act" means the *Financial Administration Act*, RSBC 1996, c.138;
- r) "Inmate" has the same meaning as in the Correction Act;
- s) "Inventory" means the furnishings, equipment, supplies and other personal property of the Province, if any, described in the Appendix 1 attached hereto;
- t) "Liaison Officer" means that employee of the Branch designated by the Assistant Deputy Minister for the purpose of liaison with the Contractor to ensure Services are available and accessed in a timely and proper manner;
- u) "Lunch" means the meal of the day between Breakfast and Dinner on the Branch menu;
- v) "Licensed Areas" means those parts, if any of the Facilities licensed to the Contractor under this Agreement and described in the Appendix 1;
- w) "Material" means all findings, data, reports, documents, records and material whether complete or otherwise that have been produced, received, compiled or acquired by, or provided by or on behalf of the Province or the Assistant Deputy Minister to, the Contractor as a result of this Agreement;
- x) "Necessary Government Approvals" means the issuance by a government (including the Province) or municipality or any department, branch or agency thereof of all permits, licenses or approvals required for the Contractor to perform the Services and to use and operate all equipment, premises and Facilities, if any, to be utilized by the Contractor in connection therewith;
- y) "Nutritional Supplement" means a drink or food item specifically ordered for an Inmate by a physician (power muffin, Snack, pregnancy snack supplement, etc.) as per Branch Menu Specs;
- z) "Operational Protocols" means the protocols established for the purposes of this Agreement and entered into for the efficient management of food Service delivery in Correctional Centres.
- aa) "Program" means the program or programs, if any, established by the Assistant Deputy Minister and described in the Schedule of Programs attached hereto;
- bb) "Security Procedures" means such procedures as are established by the Assistant Deputy Minister and in effect, from time to time, with respect to the delivery of the Services, the conduct and supervision of persons assigned to the Program, or the Facilities;
- cc) "Services" means the services described in the Schedule of Services;

- dd) "Snack" means a diabetic snack as defined in the Branch Menu Specifications;
- ee) "Society Act" means the *Society Act*, RSBC 1996, c. 433;
- ff) "Standards" means those standards established or adopted by the Assistant Deputy Minister and detailed in the Schedule of Standards attached hereto and includes any amendments thereto;
- gg) "Standards of Conduct" means the Standards of Conduct Manual for Corrections Branch Employees;
- hh) "Term" means the period referred to in paragraph 3.02 of this Agreement;
- ii) "Treasury Board" means the board continued under the Financial Administration Act that has authority over provincial expenditures;
- jj) "Warden:" means the Warden or other employee of the Branch in charge of all or part of the Facilities;
- kk) "Weekday Brunch" means a brunch ordered by the Centre outside of weekends or regular statutory holidays; and
- ll) "Workers' Compensation Act" means the *Workers' Compensation Act*, RSBC 1996, c492.

REPRESENTATIONS AND WARRANTIES

- 2.01 The Contractor represents and warrants to the Province that:
 - (a) all information, statements and documents submitted to the Province in connection with this Agreement are true and correct;
 - (b) it has obtained all Necessary Government Approvals;
 - (c) it has received and read the Standards as well as any additional documents referred to in the Schedule of Standards; and
 - (d) where any Inventory is, or Licensed Areas within any Facilities are, to be made available to the Contractor by the Province pursuant to this Agreement, the Contractor has inspected the same and is satisfied that they are suitable for the purpose of providing the Services.
- 2.02 All representations and warranties made herein and all information, certificates or other documents provided by the Contractor are material and shall be deemed to have been relied upon by the Province, and they shall survive the execution and delivery of this Agreement and continue in full force and effect so long as this Agreement remains in force.
- 2.03 The Contractor will, upon request from the Assistant Deputy Minister from time to time, provide evidence satisfactory to the Assistant Deputy Minister that the representations and warranties set forth in paragraph 2.01 are true and correct.

APPOINTMENT AND TERM

- 3.01 The Province retains the Contractor to provide the Services.
- 3.02 Notwithstanding the date of execution and delivery of this Agreement, the Contractor will provide the Services, subject to and in accordance with the provisions of this Agreement, during the period commencing on April 1st, 2012 and ending on March 31st, 2015.

- 3.03 The Province will be under no obligation to renew, extend or renegotiate the terms of this Agreement following its termination or expiration.
- 3.04 The Contractor will co-operate with the Province and any other interested parties to effect a reasonable transition in performance of the Services as a result of the expiration or termination of this Agreement and this obligation will survive such expiration or termination.
- 3.05 No further options to renew exist.

CERTIFICATIONS AND QUALIFICATIONS

- 4.01 Where any of the Services are required under any Schedule attached hereto or by any law or governing body having jurisdiction with respect to the same to be provided by:
 - (a) a duly qualified, certified or licensed practitioner or professional; or
 - (b) a person with a certain qualification or level of training, competence or experience;the Contractor will cause and permit only those persons to perform those Services who meet the requirements of paragraph (a) or (b) above.
- 4.02 The Contractor will, upon request from the Assistant Deputy Minister, from time to time, provide evidence satisfactory to the Assistant Deputy Minister that the Contractor and all personnel engaged by the Contractor hold or have been issued all required licenses, certificates and memberships and that they are valid and subsisting and in good standing.
- 4.03 Where the Assistant Deputy Minister, in his sole and absolute discretion, determines that security clearance is required in connection with the Services, the Contractor will not cause or permit any person to provide any of the Services who has not received the security clearance of the Assistant Deputy Minister and the Assistant Deputy Minister may, in his sole and absolute discretion, grant or refuse such clearance. The Province will reimburse the Contractor in respect to all police search fees incurred in obtaining such security clearances.

GENERAL STANDARDS OF PERFORMANCE

- 5.01 The Contractor will provide the Services to the reasonable satisfaction of the Assistant Deputy Minister and in providing the Services the Contractor will:
 - (a) use its best efforts to achieve the goals and objectives of the Program(s) if any;
 - (b) observe, perform and comply with the Standards, the Security Procedures and those provisions of the Statutes referred to in subparagraph (c) of paragraph 2.01, that apply to or have been designated by the Assistant Deputy Minister to apply to all or any part of the Services, the Facilities or persons assigned to the Program;
 - (c) unless otherwise provided in any of the Schedules attached hereto, report to the Liaison Officer any breaches or potential breaches of Security Procedures by persons assigned to the Program or to whom the Services are provided or any information regarding the same forthwith upon the Contractor becoming aware of the same; and

- (d) the Contractor will comply with the laws of British Columbia, and in particular will remain in good standing as a registered extra-provincial company in accordance with the Business Corporations Act, [S.B.C. 2002] c. 57.

PAYMENT

- 6.01 The Province will pay to the Contractor, in full payment for providing the Services and in full reimbursement for expenses incurred in connection therewith, the amounts, in the manner, at the times and subject to the terms and conditions set out in the Schedule of Payments attached hereto and the Contractor will accept the same as full payment and reimbursement as aforesaid.

ENVIRONMENTAL PRACTICES

- 7.01 The Contractor shall take all reasonable steps to operate the Program and provide the Services in an environmentally sensitive and safe manner including:
 - (a) reusing or recycling waste products which it uses or produces in providing the Program or Services; and
 - (b) wherever possible, using products which are environmentally safe.

RECORDS AND REPORTS

- 8.01 In connection with the provision of the Services, the Contractor will to the Province's satisfaction and according to generally acceptable accounting principals (as applicable), unless otherwise specified in any of the Schedules attached hereto:
 - (a) keep records of all dates and hours of Service provided;
 - (b) keep books of account of any expenses incurred in connection with the Services and maintain invoices, receipts and vouchers for the same; and
 - (c) keep books of account and supporting documents relating to the number of employees, and the classification, wages and benefits provided to these employees.

The Assistant Deputy Minister will have free access at all reasonable times to such records, books of account, invoices, receipts and vouchers for the purposes of copying or auditing the same.

- 8.02 The Contractor will provide the Assistant Deputy Minister with a copy of its most recent audited financial statements and annual report, as may be requested from time to time.
- 8.03 In addition to any information or reports required pursuant to any of the Schedules attached hereto, upon request, the Contractor will, within a reasonable time and to the Province's satisfaction:
 - (a) fully inform the Province of work done and to be done by or for the Contractor in connection with the provision of the Services;
 - (b) permit the Province at all reasonable times to inspect and examine any premises and equipment (including the Inventory and Facilities, if any) used by the Contractor for the Services and to review and copy any and all Material; and

- (c) cooperate fully with the Province, in evaluating and assessing the efficiency, quality and delivery of Services.

INDEPENDENT CONTRACTOR

- 9.01 The Contractor is an independent contractor and not the servant, employee, agent or partner of the Province, the Assistant Deputy Minister or the Branch.
- 9.02 Unless provided by the Province pursuant to the Agreement, the Contractor will supply all materials, labour, equipment and supplies necessary to perform the Services.
- 9.03 The Contractor will not in any manner whatsoever commit the Province or the Assistant Deputy Minister to the payment of any money to any person, firm or corporation.
- 9.04 All personnel engaged by the Contractor for the purposes of this Agreement will, throughout the Term, be the responsibility of the Contractor and not of the Province or the Assistant Deputy Minister and without limiting the generality of the foregoing, the Contractor will:
 - (a) ensure that all personnel observe, perform and comply with every provision of this Agreement that is applicable to any of the Services for which they are engaged by the Contractor;
 - (b) be solely responsible for the supervision and discipline of its personnel and the payment of all remuneration to its personnel; where the Contractor or its employees are required to be registered under the Workers Compensation Act, obtain and maintain such registration as is required under that Act; and pay any taxes, unemployment insurance premiums, Canada Pension Plan premiums or contributions, workers compensation assessments and other assessments of any nature or kind whatsoever that are payable to any government (whether federal, provincial or municipal) or to any body, agency or authority of any said government by virtue of the relationship existing between the Contractor and its personnel.

OPERATIONAL PROTOCOL

- 10.01 The Province and the Contractor agree that the parties may enter into Operational Protocols, not inconsistent with this Agreement, with respect to administrative and operational matters arising during the Term of the Agreement as necessary for the implementation of this Agreement, provided that all Operational Protocols shall be in writing and copies are provided to the Assistant Deputy Minister.

LABOUR DISPUTES

- 11.01 The Contractor shall not be relieved from any of its obligations under this Agreement by reason of any labour dispute which may directly or indirectly involve or affect the Contractor, the Province or the Branch and, if necessary the Contractor will use its managerial and supervisory staff to ensure the Services are maintained without interruption.

INSURANCE AND INDEMNITY

- 12.01 The Contractor shall, without limiting its obligations or liabilities herein and at its own expense, provide and maintain the following insurance with insurers licensed in British Columbia and in forms and amounts acceptable to the Province.
- 12.02 Comprehensive General Liability in an amount not less than \$2,000,000, inclusive per occurrence against bodily injury and property damage. The Province is to be an additional insured under this policy. Such insurance shall include, but not be limited to:
- a) Products and Completed Operations Liability;
 - b) Owner's and Contractor's Protective Liability;
 - c) Blanket Written Contractual Liability;
 - d) Contingent Employer's Liability
 - e) Personal Injury Liability
 - f) Non-Owned Automobile Liability;
 - g) Cross Liability;
 - h) Employees as additional Insured;
 - i) Broad Form Property Damage; and
 - j) If applicable, Tenants' Legal Liability in an amount to cover a loss to premises of the Province occupied by the Contractor.
- 12.03 Automobile Liability on all vehicles owned, operated or licensed in the name of the Contractor, and if used for government business, in an amount not less than \$2,000,000.
- 12.04 Professional Liability, where applicable, in an amount not less than \$2,000,000, insuring the Contractor's liability resulting from errors and omission in the performance of professional services under this Agreement.
- 12.05 The foregoing insurance shall be primary and not require the sharing of any loss by any insurer of the Province.
- 12.06 The Contractor shall provide the Province with evidence of all required insurance prior to the commencement of the work or Services. Such evidence shall be in the form of a completed Province of British Columbia Certificate of Insurance, duly signed by the Insurance Broker. When requested by the Province, the Contractor shall provide certified copies of required policies.
- 12.07 All required insurance shall be endorsed to provide the province with 30 days advance written notice of cancellation or material change.

- 12.08 The Contractor hereby waives all rights of recourse against the Province with regard to damage to the Contractor's property except as otherwise provided for in this Agreement.
- 12.09 The Contractor will comply with the *Worker's Compensation Act and Regulations* legislation for the Province of British Columbia.
- 12.10 The Contractor will indemnify and save harmless the Province and the Assistant Deputy Minister, their employees and agents, from and against any and all losses, claims, damages, actions, causes of action, costs and expenses that the Province may sustain, incur, suffer or be put to at any time either before or after the expiration or termination of this Agreement, where the same or any of them are based upon, arise out of or occur, directly or indirectly, by reasons of any act or omission of the Contractor or of any agent, employee, officer, director or subcontractor of the Contractor pursuant to this Agreement, excepting always liability arising out of the independent negligent acts of the Province.

OWNERSHIP

- 13.01 The Material produced, received or acquired by, or provided by the Province to the Contractor as a result of this Agreement and any equipment, machinery or other property provided by the Province to the Contractor as a result of this Agreement will:
- (a) be the exclusive property of the Province; and
 - (b) forthwith be delivered by the Contractor to the Assistant Deputy Minister on the Assistant Deputy Minister giving written notice to the Contractor requesting delivery of the same, whether such a notice is given before, upon or after the expiration or sooner termination of this Agreement, unless otherwise provided in any of the Schedules attached hereto.
- 13.02 The copyright in the Material will belong exclusively to the Province.
- 13.03 Upon expiration of the Agreement, or if this Agreement is terminated at any time before, it is agreed that Province will purchase the vending machines, card readers and food carts for the appropriate depreciated amounts set out in the amortization tables provided in Appendices 13, 14 and 15 respectively.

ASSIGNMENT AND SUBCONTRACTING

- 14.01 The Contractor will not without the prior written consent of the Assistant Deputy Minister:
- (a) assign, either directly or indirectly, this Agreement or any right of the Contractor under this Agreement; or
 - (b) subcontract any obligation of the Contractor under this Agreement.
- 14.02 No subcontract entered into by the Contractor will relieve the Contractor from any of its obligations under this Agreement or impose any obligation or liability upon the Province to any such subcontractor.

CONFIDENTIALITY

- 15.01 The Contractor will treat as confidential and will not, without the prior written consent of the Assistant Deputy Minister, publish, release or disclose or permit to be published, released or disclosed before, upon or after the expiration or sooner termination of this Agreement, the Material or any information supplied to, obtained by, or which comes to the knowledge of the Contractor as a result of this Agreement except insofar as such publication, release or disclosure is necessary for the Contractor to fulfil its obligations under this Agreement or is required by any person lawfully entitled thereto pursuant to any applicable law of the Province or Canada.
- 15.02 The Contractor will comply with all of the provisions of the Privacy Protection Schedule as well as all directions given by the Province under the Privacy Protection Schedule.
- 15.03 The Contractor will not discuss the Services, the Correctional Centres, Inmates, Ministry staff, or any other Ministry business with the media. All media inquiries are to be immediately forwarded to the Ministry. The Contractor will make no comment to any media personnel or organization, either verbally or in writing, without the prior, written consent of the Assistant Deputy Minister.

CONFLICT OF INTEREST

- 16.01 During the Term, the Contractor will not perform a service for or provide advice to any person, firm or corporation where the performance of the service or the provision of the advice may or does, in the reasonable opinion of the Assistant Deputy Minister, give rise to a conflict of interest.

DEFAULT AND TERMINATION

- 17.01 The Province may terminate this Agreement at any time, without cause, by giving not less than 120 days written notice of termination to the Contractor.
- 17.02 If the Contractor fails to comply with any provision of this Agreement then, and in addition to any other remedy or remedies available to the Province, the Province may, at its option, terminate this Agreement by the Assistant Deputy Minister giving written notice of termination to the Contractor and if such option is exercised then this Agreement will terminate on the date such notice is received or deemed received by the Contractor pursuant to paragraph 18.01.
- 17.03 If this Agreement is terminated pursuant to paragraph 17.01 or 17.02, the Province will be under no further obligation to the Contractor except to pay to the Contractor such amount as the Contractor may be entitled to receive, pursuant to the Schedule of Payments, for Services provided to the date the said termination takes effect.

NOTICES

- 18.01 Any notice, consent, waiver, report, other document or payment and all or any of the Material that either party may be required or may desire to give or deliver to the other will be conclusively deemed validly given or delivered to and received by the addressee, if delivered personally on the date of delivery or, if mailed, on the fifth business day after the mailing of the same in British Columbia by prepaid post addressed, if to the Contractor, at the address set forth on the first page of this Agreement and, at the following address:

Compass Group Canada Ltd.
5560 Explorer Drive, Suite 400
Mississauga ON L4W 5M3
Fax No. (905) 568-8945
Attention: General Counsel

and if to the Province or the Assistant Deputy Minister or an authorized representative, at the following address:

Deputy Provincial Director, Adult Custody Division
Corrections Branch
Ministry of Justice
PO Box 9278 Stn Prov Govt
VICTORIA, BC V8W 9J7

- 18.02 Either party may, from time to time, give to the other written notice of any change of address of the party giving such notice and from and after the giving of such notice the address therein specified will, for the purposes of the preceding paragraph, be conclusively deemed to be the address of the party giving such notice.

NON-WAIVER

- 19.01 No provision of this Agreement and no breach by the Contractor of any such provision will be deemed to have been waived unless such waiver is in writing signed by the Assistant Deputy Minister.
- 19.02 The written waiver by the Assistant Deputy Minister of any breach of any provision of this Agreement by the Contractor will not be deemed a waiver of any subsequent breach of the same or any other provision of this Agreement.

APPROPRIATION

- 20.01 Notwithstanding any other provision of the Agreement, the payment of money by the Province to the Contractor pursuant to this Agreement is subject to:
- (a) there being sufficient monies available in an appropriation, as defined in the Financial Administration Act, to enable the Province, in any fiscal year or part thereof when any payment of money by the Province to the Contractor falls due pursuant to this Agreement, to make that payment; and
 - (b) Treasury Board not having controlled or limited, pursuant to the Financial Administration Act, expenditure under any appropriation referred to in subparagraph (a) of this paragraph.

PROVINCIAL SERVICES

- 21.01 The Province will:
- (a) assist the Contractor by providing all relevant information the Assistant Deputy Minister deems pertinent to the Services, including any amendments to the Standards or Security Procedures, if any, that are applicable to the Services;

- (b) give the Contractor reasonable notice of changes in priorities or Programs likely to materially affect the Services during the Term;
 - (c) where not otherwise provided for in any Schedule attached hereto and subject to available staff and resources of the Branch, assign a Contract Manager and a Liaison Officer for the purposes of contract management and liaison between the Branch and the Contractor; and
 - (d) assist the Contractor in the implementation of those Security Procedures, if any, which apply to the Services or persons assigned to the Program.
- 21.02 In the event that any license is to be granted by the Province to the Contractor to use the Facilities or the Inventory then any such license shall be subject to and upon the terms and conditions set out in the Appendix 1 attached hereto.

CRIMINAL RECORDS REVIEW ACT

- 22.01 The Contractor must demonstrate to the Contract Manager that they have complied with the requirements of the CRRA for the purposes of preventing the physical and sexual abuse of children. A criminal record check under the CRRA is in addition to whatever other criminal record check requirements the Contractor has established for its employees.
- 22.02 The Contractor must inform employees about the requirements of the Act if those individuals are employed in, or are applicants for employment, a job that involves working with children directly or having or potentially having unsupervised access to children in the ordinary course of employment or in the practice of an occupation.
- 22.03 The Contractor must ensure that an employee does not work with children until the individual has submitted a signed criminal record check Authorization Form to the Contractor.
- 22.04 The Contractor must ensure that an individual who is an applicant for new employment and who is determined to be a risk to children by the Adjudicator of the CRRA is not hired for a job that involves working with children.
- 22.05 The Contractor must ensure that an individual who is a current employee and who is determined to be a risk to children by the Adjudicator of the CRRA does not work with children.

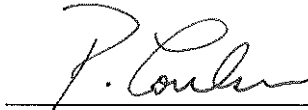
INTERPRETATION

- 23.01 This Agreement will be governed by and construed in accordance with the laws of the Province of British Columbia.
- 23.02 The Schedules to this Agreement are an integral part of this Agreement as if set out at length in the body of this Agreement.
- 23.03 If there is any conflict between any provision in the body of this Agreement and any provision of any Schedule attached hereto, then the provisions in the body of this Agreement will prevail.
- 23.04 If any question arises regarding the applicability or interpretation of the Standards, or Security Procedures, if any, that pertain to the Services, then the matter will be referred to the Contract Manager for determination and his determination will be final.

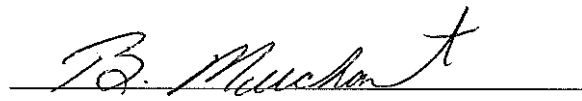
- 23.05 The headings appearing in this Agreement have been inserted for reference as a matter of convenience and in no way define, limit or enlarge the scope of any provision of this Agreement.
- 23.06 In this Agreement wherever the singular or neuter is used it will be construed as if the plural, feminine or masculine, as the case may be, had been used where the context or the parties hereto so require.
- 23.07 This Agreement contains the entire agreement between the parties and there are no covenants, representations, warranties or agreements other than those contained herein or specifically preserved under the terms of the Agreement.
- 23.08 This Agreement may be amended in writing but no such amendment will have any force or effect unless and until it is signed by both parties.
- 23.09 Every reference to an act, whether or not defined, in this Agreement, includes all regulations made pursuant to that act and any act passed in substitution for, replacement of or amendment of that act.
- 23.10 Nothing in this Agreement will be construed or deemed to derogate from or limit the rights and privileges of the Province, the Assistant Deputy Minister or any Court of competent jurisdiction under any statutes of the Province or Canada which pertain to the Program, the Services or any person to whom the Services are provided by the Contractor.
- 23.11 If any provision of this Agreement is found to be invalid, illegal or unenforceable, it will be severable from this Agreement, and the remaining provisions will not be affected thereby and will be valid, legal and enforceable.

WITNESS WHEREOF the parties hereto have executed this Agreement as follows:

Signed on behalf of Her Majesty)
the Queen in right of the Province)
of British Columbia by the Assistant)
Deputy Minister of Corrections)
or a duly authorized representative)
of the Assistant Deputy Minister)
of Corrections)



(Witness)


Assistant Deputy Minister

Date: 04/04/12

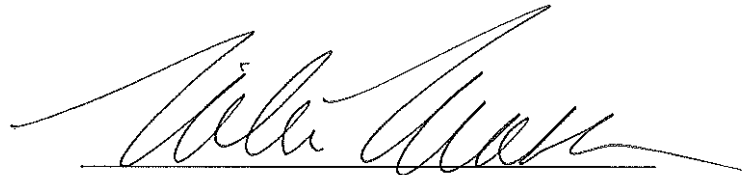
SIGNED AND DELIVERED by or)
on behalf of the Contractor (or by its)
Authorized Signatory or Signatories)
if the Contractor is a corporation) in)
the presence of:)



BLOSSOM ALEMAO

March 28, 2012

(Witness)



(Contractor or Authorized Signatory)

MICHAEL T. MASSE
PRESIDENT -
EUREST & LEISURE

(Print name and title)

Date: March 28, 2012

SCHEDULE OF SERVICES

Food Services:

1. The Contractor will provide comprehensive food services to all Provincial Correctional Centres identified in Appendix 1. The number of weekly hours required at each Centre and the hours of service are indicated in Appendix 8 (without Inmate help) and Appendix 9 (with Inmate help); the Contractor will provide these staffing levels within these hours. The Contractor will provide service to all Centres seven days per week, 52 weeks per year.
2. The provision of food services includes, but is not limited to:
 - (a) Employment and supervision of all staff and/or sub-contractors required to provide the food services;
 - (b) Purchasing of all food and other materials as required for the preparation and serving of meals at the Centres;
 - (c) Transportation of all food and materials to and from the Centres, and transportation of meals to the living units in some Centres;
 - (d) Storage of all food and materials in proper locations, as approved by the Branch, in each Centre;
 - (e) Training and supervision of Inmates working in the kitchens at specified Centres;
 - (f) Preparation and serving of meals, as defined in Appendix 11;
 - (g) Preparation and serving of special occasion meals for the Easter, Thanksgiving and Christmas holidays, as defined in Appendix 11.
 - (h) Food for other special occasions may also be required from time to time. Requests for preparation of these meals will be made by the Centre Warden on an as-and-when-needed basis;
 - (i) Properly freezing and storing regular meals, for consumption by Inmates outside of normal kitchen hours;
 - (j) Maintaining a seventy two hour emergency supply of food and drink on site at each Correctional Centre to be utilized in the event of an earthquake or other disaster;
 - (k) Washing of china, glassware, utensils, and small-ware used in preparation, serving and consumption of meals;
 - (l) Cleaning and maintenance of the Centre's facilities and equipment used during the provision of food services;
 - (m) As part of the regular food evaluation process, and with the participation of Corrections staff, conduct random weekly audits to the quality and quantity of the products produced as specified in the menu and the sanitation practices employed by the Contractor's staff and/or sub-contractors at each Centre;
 - (n) On request, working with the Province to refine, realign, or modify the Contract menus in order to better meet the needs of the Inmate population and/or to reduce costs; and
 - (o) Compliance with all applicable security precautions and procedures required by the Centre.

3. In all cases the meals served will meet the food service standards set out in the Schedule of Standards, and the menus provided in Appendix 11.
4. The actual number of meals provided by the Contractor at each meal service will be determined by the Warden of the specific Centre and be communicated to the Contractor's kitchen staff at a reasonable time prior to each meal.
5. Meal times and plans can vary, as needed, with the approval of the Warden and the creation of an Operational Protocol signed by the Province's Contract Manager and the Contractor's Regional Director.
6. When required for medical reasons a Nutritional Supplement may be ordered for specific Inmates by the Centre physician.
7. Prices provided in Appendix 5 are to be inclusive of the special occasion dinners for the Easter, Thanksgiving and Christmas holidays. As these special occasion meals are known in advance, the Province will not pay any additional amounts for these dinners. Other special occasion meals, as approved by the Warden, may be subject to a surcharge above the regular meal rates.
8. The Province adjusts menus on an ongoing basis. When menu items or nutritional supplements are adjusted, the Contractor and the Province will document the change using an Operational Protocol signed by the Province's Contract Manager and the Contractor's Regional Director. The Ministry will determine whether any adjustment made may impact unit meal pricing, and where appropriate, will negotiate a price change with the Contractor on a case-by-case basis.
9. The Contractor will be required to retain a sample of each meal served at the Centres each day, comprising all food items found on the menus, and which are packaged, frozen and retained for a period not less than 72 hours. Such testing samples will be provided without cost to the Province. A test meal will be provided when requested by the Warden or designate.
10. Therapeutic diets shall be available upon prescription authorized by the physician in charge of the Inmate patient, and religious/ethnic diets with respect to religion or cultural persuasions shall be provided upon authorization of the Warden.
11. For the North Fraser Pre-trial Centre only, the Contractor will be responsible for the provision of thirteen food carts for the delivery of food to Inmates. The Province will be responsible for the cost of maintaining the food carts. All repairs must be approved by the Warden of the Centre before they are undertaken.
12. The Province reserves the right to purchase the food carts from the Contractor during the term of or upon the expiration of the Contract. If the Province exercises this option, the cost of the food carts will not exceed the cost paid by the Contractor less the applicable depreciation.

Inmate Training Services:

1. The Contractor will provide Inmate training programs at the Centres identified in Appendix 2 as requiring these services. The programs will include:
 - (a) Formal training of participating Inmates in food preparation and serving that meet the standards and to be similar in nature as the training generally provided to institutional kitchen staff;
 - (b) Employment of participating Inmates to prepare and serve food, in positions for which they are qualified through the training provided by the Contractor and/or previous experience; and
 - (c) On-site Contractor staff supervision of participating Inmates at all times, unless otherwise authorized by the Warden.

2. The Province reserves the right to change its Inmate training requirements (i.e. to add or delete Centres that include Inmate training services) during the term of the Contract.
3. High turnover is expected amongst Inmates assigned to kitchen duties.

Canteen Services

1. The Contractor will provide staffed canteen services, within the timelines provided, to the Centres identified in Appendix 3 and with the use of vending machines to the Centre identified in Appendix 4.
2. The Contractor will sell these items to Inmates at the selling price determined by the Province. All selling prices will include applicable taxes .
3. The provision of canteen services includes, but is not limited to:
 - (a) Employment and supervision of staff and/or sub-contractor(s) to provide canteen services to Inmates;
 - (b) Purchasing of canteen items;
 - (c) Transportation of all materials to and from the Centres, and transportation of orders to the living units in some Centres;
 - (d) Storage security and control of inventory in each Centre;
 - (e) Filling, bagging and invoicing of canteen orders;
 - (f) Carrying out financial transactions necessary in conjunction with the applicable Centres;
 - (g) Supply all equipment, materials, inventory, and supplies required to perform the canteen services offered at the Centres, except as noted below as being supplied by the Province;
 - (h) Filling canteen orders within the timeframes and expectations provided in Appendix 3;
 - (i) Cleaning and maintenance of the Centres' facilities used for the canteen services;
 - (j) Providing vending machines, at the Contractor's cost, for canteen products to be dispensed through vending machines located on the living units within NFPC (see note below for more information);
 - (k) Maintaining all vending machines in proper working order and with appropriate stock for sale, with no less than weekly maintenance;
 - (l) Where stock cannot be made immediately available upon purchase, redeeming Inmate's proof-of-purchase with the applicable products;
 - (m) Reviewing the core canteen list with the Warden at each Centre on an ongoing basis for additions or deletions of products;
 - (n) Ensuring that all items sold as part of the canteen services are approved by the Warden; and
 - (o) Ensuring that canteen list prices charged to Inmates is agreed to by the Corrections Branch management and that they reflect standard retail prices within the local community.

4. The Contractor will provide and maintain twenty vending machines and thirty two card readers for the dispensing of Canteen items at the North Fraser Pre-trial Centre.
5. The Province will provide and maintain dedicated workstation PC containing server software and a module for the vending machine closed payment system, licensed for up to 30 end nodes (readers).
6. The Province reserves the right to purchase the vending machines or the card readers, or both, from the Contractor during the term of or upon the expiration of the Contract. If the Province exercises this option, the cost paid by the Province will not exceed the initial cost paid by the Contractor less the applicable depreciation.
7. Approval is granted to the Contractor to add a surcharge to special order items requested by an Inmate and approved by the Warden of the Centre. This surcharge is intended to compensate the Contractor for any additional cost associated with the acquisition of such items. Exact fees that may be charged for this service will be approved on an item-by-item basis with the Warden of each Centre.

Canteen Reimbursement to the Inmate Benefit Fund

1. The Contractor will reimburse the Inmate Benefit Fund a percentage of gross sales before taxes according to the following scale and calculated using the formula identified in the Schedule of Payments:

\$1.00	-	\$275,000	at 10.50%
\$275,001	-	\$330,000	at 10.75%
\$330,001	-	\$385,000	at 11.00%
\$385,001	-	\$440,000	at 11.25%
\$440,001	-	\$495,000	at 11.50%
\$495,001	-	\$550,000	at 11.75%
\$550,001 plus			at 12.50%
2. The percentage rebate will increase or decrease if the annual canteen sales for each centre exceed or fall under the incremental thresholds given above.
3. The annual gross canteen sales will be established in February of each contract year using the formula provided in the Schedule of Payments and will be deducted from the Contractor's April invoice for the next contract year. These adjustments will be made once a year.

Responsibilities of the Province

1. For the duration of the Contract, the Province will:
 - (a) assist the Contractor by providing all relevant information the Assistant Deputy Minister deems pertinent to the Services, including any amendments to the Rules, policy or Security Procedures, if any, that are applicable to the Services;
 - (b) give the Contractor reasonable notice of changes in priorities or programs likely to materially affect the Services during the term of the Contract;
 - (c) where not otherwise provided for in any schedule attached to a Contract and subject to available staff and resources of the Branch, assign a contract manager and a liaison officer for the purposes of Contract management and liaison between the Branch and the Contractor;
 - (d) instruct the Contractor regarding all applicable security precautions and procedures and any amendments to the same and through such arrangements as may be made by each Warden, and assist in the implementation of the same within the Centres' food preparation facilities.

- (e) assist the Contractor in the implementation of those Security Procedures, if any, which apply to the Services or persons assigned to the Services;
 - (f) conduct ongoing audits of all documentation provided by the Contractor regarding numbers and types of meals served; and
 - (g) pay approved invoices that detail the Services provided within the previous month within 30 days of receipt.
2. In the event that any license is to be granted by the Province to the Contractor to use the Centre's facilities or the inventory then any such license shall be subject to and upon the terms and conditions set out in the Schedule of Licenses attached to the Contract.
 3. The Province will, at its expense:
 - (a) with respect to the Correctional Centre where the services will be provided:
 - (i) provide heat, power, water and telephone (for calls related to the Contract services only);
 - (ii) provide the use of one computer work station in each Centre for Food Service delivery (not Canteen), as designated by the Province (note that this computer will be accessible to the Contractor, but may not be located within the kitchen facilities).
 - (iii) be responsible for structural maintenance;
 - (iv) provide all furniture and equipment required for the food preparation and delivery services pursuant to this Contract, with the exception of the food carts, vending machines and card readers in the North Fraser Pre-trial Centre;
 - (v) provide shelving and storage space for the canteen services pursuant to this Contract; and
 - (vi) Equipment for canteen product distribution;
 4. All furniture, equipment and computers supplied by the Province and used in the delivery of Services remain the sole property of the Province.

Security Clearances:

1. Only persons who have been granted security clearance from the Assistant Deputy Minister may provide services within the Centre. The Assistant Deputy Minister retains sole and absolute discretion to grant or refuse security clearance. Security clearances may be terminated for failure to maintain security requirements and practices.
2. All Contractor staff will be subject to a security clearance prior to working on-site at any Centre. Security clearances include, but are not limited to, police record checks and criminal record review checks. Costs associated with police record checks and criminal record review checks are the responsibility of the Contractor, and may not be billed separately to the Province.

Standards of Conduct

1. All personnel involved in the delivery of Services will abide by the Standards of Conduct for Corrections Branch Employees provided in Appendix 17.
2. These standards set out the code of professional behaviour that is expected of contractors, employees and management that is common to all Branch personnel. Service contractors are entrusted with confidential information related to Inmates and matters before the Courts. For the Corrections Branch to provide safe, reliable

and consistent service, it is essential that persons working for the public service understand and uphold these standards.

3. Security clearances may be terminated for failure to comply with the Standards of Conduct.

Responsibilities of the Contractor:

1. For the duration of the Contract, the Contractor will:
 - (a) maintain records of Service delivery and provide these records to the Province;
 - (b) maintain current insurances and provide proof to the Province of those insurances;
 - (c) fully comply with the Criminal Records Review Act;
 - (d) provide Services in accordance with all applicable legislation and standards, including but not limited to those provided for in the Workers Compensation Act and Regulations, Corrections Act and Correction Act Regulation, and the British Columbia Food Premises Regulations;
 - (e) provide a minimum of seven hours for each new staff to attend an initial orientation program provided by Correctional Centre staff at each Centre (this requirement shall be at no cost to the Province);
 - (f) ensure that its employees and/or sub-contractors comply with the Standards of Conduct (see Appendix 17) expected of Corrections Branch employees, which includes no contact with Inmates other than for job related communication;
 - (g) report any and all Critical Incidents immediately to the Province's designated person-in-charge, who will follow standard Ministry procedures and provide further instruction to the Contractor's staff and/or subcontractors;
 - (h) ensure appropriate uniform clothing (as approved by the Warden) is available for all its employees and/or subcontractors, and is laundered regularly, and supply all hair nets for its employees and/or subcontractors (the Branch supplies hair nets for all Inmate workers);
 - (i) submit monthly to the Province a separate written invoice for the preceding month for each of the Centres, detailing the number of meals delivered and the meal type or food category; and
 - (j) ensure that the Province has the Contractor's current and complete contact information in order to directly contact the Contractor at any time of the day or night, on any day of the week.
2. All material, documentation and other deliverables, including menus and recipes, produced by the Contractor as part of providing the Services remain the sole property of the Province.

Records and Reporting

1. All records and documentation relating to the Services are the property of the Province.
2. The Contractor will be responsible to keep complete and accurate business records in accordance with the Privacy Schedule included in this contract.
3. The Contractor will keep the following records:
 - (a) all dates and hours of service provided;
 - (b) details of temporary changes made to the provincial menu the reason for the change(including any changes to actual serving sizes), and identifying the Centre manager who approved the changes;
 - (c) books of accounts/financial statements, kept in accordance with generally accepted accounting principles, as requested by the Province for the purposes of audits, investigations, suits and/or other reviews;
 - (d) books of account and supporting documents relating to the number of employees, and the classification, wages and benefits;
 - (e) criminal record checks of their staff and sub-contractors as requested by the Province for the purposes of audits, investigations, suits and/or other reviews; and
 - (f) any other business records the Contractor or Warden deems important for the file.
4. The Assistant Deputy Minister, or delegate, will have free access at all reasonable times to such records, books of account, invoices, receipts and vouchers for the purposes of copying or auditing the same.
5. The Province requires the Contractor to submit accurate monthly reports on the numbers and types of meals served.

Communication with the Media:

1. The Contractor will not discuss the Services, the Correctional Centres, Inmates, Ministry staff, or any other Ministry business with the media. All media inquiries are to be immediately forwarded to the Ministry.
2. The Contractor will make no comment to any media personnel or organization, either verbally or in writing, without the prior, written consent of the Province.

Key Positions

Food Services

1. Chef Manager, with overall responsibility for the kitchen, including the acquisition and supply of food and consumable supplies, the cleanliness of the premises, and overall supervision and scheduling of all kitchen staff. Chef Managers should have five years or more progressive experience in an institutional or large commercial kitchen, and completion of formal certification or diploma program in cooking.
2. Cook, who is responsible for the cooking and to provide direct supervision and training to General Helpers. Cooks should have one or more years experience working in a similar position.; and
3. General Helper, who provides dishwashing, general cleaning and food delivery services, as well as assists with other positions as required. No experience or qualifications are expected for General Helpers.

4. Inmates can be assigned to any of these food service positions for which they qualify; however, Inmates working in the Centre's kitchen are to be supervised by a member of the Contractor's staff **at all times**, unless otherwise authorized by the Warden.

Canteen Services:

1. Canteen Worker, with overall responsibility for all canteen services, including the acquisition of supplies and goods for sale, the maintenance of all equipment, and the accountability for all funds generated through sales.
2. Canteen workers should have one or more years retail sales or cashier experience.
3. Inmates cannot be assigned to work in the canteen unless authorized by the Warden and agreed to by the Contractor.

Hiring of New Staff and Labour Disruptions

1. The Contractor will comply with the formal, documented procedures for providing new staff, as needed, that were presented in their response to the RFP.
2. As food services in provincial Correctional Centres are an essential service, the Contractor should also have strategies to manage any labour disruptions that may affect their normal operations.

Conflict Resolution

1. Disputes or disagreements resulting from the delivery of service under this agreement will be dealt with using the following protocols:
 - (a) At the local level the Warden of the Centre and the Contractor's Chef Manager. If these parties cannot resolve the matter it will be advanced to;
 - (b) The Branch Contract Manager and the Contractor's Regional Director. If these parties cannot resolve the matter it will be advanced to;
 - (c) The Provincial Director, Adult Custody Division and the Contractor's Regional Vice President, Western Canada (Eurest) for resolution. If these parties cannot resolve the matter then;
 - (d) Unless the parties otherwise agree the dispute will be referred to and finally resolved by arbitration administered by the British Columbia International Commercial Arbitration Centre pursuant to its "Rules of Procedure", and the place of arbitration will be Vancouver, British Columbia.

SCHEDULE OF LICENCES

1. For so long as this Agreement remains in effect the Province will permit to the Contractor to enter upon those parts of the Facilities comprising Licensed Areas for the purposes of providing Food Services and Canteen Services at each Centre.
2. The Contractor will use such Licensed Areas and the Inventory of the Province located therein, solely in connection with the provision of Services under this Agreement.
3. Pursuant to the license referred to in paragraph 1 of this Schedule the Contractor will have the right to occupy and control the Licensed Areas, subject only to the following overriding rights, namely:
 - (a) the right of the Assistant Deputy Minister, his Correctional staff and fire and police services to have access, at all times, to the said Licensed Areas for security and emergency purposes and requirements;
 - (b) the right of the Assistant Deputy Minister or his staff to enter and view the state and condition of the Licensed Areas and Inventory; and
 - (c) the right of Province, its employees and agents, to enter and view the state and condition of the Licensed Premises and Inventory and to undertake such repairs and maintenance to the building and Inventory as the Corporation may deem necessary.
4. The Licensed Areas will include operating space, office space, secure storage space for food stuffs and/or canteen inventory, toilet facilities or access to the same, a telephone line, refrigeration, bins for waste disposal and all necessary equipment, utensils and small ware, but will not include the items identified in Clause 13 of this Schedule.
5. As part of this Agreement the Province will provide heat, power, water, pest control, structural maintenance, maintenance of kitchen equipment required due to normal wear except that maintenance or repair necessary due to lack of care, or lack of instruction or supervision by the Contractor will be the responsibility of the Contractor.
6. Provide the use of one computer work station in each Centre for Food Service delivery (not Canteen), as designated by the Province (note that this computer will be accessible to the Contractor, but may not be located within the kitchen facilities).
7. A list of the Inventory in the Licensed Areas shall be prepared by the parties at the commencement of the Term.
8. The Contractor acknowledges that the said Inventory is in good condition and repair and that the Province gives no warranties and guarantees whatsoever as to fitness, condition, quality, capacity or otherwise of the Inventory.
9. The Contractor will maintain a maintenance record in respect to the said equipment and will also report forthwith to the Warden of the Centre any loss of equipment.
10. The Contractor will return to the Province at the expiration of the Agreement all food Service premises and equipment owned and supplied by the Province in the same condition in which they were received except for normal wear and tear and except to the extent that the said premises or equipment may have been lost, damaged or destroyed by an act not controllable by the Contractor.

11. None of the equipment, furniture, fittings, fixtures, tableware and general utensils which are the property of the Province, shall be taken or removed from the premises without the consent of the Warden or his designated official.
12. Should any of the furniture, fittings, fixtures, glasses, tableware or general utensils including Inventory be lost, destroyed or damaged due to negligence, carelessness, or misuse by the Contractor, its employees, agents or tradesmen, the Province may replace or repair the same and the Contractor shall forthwith pay the cost of so doing to the Province.
13. The Contractor may, with the consent of the Warden, use additional equipment or utensils at a particular Centre which it supplies at its own cost, in addition to the equipment and utensils provided by the Province. An Inventory list of this equipment will be prepared and maintained by the parties.
14. At North Fraser Pre-trial Centre the Contractor will purchase and provide twenty vending machines, thirteen food carts and thirty two card readers. Upon expiration of this Agreement or if this Agreement is terminated at any time before, it is agreed that the Province will purchase these items for the appropriate depreciated amounts set out in the amortization tables provided in Appendices 13, 14 and 15 of this Agreement.
15. The Province will be responsible for the cost of maintaining the food carts at North Fraser Pre-trial Centre. All repairs must be approved by the Warden of the Centre before they are undertaken.
16. The Contractor may use the licensed areas at the Surrey Pre-trial Services Centre for the production of meals for the Surrey School Meal Program as described in Appendix 12 of the Agreement.
17. The Contractor may use the licensed areas at the Surrey Pre-trial Services Centre for the production of meals for the Surrey RCMP Detachment cells as described in Appendix 20 of the Agreement.
18. The Contractor may use the licensed areas at the North Fraser Pre-trial Centre for the production of meals for the Vancouver Jail as described in Appendix 20 of the Agreement.
19. The Contractor may use the licensed areas at the Surrey Pre-trial Services Centre and Prince George Regional Correctional Centre for the production of meals for the Surrey Courthouse and Prince George Courthouse cells respectively.

SCHEDULE OF PAYMENTS

Defined Terms:

In this Schedule of Payments:

“Collective Agreement” means a collective agreement effective at the relevant time between the Contractor and BCGEU, Teamsters Union, and UNITE HERE Local 40;

“DFSD Employees” means direct food service delivery employees, including Chef Managers, employed by the Contractor and excludes all other employees;

“Preceding Agreement” means the Agreement for food service delivery dated June 1, 2009, between the Province and the Contractor;

“Initial Collective Agreements” means the Collective Agreements in force between the Contractor and BCGEU, Teamsters Union, and UNITE HERE Local 40 as of June 1, 2009;

“Initial Labour Costs” means the wages and benefits paid or payable by the Contractor to or on behalf of its DFSD Employees in accordance with the Initial Labour Rates;

“Initial Labour Rates” means the rates at which wages and benefits are paid or payable by the Contractor to or on behalf of its DFSD Employees in accordance with the Initial Collective Agreements, as referenced in the Schedule of Payments attached to the Preceding Agreement;

“Labour Costs” means the wages and benefits paid or payable by the Contractor to or on behalf of its DFSD Employees calculated in accordance with applicable Labour Rates;

“Labour Rate” means the rate at which wages and benefits are paid and payable by the Contractor to or on behalf of its DFSD Employees at the relevant time pursuant to a Collective Agreement;

“New Collective Agreements” means Collective Agreements ratified and in force between the Contractor and BCGEU, Teamsters Union, or UNITE HERE Local 40 after March 31, 2012 but during the Term;

“Revised Labour Costs” means the wages and benefits paid or payable by the Contractor to or on behalf of its DFSD Employees in accordance with the Revised Labour Rates;

“Revised Labour Rates” means the rates at which wages and benefits are paid or payable by the Contractor to or on behalf of its DFSD Employees in accordance with the New Collective Agreements;

1. The Province shall pay the Contractor for each daily meal served at each Correctional Centre as set out in Appendix 1, based on the per meal rate as identified for each Centre in Appendix 5. If a Correctional Centre is closed during the Term of this Agreement the Contractor shall not receive remuneration for that Correctional Centre after the date of closure, or the date that no meals are served at that Correctional Centre as determined by the Province.
2. Subject to paragraph 3 and 4 below, the Province shall pay to the Contractor an amount equal to the Labour Costs.
3. Except as provided in paragraph 4, the Labour Costs paid by the Province to the Contractor for any time period within the Term shall be equal to the Initial Labour Cost.
4. If at any time during the Term the Labour Rates increase above the Initial Labour Rates because of New Collective Agreements, then for that part of the Term to which a New Collective Agreement applies, the Province shall pay to the Contractor the Revised Labour Costs, up to and including but not exceeding 3% over the corresponding Initial Labour Rates, on the Province’s receipt from the Contractor of documentation satisfactory to the Province confirming the terms of the New Collective Agreements.
5. The Contractor shall support a claim pursuant to paragraph 4 by submitting to the Province a detailed statement of account identifying the retroactive impact of the New Collective Agreement(s) on the Contractor, by bargaining unit and Correctional Centre, and shall include such other reasonable detail as the Province requests;
6. The Contractor shall pay to the Province \$0.05 per meal for each meal prepared for the Surrey School Board Meal Program as set out in Appendix 12 of the Agreement. This amount shall

be deducted monthly from the Contractor's Statement of Account for food services at the Surrey Pre-trial Services Centre.

7. The Contractor shall pay to the Province \$0.08 per meal for each meal prepared for the Surrey RCMP cells as set out in Appendix 20. This amount shall be deducted monthly from the Contractor's Statement of Account for food services at the Surrey Pre-trial Services Centre.
8. The Contractor will pay to the Province \$0.08 per meal for each meal prepared for the Vancouver Jail as set out in Appendix 20. This amount will be deducted monthly from the Contractor's Statement of Account for Food Services at the North Fraser Pre-trial Services Centre.
9. Overtime incurred by the Contractor due to a disruption within a Centre must be approved on the day that it occurs. Request for approval will be submitted to the Officer in Charge of the shift who will contact the "on call" manager for authorization (24/7)".
10. The Contractor shall submit monthly (for the preceding month) written invoices, in a format satisfactory to the Province. A separate invoice shall be provided and submitted to each of the Correctional Centres set out in and at the addresses contained in Appendix 1.
11. The invoices shall include the calculations for:
 - (a) the number of meals served of each type and claimed for the month, and
 - (b) Labour Costs;

In addition, supporting documents in the form of count sheets signed by a Corrections employee showing the number of meals ordered at each meal period for each day of the month shall be attached. The number of meals per day for each Correctional Centre shall be the number of meals requested by the Warden, three times a day each day except on days when Brunch is served. On those days that Brunches are served meal charges shall be the same as if three regular meals were served for the day and the overall food quantity served shall be the same.

12. During the term of the Contract, the Province may, in its sole and absolute discretion, increase or decrease the capacity of the existing Correctional Centres or change the number of Correctional Centres.
13. Notwithstanding paragraph 1 and 2 of this Schedule, in no event shall the amounts payable to the Contractor under this Agreement exceed the following amounts for each fiscal period during the Term:

Centre	April 1, 2012 to March 31, 2013	April 1, 2013 to March 31, 2014	April 1, 2013 to March 31, 2014	Total for the Terms Described
ACCW	\$404,872	\$469,039	\$517,447	\$1,391,357
FMCC	\$323,533	\$336,574	\$363,811	\$1,023,919
FRCC	\$1,381,816	\$1,460,906	\$1,460,820	\$4,303,542
KRCC	\$884,800	\$934,764	\$974,633	\$2,794,196
NCC	\$764,844	\$785,999	\$868,605	\$2,419,448
NFPC	\$1,740,118	\$1,808,263	\$2,002,251	\$5,550,633
PGRCC	\$912,210	\$946,539	\$895,958	\$2,754,707
SPSC	\$918,840	\$957,338	\$987,976	\$2,864,154
VIRCC	\$931,952	\$958,478	\$915,832	\$2,806,263
TOTAL	\$8,262,986	\$8,657,901	\$8,987,333	\$25,908,220

14. The Province shall endeavour to pay invoices prepared in accordance with paragraphs 10 and 11 of this Schedule within 30 days of receipt of same. If the Province does not pay such invoices within this period, the Contractor shall be entitled to interest on any overdue account only in accordance with the Interest on Overdue Accounts Payable Regulation made pursuant to the Financial Administration Act.
15. The Province may request documents supporting the payment of wages and benefits and/or fees paid by the Contractor to direct food service delivery staff.

16. The Province shall pay the Contractor for the following items not included with the fixed meal cost:
- (a) surcharge for special occasion meals, not including Easter, Thanksgiving and Christmas meals, with the prior written approval of the Warden;
 - (b) surcharge approved by the Warden for applicable therapeutic and religious/ethnic diet meals; and
 - (c) additional meals for special events held inside the Centres for non-Inmates, as negotiated with the Contractor and with the prior written approval of the Warden.
- (Note: these special event meals shall be billed outside this Agreement.)

Canteen Rebate

1. The Province and the Contractor agree that the percentage reimbursement on canteen sales is based on the gross sales amounts as laid out in the Schedule of Services. The canteen revenue to the Inmate Benefit Fund is based on the gross sales for the previous contract year with the yearly adjustment done in March based on the following formula:
- February year to date gross ÷ 11 x 12 = projection for next year*

Labour Adjustments:

1. The Province and the Contractor agree that all posts not backfilled by the Contractor shall be adjusted (hours below the established staffing hours for each Compass unit). All adjustments to labour costs shall be done on a quarterly basis in the contract year during which they occur.

Profit Sharing

1. The Contractor shall issue a Profit and Loss Statement at the end of each fiscal year of the Contract. The Profit and Loss Statement is defined as a cost and recovery statement showing but not limited to meal revenue less direct costs incurred for the operation, administration and supervision of the Services.
2. The Profit and Loss Statement shall include:
 - (a) All material costs and direct costs as defined below incurred to manage and operate the Services; and
 - (b) Contractor corporate and regional administrative cost recovery and management fee at a 5% rate of (a) above.
3. Direct costs are defined as, but not limited to, paper, cleaning, laundry, uniforms, office supplies, general insurance, bank charges, travel, training, depreciation of equipment, telephone, licenses, taxes, freight, and direct supervision. Direct costs do not include management and support services outside of direct on-site delivery of service.
4. Labour costs are not included as a direct cost, as the Province shall pay directly for these costs.
5. At the end of each fiscal year, the total cost of the Contract to the Province (excluding labour costs) shall be compared to the Contractor's Profit and Loss Statement. If the amount paid by the Province exceeds the total costs of the Profit and Loss Statement, the remaining balance shall be split equally between the Province and the Contractor. The recovery to the Province shall be repaid or applied as a credit to future billings, as directed by the Province.
6. The Assistant Deputy Minister reserves the right to request an audit of the above mentioned Profit and Loss Statement, including any of the Contractor's financial documents or information which the Assistant Deputy Minister believes is related to the Profit and Loss Statement. Any such request would be at the expense of the Province.

SCHEDULE OF STANDARDS

- A) Sanitation and Safety Standards**
- B) Food Service Delivery Standards**
- C) Purchasing Standards**

A) SANITATION AND SAFETY STANDARDS

1. Facilities and equipment provided by the Corrections Branch shall meet established safety standards as required by *Workers' Compensation Act and Regulations*, the British Columbia Building Code (1998), *Fire Services Act*, and Fire Protection and Control related bylaws for the city, town, municipality or regional district applicable to the Correctional Centre location.
2. The Correctional Centre will provide an orientation program to familiarize contracted food Services staff as to the basic purposes, operations and responsibilities of the Corrections Branch as well as the respective roles and relationships between Corrections staff and the Contractor's employees. Furthermore, this orientation shall detail procedures relative to safety, security, contraband and supervision of inmates.

NOTE: There is an expectation that this standard will be implemented on Day One of employment of a food service contractor and the process will be recorded. Reinforcement of this orientation program should occur on an "as required" basis determined by the Contractor's turn-over of staff.

3. All food service personnel and Inmates assigned under the program shall comply with all applicable Federal, Provincial and local government acts and regulations.
4. All food Service areas shall be inspected annually by a Provincial Health Inspector.
5. All foods, both perishable and other, shall be stored, prepared, displayed, transported and serviced in a manner consistent with applicable Acts and Regulations.
 - a) all food, whether refrigerated, frozen or dry, shall be stored on racks, sheds or shelves with a minimum clearance of six (6) inches from the floor and arranged to facilitate cleaning and inspection.
 - b) all refrigerated, perishable foods shall be kept in closed containers which are labelled, dated and stored at a temperature below 5°C. All hot perishable food shall be maintained at a temperature above 60°C.
 - c) all foodstuffs not requiring refrigeration or frozen storage shall be stored in clean, well-ventilated, well-lit enclosed areas, specifically designed for food storage.
6. All areas within and adjacent to the food service operation shall be kept neat, visibly clean and free from litter or rubbish.
7. Food wastes shall be removed from the kitchen daily and be stored in a location exterior to the kitchen itself and removed from the premises regularly in a way which will prevent food contamination and nuisance.
8. At least twice per year and more frequently when required, the Contractor will arrange with the Warden or designate for the elimination of vermin and/or pests.
9. Mechanical dishwashers or sanitizing machines or proper manual procedures shall be employed for dishwashing. Practices shall comply with the British Columbia Health Act "*Food Premises Regulation*".

10. All food service staff including Inmates assigned to food service work shall be trained in proper sanitation procedures and comply with applicable Acts and Regulations.
11. No common use of any cup, glass, or other receptacle used for drinking shall be provided, exposed or permitted.
12. Sanitization of all Facilities and equipment shall meet a standard which is equal to or exceed all applicable Acts and Regulation.
NOTE: Proper sanitizing agents should be used on a regular basis following an organized schedule for cleaning equipment and facilities. Food and non-food items shall not be stored in the same area.
13. Meals shall be prepared in accordance with instructions provided by the food service Contractor, however, serving shall be under the direct supervision of authorized Corrections Branch employees.
NOTE: All meals shall be served under the direct supervision of Corrections Branch employees who shall also be responsible for ensuring the return of all food trays and other eating utensils to the kitchen for washing and sterilization. Full cutlery service should be provided unless the security and operations of the facility could be jeopardized.
14. The Contractor will ensure that a sample of each meal served at the facilities, pursuant to this Agreement, comprising all food items found on the menus, be packaged, frozen and retained for a period of not less than 72 hours. Meal testing samples will be provided without cost to the Province and shall be produced intact for review and testing upon the request of the Warden.

B) FOOD SERVICE DELIVERY STANDARDS

1. The Contractor shall offer a program of food Services at each Correctional Centre that complies with Branch standards and policy and meets or exceeds dietary allowances specified by the Branch menus and supplements.
2. The Contractor shall ensure that for each Correctional Centre which offers a Program of food preparation and/or meal service on site that all areas and Facilities which pertain to the food program shall comply with the requirements of the British Columbia Health Act and the Food Premises Regulation (Order-in-Council 774/99).
3. The Contractor shall ensure that the Food Service Program Facilities and equipment in each Correctional Centre shall meet fire and safety requirements as established through legislation and regulations upheld by the Workers' Compensation Board and fire officials having competent jurisdiction.
4. The Contractor shall ensure that all foods, both perishable and non-perishable, shall be stored, displayed and transported in a manner consistent with the Food Premises Regulation.
5. The Contractor shall ensure that workers engaged in Food Service Programs receive, prior to or at the outset of Service inside a Branch-operated facility, an orientation designed to familiarize participants with:
 - a) the operations and responsibilities of the Branch;
 - b) measures designed to safeguard the safety, security and discipline of Branch facilities, including the prevention of the presence and elimination of contraband;

- c) the respective roles and responsibilities of Branch employees and the employees of the Food Service Contractor;
 - d) the Correctional Centre itself.
- 6. The Contractor shall ensure that all food service personnel, including Inmates assigned to food service work shall be trained in proper sanitation procedures.
- 7. The Contractor will ensure that all food service areas are inspected, at least annually, by a provincial Medical Health Officer or a Public Health Inspector.
- 8. All food service programs shall provide for the elimination of vermin and pests. The Branch will provide licensed pest control professionals who shall service every site at least two times each year and more frequently if required.
- 9. Three meals shall be served in a 24 hour period at times recognized as normal, and at least two of these meals shall include hot food.
- 10. Where brunch meals are provided for weekdays, weekend days or holidays, two meals in total may be served in each 24 hour period; however, the total nutritional value of the two meals together shall be sufficient for a full day's requirements and hot foods shall be served with both meals.
- 11. Food shall be prepared and served so that flavour, texture, temperature, appearance and palatability are considered.
- 12. Nutritional supplements will be available upon prescribed authorization of the physician in charge of the patient.
 - NOTE: Nutritional supplement requirements will be specific and complete and will be provided in writing to food service personnel.
- 13. Ethnic diets with respect to religion or cultural persuasions shall be provided upon authorization by the Warden or designate.
 - NOTE: Approval for ethnic diets will be in writing and signed by the Warden or designate.
- 14. Each Correctional Centre shall provide one or more suitable areas for the consumption of food. Meals will only be consumed in cells, rooms or other personal living spaces where security, control or discipline requires that an inmate not join the general population during meals.
- 15. Livestock and poultry that are raised by the Corrections Branch for Correctional Centre consumption shall be slaughtered at a licensed abattoir or processing plant and shall be inspected by the appropriate Ministry of Agriculture Inspector.
- 16. Vegetable products that are produced within the Corrections Branch for Correctional Centre consumption shall be of good quality and delivered in a condition suitable for optimum food service, and may be sold to the Contractor at the Contractor's usual market rate.
- 17. Food shall not be used as a reward or for disciplinary purposes.

C) PURCHASING STANDARDS

The following list details the MINIMUM acceptable quality for food items purchased for the purpose of meal service within the Province of British Columbia Adult Correctional Centres.

I. DAIRY PRODUCTS

Cheddar Cheese	Canada #3
Cheddar Cheese Powder	Canada #3
Skim Milk Powder	Fortified with Calcium and Vitamin D
Mozzarella Part Skim	47% moisture, 23% milk fat
Processed cheese slices	

II. SPREADS

Margarine	Vitamin E enhanced
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III. MEAT AND EGGS

Eggs	Canada A	Beef	Canada C, #1 or #2
Whole Eggs, Liquid, Frozen	Canada B	Veal	Canada C, #1 or #2
Poultry	Canada Utility	Ham	Grade A Boneless

And in addition:

- a) All hamburger used shall be medium or lean ground beef (17 - 23% fat content).
- b) Any preformed meat patties shall be pre mixed "cooked" beef burgers, fat content maximum 17-23%.
- c) 50% pure beef and 50% TVP to be used where indicated on menu.
- d) Steakettes are to have not more than 25% fat content.
- e) All bacon served should be Canada Grade A House Brand.
- f) Any processed turkey used for Roast Turkey shall be a combination of white/dark meat roasts.
- g) Sausages are to be "pure" beef or "breakfast sausage".

IV. SEAFOOD PRODUCTS

Conform to regulations and conditions set out under Canadian Government Spec. Board No 32GP.

V. FRUITS AND VEGETABLES

Apples	Canada Commercial	Apricots	Canada Fancy
Blueberries	Canada #1	Cantaloupe	Canada #1
Cherries	Canada Commercial	Grapes	Canada Fancy
Pears	Canada Commercial	Peaches	Canada Fancy
Prunes	Canada Fancy	Plums	Canada Fancy

Strawberries	Canada Fancy	Rhubarb	Canada Fancy
Asparagus	Canada #2	Beets	Canada #2
Brussels Sprouts	Canada #2	Cabbage	Canada #2
Carrots	Canada #2	Cauliflower	Canada #2
Celery	Canada #2	Cucumbers	Canada #2
Head Lettuce	Canada #2	Onions	Canada #2
Parsnips	Canada #2	Potatoes	Canada #2
Sweet Corn	Canada #2	Tomatoes	Canada #2

VI. PROCESSED FRUITS AND VEGETABLES

Canned Vegetables:

- Canada Choice minimum quality acceptable for serving.
- Canada Standards acceptable for Stews, Soups, and similar dishes.

Apple Juice Concentrate	Canada Choice	Frozen Vegetables	Canada Choice
Orange Juice Concentrate	Canada Choice	Dehydrated Fruit	Canada Choice
Canned Tomato Juice	Canada Choice	Dehydrated Vegetables	Canada Choice
Frozen Fruit	Canada Choice		

VII. BEST BEFORE DATE

All items are to be consumed prior to the "Best Before Date".

VIII. PREPARED FROZEN MEALS

All prepared frozen meals shall be at least equivalent in quality and quantity to a meal provided under the menus.

PRIVACY PROTECTION SCHEDULE

Definitions

1. In this Schedule,
 - (a) “**access**” means disclosure by the provision of access;
 - (b) “**Act**” means the *Freedom of Information and Protection of Privacy Act* (British Columbia), as amended from time to time;
 - (c) “**contact information**” means information to enable an individual at a place of business to be contacted and includes the name, position name or title, business telephone number, business address, business email or business fax number of the individual;
 - (d) “**personal information**” means recorded information about an identifiable individual, other than contact information, collected or created by the Contractor as a result of the Agreement or any previous agreement between the Province and the Contractor dealing with the same subject matter as the Agreement but excluding any such information that, if this Schedule did not apply to it, would not be under the “control of a public body” within the meaning of the Act.

Purpose

2. The purpose of this Schedule is to:
 - (a) enable the Province to comply with its statutory obligations under the Act with respect to personal information; and
 - (b) ensure that, as a service provider, the Contractor is aware of and complies with its statutory obligations under the Act with respect to personal information.

Collection of personal information

3. Unless the Agreement otherwise specifies or the Province otherwise directs in writing, the Contractor may only collect or create personal information that is necessary for the performance of the Contractor’s obligations, or the exercise of the Contractor’s rights, under the Agreement.
4. Unless the Agreement otherwise specifies or the Province otherwise directs in writing, the Contractor must collect personal information directly from the individual the information is about.
5. Unless the Agreement otherwise specifies or the Province otherwise directs in writing, the Contractor must tell an individual from whom the Contractor collects personal information:
 - (a) the purpose for collecting it;
 - (b) the legal authority for collecting it; and
 - (c) the title, business address and business telephone number of the person designated by the Province to answer questions about the Contractor’s collection of personal information.

Accuracy of personal information

6. The Contractor must make every reasonable effort to ensure the accuracy and completeness of any personal information to be used by the Contractor or the Province to make a decision that directly affects the individual the information is about.

Requests for access to personal information

7. If the Contractor receives a request for access to personal information from a person other than the Province, the Contractor must promptly advise the person to make the request to the Province unless the Agreement expressly requires the Contractor to provide such access and, if the Province has advised the Contractor of the name or title and contact information of an official of the Province to whom such requests are to be made, the Contractor must also promptly provide that official's name or title and contact information to the person making the request.

Correction of personal information

8. Within 5 business days of receiving a written direction from the Province to correct or annotate any personal information, the Contractor must annotate or correct the information in accordance with the direction.
9. When issuing a written direction under section 8, the Province must advise the Contractor of the date the correction request to which the direction relates was received by the Province in order that the Contractor may comply with section 10.
10. Within 5 business days of correcting or annotating any personal information under section 8, the Contractor must provide the corrected or annotated information to any party to whom, within one year prior to the date the correction request was made to the Province, the Contractor disclosed the information being corrected or annotated.
11. If the Contractor receives a request for correction of personal information from a person other than the Province, the Contractor must promptly advise the person to make the request to the Province and, if the Province has advised the Contractor of the name or title and contact information of an official of the Province to whom such requests are to be made, the Contractor must also promptly provide that official's name or title and contact information to the person making the request.

Protection of personal information

12. The Contractor must protect personal information by making reasonable security arrangements against such risks as unauthorized access, collection, use, disclosure or disposal, including any expressly set out in the Agreement.

Storage and access to personal information

13. Unless the Province otherwise directs in writing, the Contractor must not store personal information outside Canada or permit access to personal information from outside Canada.

Retention of personal information

14. Unless the Agreement otherwise specifies, the Contractor must retain personal information until directed by the Province in writing to dispose of it or deliver it as specified in the direction.

Use of personal information

15. Unless the Province otherwise directs in writing, the Contractor may only use personal information if that use is for the performance of the Contractor's obligations, or the exercise of the Contractor's rights, under the Agreement.

Disclosure of personal information

16. Unless the Province otherwise directs in writing, the Contractor may only disclose personal information inside Canada to any person other than the Province if the disclosure is for the performance of the Contractor's obligations, or the exercise of the Contractor's rights, under the Agreement.

17. Unless the Agreement otherwise specifies or the Province otherwise directs in writing, the Contractor must not disclose personal information outside Canada.

Notice of foreign demands for disclosure

18. In addition to any obligation the Contractor may have to provide the notification contemplated by section 30.2 of the Act, if in relation to personal information in its custody or under its control the Contractor:
- (a) receives a foreign demand for disclosure;
 - (b) receives a request to disclose, produce or provide access that the Contractor knows or has reason to suspect is for the purpose of responding to a foreign demand for disclosure; or
 - (c) has reason to suspect that an unauthorized disclosure of personal information has occurred in response to a foreign demand for disclosure
- the Contractor must immediately notify the Province and, in so doing, provide the information described in section 30.2(3) of the Act. In this section, the phrases “foreign demand for disclosure” and “unauthorized disclosure of personal information” will bear the same meanings as in section 30.2 of the Act.

Notice of unauthorized disclosure

19. In addition to any obligation the Contractor may have to provide the notification contemplated by section 30.5 of the Act, if the Contractor knows that there has been an unauthorized disclosure of personal information in its custody or under its control, the Contractor must immediately notify the Province. In this section, the phrase “unauthorized disclosure of personal information” will bear the same meaning as in section 30.5 of the Act.

Inspection of personal information

20. In addition to any other rights of inspection the Province may have under the Agreement or under statute, the Province may, at any reasonable time and on reasonable notice to the Contractor, enter on the Contractor’s premises to inspect any personal information in the possession of the Contractor or any of the Contractor’s information management policies or practices relevant to its management of personal information or its compliance with this Schedule and the Contractor must permit, and provide reasonable assistance to, any such inspection.

Compliance with the Act and directions

21. The Contractor must in relation to personal information comply with:
- (a) the requirements of the Act applicable to the Contractor as a service provider, including any applicable order of the commissioner under the Act; and
 - (b) any direction given by the Province under this Schedule.
22. The Contractor acknowledges that it is familiar with the requirements of the Act governing personal information that are applicable to it as a service provider.

Notice of non-compliance

23. If for any reason the Contractor does not comply, or anticipates that it will be unable to comply, with a provision in this Schedule in any respect, the Contractor must promptly notify the Province of the particulars of the non-compliance or anticipated non-compliance and what steps it proposes to take to address, or prevent recurrence of, the non-compliance or anticipated non-compliance.

Termination of Agreement

24. In addition to any other rights of termination which the Province may have under the Agreement or otherwise at law, the Province may, subject to any provisions in the Agreement establishing mandatory cure periods for defaults by the Contractor, terminate the Agreement by giving written notice of such termination to the Contractor, upon any failure of the Contractor to comply with this Schedule in a material respect.

Interpretation

25. In this Schedule, references to sections by number are to sections of this Schedule unless otherwise specified in this Schedule.
26. Any reference to the "Contractor" in this Schedule includes any subcontractor or agent retained by the Contractor to perform obligations under the Agreement and the Contractor must ensure that any such subcontractors and agents comply with this Schedule.
27. The obligations of the Contractor in this Schedule will survive the termination of the Agreement.
28. If a provision of the Agreement (including any direction given by the Province under this Schedule) conflicts with a requirement of the Act or an applicable order of the commissioner under the Act, the conflicting provision of the Agreement (or direction) will be inoperative to the extent of the conflict.
29. The Contractor must comply with the provisions of this Schedule despite any conflicting provision of this Agreement or, subject to section 30, the law of any jurisdiction outside Canada.
30. Nothing in this Schedule requires the Contractor to contravene the law of any jurisdiction outside Canada unless such contravention is required to comply with the Act.

APPENDIX 1
CORRECTIONAL CENTRE LOCATIONS

Alouette Correctional Centre for Women
PO Box 1000
Maple Ridge, BC V2X 7G4

Ford Mountain Correctional Centre
C/o Fraser Regional Correctional Centre
PO Box 1500
Maple Ridge, BC V2X 7G3

Fraser Regional Correctional Centre
PO Box 1500
Maple Ridge, BC V2X 7G3

Kamloops Regional Correctional Centre
PO Box 820
Kamloops BC V2C 5M9

Nanaimo Correctional Centre
Bag 4000
Nanaimo, BC V9R 5N3

North Fraser Pre-trial Centre
1451 Kingsway Avenue
Port Coquitlam, BC V3C 1S2

Prince George Regional Correctional Centre
PO Box 4300
Prince George, BC V2L 5J9

Surrey Pre-trial Services Centre
14323 – 57th Avenue
Surrey, BC V3X 1B1

Vancouver Island Regional Correctional Centre
PO Box 9224 Stn Prov Govt
Victoria, BC V8W 9J1

APPENDIX 2

INMATE KITCHEN WORK AND TRAINING PROGRAM

The following Centres will offer the Inmate Kitchen Work and Training Program:

Alouette Correctional Centre for Women;
Ford Mountain Correctional Centre;
Fraser Regional Correctional Centre;
Kamloops Regional Correctional Centre;
Nanaimo Correctional Centre;
Prince George Regional Correctional Centre; and
Vancouver Island Regional Correctional Centre

1. The Assistant Deputy Minister will from time to time assign Inmates to work in the Licensed Areas of all Facilities except the Surrey Pre-trial Services Centre and the North Fraser Pre-trial Centre.
2. Inmates will not be assigned to supervisory positions.
3. The Warden and the Contractor will agree on the number of Inmate assistants to be assigned to work in each of the designated Licensed Areas.
4. The Contractor will permit the Inmates to participate, train and gain experience in various aspects of food preparation and service.
5. The training program will include:
 - (a) instruction of the Inmates on safety, health and sanitation procedures to be observed by persons involved in food preparation and it shall be the responsibility of the Contractor to ensure that the Inmates are conversant with such procedures;
 - (b) an indication of training methods to be utilized;
 - (c) specific responsibilities to be considered in the training;
 - (d) record keeping related to inmates trained, and reports on individual inmates for administrative and case management purposes; and
 - (e) a formula for evaluating the training program.
6. Inmates working or training in the kitchen areas will be under the direction of the Contractor.
7. In the event of a security or other problem arising in respect to an Inmate while engaged in work under the program, the Contractor will immediately notify the Warden of the Centre or his or her designate.
8. The Assistant Deputy Minister will ensure that all Inmates assigned the program have undertaken such health examinations as required.

APPENDIX 3

CORRECTIONS PROVINCIAL CORE CANTEEN LIST

Canteen Order Guide

Appendix 3 contains a listing of the products and selling prices for products to be made available at the following Correctional Centres:

Alouette Correctional Centre for Women
Ford Mountain Correctional Centre
Fraser Regional Correctional Centre
Kamloops Regional Correctional Centre
Nanaimo Correctional Centre
Prince George Regional Correctional Centre
Surrey Pre-trial Services Centre
Vancouver Island Correctional Centre

Appendix 3

**CORRECTIONS PROVINCIAL CORE CANTEEN LIST
CANTEEN ORDER GUIDE
Effective Date April 1, 2011**

Product	Pack Size	NEW Selling Price to Inmates Including Tax
Beverages Hot/Cold		
Pepsi	591ml bottle	\$1.94
Diet Pepsi	591ml bottle	\$1.94
7 Up	591ml bottle	\$1.94
Rootbeer / Orange	591ml bottle	\$1.94
Bottled Water	591ml bottle	\$1.94
Gatorade	591ml bottle	\$2.11
Cans of Pop (NCC Only)	355ml can	\$1.14
Hot Chocolate 23gr	Sachet	\$0.38
Instant Coffee	Sachet	\$0.20
Premium Ground Columbian Coffee (Roasters)	2.25 oz	\$1.64
Folgers Traditional Ground Coffee	320gr	\$6.88
Milk UHT 2%	Ltr	\$3.02
Coffee Creamer (Coffee mate)	Sachet	\$0.10
Sugar Twin Diet Sugar	50 Sachet	\$1.39
Flavoured coffee Vanilla Hazelnut Irish cream (New)	2.25 oz	\$1.94
Crystal Light Strawb/ Kiwi /Raspberry (New)	3 gr	\$0.47
Tang Crystals (Orange)	3x92gr	\$2.10
Tang Crystals (Grape)	3x92gr	\$2.16
Camomile Tea	28 per box	\$4.94
Lipton Green Tea	28 bag box	\$4.88
Potato Chips		
Pack Size		
BIG GRAB All Dressed	60 gr.	\$1.45
Plain / BBQ Chips	40 gr.	\$0.97
Nacho Cheese	70gr	\$1.16
Jalepeno Chips	40 gr.	\$0.97
Salt & Vinegar	40 gr.	\$0.97
Sour Cream & Onion Chip	40 gr.	\$0.97
Ketchup Chip	40 gr.	\$0.97
Cheetoes Snack Cheese Puffs	40gr	\$0.97
Microwave Popcorn	99gr	\$1.01
Chocolate		
Pack Size		
Aero	Each	\$1.32
Bounty Bar	Each	\$1.32
Caramilk Bar	Each	\$1.32
Coffee Crisp Bar	Each	\$1.32
Crunchie	Each	\$1.32
Kit Kat Bar	Each	\$1.32
Mars Bars	Each	\$1.32
Mr. Big Bar	Each	\$1.32
Reeses Peanut Butter Cups	Each	\$1.32

Appendix 3

**CORRECTIONS PROVINCIAL CORE CANTEEN LIST
CANTEEN ORDER GUIDE**

Effective Date April 1, 2011

Product	Pack Size	NEW Selling Price to Inmates Including Tax
Oh Henry	Each	\$1.32
Snickers	Each	\$1.32
Candy Confectionery	Pack Size	
Dare Jelly Beans	250gr	\$2.55
Werthers Original (Bag)	180gr	\$2.81
Jolly Ranchers Asst. & Tropical	Pkt	\$0.95
Life Savers	Pkt	\$0.85
Certs Fruit/Winter	Each	\$0.92
Twizzler Licorice RED	227gr Bar	\$2.07
Ju Jubes	225gr/bag	\$2.25
Licorice Nibs Red/Black	75gr	\$1.42
Scotch Mints	225gr	\$2.31
Non Food Items	Pack Size	
Batteries AA 1.5v	Pkg. of 2's	\$2.81
Batteries AAA 1.5v	Pkg. of 2's	\$2.81
Playing Cards	Deck	\$4.27
Juice/Water Bottle	Each	\$5.23
Rice Cookers	Each	\$8.53
Shower Thongs	Pair	\$8.37
Soap Dish	Each	\$1.04
Misc. Foods	Pack Size	
BBQ Sauce	455ml	\$2.95
Black Bean Sauce	350ml	\$3.40
Chocolate Oreo Cookies	350gr Pkt	\$4.79
Fugee O' Cookies	350gr Pkt	\$4.43
Ritz Bits Crackers	50gr	\$0.96
Crunch & Munch	200gr	\$3.11
Dare Choc Chip Cookies	250gr	\$2.11
Ritz Crackers	250 gr.	\$3.53
Graham Crackers	400gr.	\$4.77
Dainty Rice	907gr	\$2.81
English Bay Oatmeal Raisin / Dble Choc Cookie	100gr	\$1.36
Garlic Powder / Curry Powder	58gr	\$2.51
Honey	250gr	\$4.44
Pepperoni Stick	40 gr	\$2.11
Hot Sauce	9gr	\$0.09
Ketchup Individual portions	Each	\$0.12
Ketchup	1Lt.	\$5.50
J/L Kippered Beef Teriyaki	28gr	\$1.68
Kellogg Pop Tarts (Strawberry)	Box of 8's	\$3.62

Appendix 3

CORRECTIONS PROVINCIAL CORE CANTEEN LIST CANTEEN ORDER GUIDE

Effective Date April 1, 2011

Product	Pack Size	NEW Selling Price to Inmates Including Tax
Froot Loops	275gr	\$5.15
Honey Nut Cheerios	330gr	\$4.74
Harvest Crunch	800gr	\$5.10
Macaroni & Cheese	225gr	\$1.82
Oriental Noodles Beef	85gr	\$0.58
Oriental Noodles Chicken Reg. & Spicy	85gr	\$0.58
Oriental Noodles Oriental	85gr	\$0.58
Mr Noodle Vegetable Cup of noodle NFPC	64 G	\$1.12
Lipton Mushroom/Alfredo Side Kick	136gr.	\$2.48
Lipton Noodles Herb & Butter /3 cheese	136gr.	\$2.48
Lipton Noodles Fettuccini Alfredo/ Harvest Chick	135gr.	\$2.51
Peanut Butter (Large)	500gr	\$3.99
Soya Sauce	483ml	\$3.76
Soya Sauce Individual Portions	Each	\$0.07
Stir Fry Sauce	350ml	\$3.18
Sweet & Sour Sauce	350ml	\$3.35
Hellmanns Mayonnaise individual portions	12ml	\$0.21
Honey Mustard individual portions	28gr	\$0.19
Burritos (Bean & Cheese)	Each	\$1.17
Cheddar Cheese Med and Old	200gr	\$5.22
Pizza Pops	Each	\$1.14
Canned Meat / Fish	Pack Size	
Tuna (Rip & Ready)	85gr	\$1.94
Hygiene Products	Pack Size	
After Shave Balm	75ml	\$5.22
Alberto Hair Gel	150ml.	\$5.47
Emery Board (ACCW & Surrey ONLY)	Pkt 12	\$0.67
Deoderant Lady Speed Stick (ACCW & Surrey only)	45gr	\$4.98
Mennen Speedstick	55gr	\$5.48
Gillette Deodorant (Clear Gel)	90gr	\$4.82
Baby Powder	113gr	\$3.51
Comb	Each	\$0.25
Tweezers (slant tipped) (ACCW & Surrey only)	Each	\$1.40
Crest Toothpaste	100ml Tube	\$2.14
Denture Cleaner	Tablets 40's	\$6.29
Denture Adhesive	50gr	\$6.29
Ivory Soap	127gr Bar	\$1.19
Dove Beauty Bar	120gr	\$2.54
Lipstick (Accw & Surrey only)	Each	\$3.08
Mascara (Accw & Surrey Only)	Each	\$12.23
Foundation (ACCW & Surrey Only)	Each	\$14.97

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**CORRECTIONS PROVINCIAL CORE CANTEEN LIST
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Product	Pack Size	NEW Selling Price to Inmates Including Tax
Powder Puff (ACCW & Surrey Only)	Each	\$9.98
Dental Picks	Pkg 50's	\$1.94
Noxzema	70ml.	\$3.40
Finesse Conditioner	300ml	\$4.35
Finesse Shampoo	300ml	\$4.35
Sensodyne Toothpaste	Tube	\$8.99
Brushless Shave Cream	125ml	\$3.62
Reach Medium Tooth Brush	Each	\$2.67
Herbisin moisturising lotion	250ml	\$12.01
Q -Tips	Pkg. 30's	\$3.01
Clearasil (Acne Cream)	18gr Tube	\$5.23
Foot Powder (Zeasorb)	50gr	\$8.04
Nail Clippers	Each	\$1.29
Lip Balm	4gr	\$1.08
Vaseline Petroleum Jelly	50gr	\$2.97
Old Spice After Hours Bodywash	355gr	\$5.51
Softsoap Citrus Body Wash	532ml	\$6.29
Coin Vending Laundry Detergent	3x51gr	\$1.81
Gillette Mach 3 Razor NCC / FMCC Only	Each	\$14.94
Gillette Mach 3 blades NCC / FMCC Only	Pack of 5	\$22.55
Gillette Excel Sensor Razor NCC / FMCC Only	Each	\$12.21
Gillette Excel Sensor Blades NCC / FMCC Only	Pack of 5	\$17.82
Gillette Disposable Razor ACCW Only	Each	\$2.55
Paper Goods & Stationery		
	Pack Size	
Pen (2'S)	2'S	\$1.24
Christmas Card	Each	\$1.04
Greetings Cards (Blank)	Each	\$0.75
Large Envelope 9 x 12	Each	\$0.49
Lined Writing Paper	Pad	\$2.19
Pencil	Each	\$0.34
Pencil Crayons	Pkg.	\$8.50
Plain Envelopes	each	\$0.10
Plain Paper	Pad	\$2.95
Stamped Envelopes	Each	\$1.20
Over the Counter Medication		
Halls Cherry/Honey Lemon/reg	Each	\$1.21
Fisherman's Friends	Bag	\$2.50
Saline Solution (Contact Lens Cleaner)	240ml. Bottle	\$13.82
Nasal Spray	15ml	\$5.29
TumsAntacid Tablets	Roll	\$0.77
Tylenol (20 per Pack)	Pack	\$1.87

Appendix 3

CORRECTIONS PROVINCIAL CORE CANTEEN LIST CANTEEN ORDER GUIDE

Effective Date April 1, 2011

Product	Pack Size	NEW Selling Price to Inmates Including Tax
A535 Rub	Tube	\$8.72
Allenbury Soap	100gr bar	\$2.50
Motrin,Ibuprofen (12 per pack)	Pack	\$1.56
Multi Vitamins	Card of 30	\$2.84
Vitamin C	Card of 30	\$2.52
Polisporin Ointment	15gr	\$10.18
Metamucil	425gr	\$18.47
Preparation H	25gr	\$11.19
Head and Shoulders Shampoo	420ml	\$7.98
Selsun Blue Shampoo	300ml.	\$13.79
Buckleys Cough Mixture	100ml	\$5.79
Healthy Choices		
Salted Peanuts	60gr	\$1.15
BBQ Peanuts	60gr	\$1.15
Stone Wheat Thins	300 gr. Box	\$4.22
Nestle Instant Breakfast (Chocolate)	Sachet	\$1.05
Carnation Instant Breakfast (Strawberry)	Sachet	\$1.05
Granola Bar	Each	\$0.82
Oatmeal Indiv Pkt Various Flavours	380gr Sachet	\$0.45
Ensure Various Flavours	235ml	\$2.24
All Flavours Protein Bar	63gr	\$2.20
Premium Whey Protein Powder	1.84Kg	\$37.46
Omega Whey Protien Drink	30gr	\$2.12
Myoplex Lite Bars Various Flavours	60gr	\$2.32
Myoplex Carb Control Bar Various Flavours	60gr	\$3.21
Nutritel Meal Replacement Bar Various Flavours	60gr	\$2.07
Munchy Mix Trail Mix	170gr	\$2.19
Unsalted Deluxe Nut Mix	170gr	\$3.36
Commonwealth Trail Mix	170gr	\$2.92
Expo Rainbow Mix	170gr	\$2.45
Raw Energy Mix	170gr	\$2.92
Texas Ranger Mix	170gr	\$2.44

APPENDIX 4

NFPC PRETRIAL SERVICES CENTRE VENDING LIST

Appendix 4 contains a listing of the products and selling prices for distribution by vending machines or by canteen service at the following Centre:

North Fraser Pre-trial Service Centre

The items offered and prices contained in this list may be adjusted from time to time.

APPENDIX 4
NFPC PRETRIAL SERVICES CENTRE VENDING LIST
Updated July 1, 2010

Beverages Hot/Cold	Pack Size	Price
Pepsi	591ml bottle	\$1.85
Diet Pepsi	591ml bottle	\$1.85
7 Up	591ml bottle	\$1.85
Rootbeer / Orange	591ml bottle	\$1.85
Bottled Water	591ml bottle	\$1.85
Gatorade	591ml bottle	\$2.00
Hot Chocolate 23gr	Sachet	\$0.35
Instant Coffee	Sachet	\$0.20
Folgers Traditional Ground Coffee	300gr	\$5.35
Sugar Twin Diet Sugar	50 Sachet	\$1.45
Flavoured Coffee Vanilla Hazelnut Irish Cream (New)	2.25 oz	\$1.55
Tang Crystals (Orange)	3x92gr	\$2.15
Tang Crystals (Grape)	3x92gr	\$2.15
Lipton Green Tea	28 bag box	\$4.65
Potato Chips	Pack Size	Price
Plain / BBQ Chips	43 gr.	\$1.00
Nacho Cheese	50gr	\$1.05
Jalepeno Chips	43 gr.	\$1.00
Salt & Vinegar	43 gr.	\$1.00
Sour Cream & Onion Chip	43 gr.	\$1.00
Ketchup Chip	43 gr.	\$1.00
Cheetoes Snack Cheese Puffs	40gr	\$1.00
Microwave Popcorn	99gr	\$1.65
Salted Peanuts	60gr	\$1.50
BBQ Peanuts	60gr	\$1.50
Chocolate	Pack Size	Price
Aero	Each	\$1.25
Bounty Bar	Each	\$1.25
Caramilk Bar	Each	\$1.25
Coffee Crisp Bar	Each	\$1.25
Crunchie	Each	\$1.25
Granola Bar	Each	\$0.85
Kit Kat Bar	Each	\$1.25
Mars Bars	Each	\$1.25
Mr. Big Bar	Each	\$1.25
Reeses Peanut Butter Cups	Each	\$1.25
Oh Henry	Each	\$1.25
Snickers	Each	\$1.25
Candy Confectionery	Pack Size	Price
Dare Jelly Beans	250gr	\$2.50
Werthers Original (Bag)	198gr	\$2.85
Jolly Ranchers Asst. & Tropical	Pkt	\$0.95
Life Savers	Pkt	\$0.85
Ju Jubes	225gr/bag	\$2.30

APPENDIX 4
NFPC PRETRIAL SERVICES CENTRE VENDING LIST
Updated July 1, 2010

Non Food Items	Pack Size	Price
Playing Cards	Deck	\$3.65
Juice/Water Bottle	Each	\$4.70
Rice Cookers	Each	\$7.60
Shower Thongs	Pair	\$8.45
Soap Dish	Each	\$0.95
Nutrition / Fitness	Pack Size	Price
All Flavours Protein Bar	63gr	\$2.35
Premium Whey Protein Powder	1.84Kg	\$37.80
Misc. Foods	Pack Size	Price
BBQ Sauce	455ml	\$3.00
Black Bean Sauce	350ml	\$3.35
Nestle Instant Breakfast (Chocolate)	Sachet	\$0.95
Carnation Instant Breakfast (Strawberry)	Sachet	\$0.95
Ritz Bits Crackers	50gr	\$1.00
Dainty Rice	907gr	\$2.80
English Bay Oatmeal Raisin / Dble Choc Cookie	100gr	\$1.40
Garlic Powder / Curry Powder	58gr	\$2.55
Honey	250gr	\$4.00
Hot Sauce	9gr	\$0.10
Ketchup	1Lt.	\$5.50
J/L Kippered Beef Teriyaki 28gr	28gr	\$1.80
Kellogg Pop Tarts (Strawberry)	Box of 8's	\$3.65
Oatmeal Indiv Pkt Various Flavours	380gr Sachet	\$0.45
Macaroni & Cheese	225gr	\$1.90
Oriental Noodles Beef	85gr	\$0.55
Oriental Noodles Chicken Reg. & Spicy	85gr	\$0.55
Oriental Noodles Oriental	85gr	\$0.55
Mr Noodle Vegetable Cup of noodle NFPC	64 G	\$1.15
Lipton Noodles Herb & Butter /3 cheese	136gr.	\$2.60
Peanut Butter (Large)	500gr	\$4.45
Soya Sauce	483ml	\$3.80
Soya Sauce Individual Portions	Each	\$0.10
Hellmanns Mayonnaise individual portions	12ml	\$0.25
Canned Meat / Fish	Pack Size	Price
Tuna (Rip & Ready)	85gr	\$2.60
Hygiene Products	Pack Size	Price
After Shave Balm	75ml	\$5.30
Alberto Hair Gel	150ml.	\$5.35
Mennen Speedstick	55gr	\$5.50
Gillette Deodorant (Clear Gel)	90gr	\$4.85
Baby Powder	113gr	\$3.65
Comb	Each	\$0.45

APPENDIX 4
NFPC PRETRIAL SERVICES CENTRE VENDING LIST
Updated July 1, 2010

Hygiene Products (cont)	Pack Size	Price
Crest Toothpaste	75ml Tube	\$1.95
Ivory Soap	127gr Bar	\$1.20
Dental Picks	Pkg 20's	\$3.40
Noxzema	70ml.	\$3.65
Finesse Conditioner	300ml	\$4.50
Finesse Shampoo	300ml	\$4.50
Sensodyne Toothpaste	Tube	\$6.85
Reach Medium Tooth Brush	Each	\$2.70
Keri moisturising lotion	100ml	\$4.15
Q -Tips	Pkg. 30's	\$3.05
Nail Clippers	Each	\$1.30
Lip Balm	4gr	\$1.70
Paper Goods & Stationery	Pack Size	Price
Pen (2'S)	2'S	\$1.25
Lined Writing Paper	Pad	\$2.20
Plain Paper	Pad	\$2.65
Stamped Envelopes	Each	\$1.25
Over the Counter Medication		Price
Halls Cherry/Honey Lemon/reg	Each	\$1.20
Nasal Spray	15ml	\$8.50
TumsAntacid Tablets	Roll	\$0.90
Tylenol (20 per Pack)	Pack	\$1.90
Allenbury Soap	100gr bar	\$2.90
Motrin,Ibuprofen (12 per pack)	Pack	\$1.60
Multi Vitamins	Card of 30	\$1.95
Vitamin C	Card of 30	\$2.25
Polisporin Ointment	15gr	\$10.30
Buckleys Cough Syrup	100ml	\$7.00

APPENDIX 5

COST PER MEAL DETAIL

This Appendix contains cost per meal information, both with and without the use of Inmate labour, for each year of the three year agreement to the following Centres:

Alouette Correctional Centre for Women;
Ford Mountain Correctional Centre;
Fraser Regional Correctional Centre;
Kamloops Regional Correctional Centre;
Nanaimo Correctional Centre;
North Fraser Pre-trial Centre;
Prince George Regional Correctional Centre;
Surrey Pre-trial Services Centre; and
Vancouver Island Regional Correctional Centre.

On those days that include Brunches meal charges shall be the same as if three regular meals were served for the day (the overall food quantity served shall be the same).

Nutritional Supplements and uniform cost per item information for all Centres is included for each year of the three year agreement.

Soup and Sandwich, where identified, is served on days where the Brunch schedule is utilized in order to achieve the overall daily caloric intake as specified by the dietary requirements outlined in the Agreement.

Inmate populations for each Centre are estimates only.

The Contractors employees must be on site seven (7) days per week.

APPENDIX 5
COST PER MEAL DETAIL FORM
Alouette Correctional Centre for Women

Meal cost based on the Female Menus for a population of approximately 140 Inmates in fiscal 12/13, 170 Inmates in fiscal 13/14 and 170 Inmates in fiscal 14/15.

	April 1, 2012 to March 31, 2013	April 1, 2013 to March 31, 2014	April 1, 2014 to March 31, 2015
Cost per meal (to 3 decimal points)			
Regular Meals	\$1.668	\$1.718	\$1.769
Bag Breakfast	\$1.570	\$1.617	\$1.665
Crew Lunch	\$2.164	\$2.228	\$2.295
Bag Court Lunch	\$1.954	\$2.012	\$2.073

MEAL PERIODS:

Monday - Sunday

Breakfast: 07:00 – 07:30 hours
Lunch: 11:30 – 12:00 hours
Dinner: 16:30 – 17:00 hours

Brunch Schedule

Brunch: 10:00 – 10:30 hours
Soup and Sandwich: 13:00 – 13:30 hours
Dinner: 16:30 – 17:00 hours

Frozen Meals on Hand: 0

Bag Breakfasts: Approximately 5 per day, Monday to Friday (excluding statutory holidays) to be delivered at a time set by the Warden.

Crew Lunches: Approximately 8 per day as required Monday – Friday (excluding statutory holidays), to be delivered by 7:45 A.M. each day as required.

Bag Court Lunches: Approximately 10 per day as required Monday – Friday (excluding statutory holidays), to be delivered at a time set by the Warden.

Nutritional Supplements: Approximately 176 per month (i.e. 168 diabetic, 8 pregnancy).

APPENDIX 5
COST PER MEAL DETAIL FORM
Ford Mountain Correctional Centre

Meal cost based on a Male High Activity Menu for a population of approximately 100 Inmates in fiscal 12/13 and 103 Inmates in each of fiscal 13/14 and 14/15.

	April 1, 2012 to March 31, 2013	April 1, 2013 to March 31, 2014	April 1, 2014 to March 31, 2015
Cost per meal (to 3 decimal points)			
Regular Meals	\$1.952	\$2.011	\$2.071
Bag Breakfast	\$1.570	\$1.617	\$1.665
Crew Lunch	\$2.164	\$2.228	\$2.295
Bag Court Lunch	\$1.954	\$2.012	\$2.073

MEAL PERIODS

Regular Schedule

Monday - Friday

Breakfast: 07:00 – 07:30 hours
Lunch: 12:00 – 12:30 hours
Dinner: 16:30 – 17:00 hours

Modified Schedule

Sat/Sun/Stat

Breakfast: 09:00 – 09:30 hours
Lunch: 12:00 – 12:30 hours
Dinner: 16:30 – 17:00 hours

Brunch Schedule

Brunch: 10:00 – 10:30 hours
Soup and Sandwich: 13:00 – 13:30 hours
Dinner: 16:15 – 16:45 hours

Crew Lunches: Approximately 15 daily (as required) Monday to Friday (excluding statutory holidays), to be delivered by 07:45 A.M. each day.

Frozen Meals on Hand: Minimum of 6 per day.

Nutritional Supplements: Approximately 90 per month (i.e. 10 power muffins, 80 diabetic snacks).

APPENDIX 5
COST PER MEAL DETAIL FORM
Fraser Regional Correctional Centre

Meal cost based on the Male Moderate Activity Menu for a population of approximately 519 Inmates in fiscal 12/13, 541 Inmates in fiscal 13/14 and 441 in fiscal 14/15.

	April 1, 2012 to March 31, 2013	April 1, 2013 to March 31, 2014	April 1, 2014 to March 31, 2015
Cost per meal (to 3 decimal points)			
Regular Meals	\$1.879	\$1.935	\$1.993
Bag Breakfast	\$1.570	\$1.617	\$1.665
Crew Lunch	\$2.164	\$2.228	\$2.295
Bag Court Lunch	\$1.954	\$2.012	\$2.073

MEAL PERIODS:

Regular Schedule

Monday - Friday

Breakfast: 07:00 – 07:30 hours
Lunch: 11:00 – 11:30 hours
Dinner: 16:00 – 16:30 hours

Modified Schedule (Brunch)

Weekdays

Sat/Sun/Stat

Brunch: 10:00 – 10:30 hours 10:00 – 10:30 hours
Afternoon Snack: 12:30 – 13:00 hours 12:30 – 13:00 hours
Dinner: 16:30 – 17:00 hours 16:30 – 17:00 hours

Frozen Meals on Hand: Minimum 45 per day.

Bag Breakfasts: Approximately 15 per day, Monday to Friday (excluding statutory holidays) delivered at a time set by the Warden.

Bag Court Lunches: Approximately 25 per day, as required, Monday to Friday (excluding statutory holidays), delivered at a time set by the Warden.

Crew Lunches: Approximately 80 per day Monday to Friday (excluding statutory holidays), and up to 30 per day on weekends and statutory holidays, delivered at a time set by the Warden.

Nutritional Supplements: Approximately 1,110 per month (i.e. 900 power muffins and 210 diabetic snacks).

The Centre provides approximately 7 to 9 Weekday Brunches per year, as approved by the Warden.

APPENDIX 5
COST PER MEAL DETAIL FORM

Kamloops Regional Correctional Centre

Meal cost based on the Male Moderate Activity Menu for a population of approximately 330 Inmates in fiscal 12/13 and 345 Inmates in each of fiscal 13/14 and fiscal 14/15.

	April 1, 2012 to March 31, 2013	April 1, 2013 to March 31, 2014	April 1, 2014 to March 31, 2015
Cost per meal (to 3 decimal points)			
Regular Meals	\$1.794	\$1.848	\$1.903
Bag Breakfast	\$1.570	\$1.617	\$1.665
Crew Lunch	\$2.164	\$2.228	\$2.295
Bag Court Lunch	\$1.954	\$2.012	\$2.073

MEAL PERIODS:

Regular Schedule

Monday – Friday

Breakfast: 07:00 – 07:30 hours
Lunch: 11:30 – 12:00 hours
Dinner: 16:30 – 17:00 hours

Modified Schedule (Brunch)

Weekdays

Sat/Sun/Stat Brunch

Brunch: 10:15 – 10:45 hours 10:15 – 10:45 hours
Dinner: 16:30 – 17:00 hours 16:30 – 17:00 hours

The Centre may provide Weekday Brunches, as approved by the Warden.

Frozen Meals on Hand: Minimum of 30 per day

Bag Breakfast: Approximately 15 per day Monday to Friday (excluding statutory holidays) and up to 5 on weekends and statutory holidays, to be delivered at a time set by the Warden.

Bag Court Lunches: Approximately 25 per day, as required, Monday to Friday (excluding statutory holidays), to be delivered at a time set by the Warden.

Crew Lunches: Approximately 40 per day Monday to Friday (excluding statutory holidays), to be delivered at a time set by the Warden

Nutritional Supplements: Approximately 166 per month (i.e. 15 power muffins and 151 diabetic snacks).

APPENDIX 5
COST PER MEAL DETAIL FORM
Nanaimo Correctional Centre

Meal cost based on the Male High Activity Menu for a population of approximately 190 Inmates in fiscal 12/13 and 192 Inmates in each of fiscal 13/14 and fiscal 14/15.

	April 1, 2012 to March 31, 2013	April 1, 2013 to March 31, 2014	April 1, 2014 to March 31, 2015
Cost per meal (to 3 decimal points)			
Regular Meals	\$2.486	\$2.561	\$2.637
Bag Breakfast	\$1.570	\$1.617	\$1.665
Crew Lunch	\$2.164	\$2.228	\$2.295
Bag Court Lunch	\$1.954	\$2.012	\$2.073

MEAL PERIOD:

	<u>Monday – Friday</u>	<u>Sat/Sun/Stat</u>
Breakfast:	07:00 – 07:30 hours	08:00 – 08:30 hours
Lunch:	12:00 – 12:30 hours	12:00 – 12:30 hours
Dinner:	17:00 – 17:30 hours	17:00 – 17:30 hours

Modified Schedule (Brunch)

Brunch:	10:00 – 10:30 hours
Soup and Sandwich:	13:00 – 13:30 hours
Dinner:	16:30 – 17:00 hours

Frozen Meals on Hand:	0
Crew Lunches:	Approximately 20 daily (as required), Monday to Friday (excluding statutory holidays), to be delivered at a time prescribed by the Warden.
Nutritional Supplements:	Approximately 692 per month (i.e. 644 power muffins and 48 Diabetic Snacks).

APPENDIX 5
COST PER MEAL DETAIL FORM
North Fraser Pre-trial Centre

Meal cost based on the Male Moderate Activity Menu for a population of approximately 521 Inmates in fiscal 12/13, 535 Inmates in fiscal 13/14 and 435 Inmates in fiscal 14/15.

	April 1, 2012 to March 31, 2013	April 1, 2013 to March 31, 2014	April 1, 2014 to March 31, 2015
Cost per meal (to 3 decimal points)			
Regular Meals	\$2.073	\$2.135	\$2.199
Bag Breakfast	\$1.570	\$1.617	\$1.665
Crew Lunch	\$2.164	\$2.228	\$2.295
Bag Court Lunch	\$1.954	\$2.012	\$2.073

MEAL PERIODS:

Monday – Friday

Breakfast: 06:30 – 07:00 hours

Lunch: 11:00 – 11:30 hours

Dinner: 16:00 – 16:30 hours

Modified Schedule (Brunch)

Sat/Sun/Stat Brunch

Brunch: 10:00 – 10:30 hours

Soup and Sandwich: 12:10 - 12:40 hours

Dinner: 16:30 – 17:00 hours

Bag Breakfasts: Approximately 75 per day, Monday to Friday (excluding statutory holidays) to be delivered at a time prescribed by the Warden

Bag Court Lunches: Approximately 25 per day, Monday to Friday (excluding statutory holidays) to be delivered at a time set by the Warden.

Approximately 12–15 bagged breakfast & lunches (equivalent in nutrients to the regular meal served at the Centre are also required for weekend intermittent Inmates. (Note: these bagged breakfasts & lunches shall be charged at the regular meal rate for this Centre).

Nutritional Supplements: Approximately 1,395 per month (i.e. 1,000 power muffins and 395 diabetic snacks).

Frozen Meals on Hand: Minimum 75 per day

Note: Under the terms and conditions as described in paragraph 18 of the Schedule of Licences the Contractor is authorized to use the kitchen facilities at NFPC to produce bag meals for the Vancouver Jail.

APPENDIX 5
COST PER MEAL DETAIL FORM
Prince George Regional Correctional Centre

Meal cost based on the Male Moderate Activity Menu for Men and the Female Menu for Women for a combined population of approximately 299 Inmates in fiscal 12/13, 305 Inmates in each of fiscal 13/14 and fiscal 14/15.

	April 1, 2012 to March 31, 2013	April 1, 2013 to March 31, 2014	April 1, 2014 to March 31, 2015
Cost per meal (to 3 decimal points)			
Regular Meals	\$2.065	\$2.127	\$2.191
Bag Breakfast	\$1.570	\$1.617	\$1.665
Crew Lunch	\$2.164	\$2.228	\$2.295
Bag Court Lunch	\$1.954	\$2.012	\$2.073

MEAL PERIODS:

Monday – Friday

Breakfast: 07:10 – 07:40 hours
Lunch: 12:00 – 12:30 hours
Dinner: 16:00 – 16:30 hours

Modified Schedule (Brunch)

Sat/Sun/Stat Brunch

Brunch: 10:00 – 10:30 hours
Soup and Sandwich: 14:00 – 14:30 hours
Dinner: 16:00 – 16:30 hours

The Centre may provide Weekday Brunches as approved by the Warden.

Bag Court Lunches: Approximately 25 per day, as required, Monday to Friday (excluding statutory holidays), to be delivered at a time set by the Warden.

Crew Lunches: Approximately 70 daily (as required) Monday to Friday (excluding statutory holidays), to be delivered at a time set by the Warden.

Nutritional Supplements: Approximately 69 per month, all which are diabetic snacks.

Note: Although power muffins have not been needed recently for this Centre, the Contractor should anticipate this as a possible requirement in the future.

Frozen Meals on Hand: Minimum of 12 per day.

Note: Under the terms and conditions as described in paragraph 19 of the Schedule of Licences the Contractor is authorized to use the kitchen facilities at PGRCC to produce bag meals for the Prince George Courthouse cells.

APPENDIX 5
COST PER MEAL DETAIL FORM
Surrey Pre-trial Services Centre

Meal cost based on the Male Moderate Activity Menu for Men and the Female Menu for Women for a combined population of approximately 256 Inmates in fiscal 12/13, 265 Inmates in fiscal 13/14 and 529 in fiscal 14/15.

	April 1, 2012 to March 31, 2013	April 1, 2013 to March 31, 2014	April 1, 2014 to March 31, 2015
Cost per meal (to 3 decimal points)			
Regular Meals	\$2.076	\$2.138	\$2.202
Bag Breakfast	\$1.570	\$1.617	\$1.665
Crew Lunch	\$2.164	\$2.228	\$2.295
Bag Court Lunch	\$1.954	\$2.012	\$2.073

MEAL PERIODS

Monday – Friday

Breakfast: 06:30 – 07:00 hours
Lunch: 11:00 – 11:30 hours
Dinner: 16:00 – 16:30 hours

Modified Schedule (Brunch)

Sat/Sun/Stat Brunch

Brunch: 10:00 – 10:30 hours
Soup and Sandwich: 13:00 - 13:30 hours
Dinner: 16:00 – 16:30 hours

Bag Court Lunches: Approximately 60 per day Monday to Friday (excluding statutory holidays), be delivered at a time prescribed by the Warden.

Nutritional Supplements: Approximately 300 per month (i.e. 20 power muffins, 100 Diabetic Snacks, and 180 Pregnancy Snack Supplements).

Frozen Meals on Hand: Minimum of 10Note; Under the terms and conditions as described in paragraphs 16, 17 and 19 of the Schedule of Licences the Contractor is authorized to use the kitchen facilities at SPSC to produce bag meals for the Surrey School Lunch Program, the Surrey RCMP Detachment cells and the Surrey Courthouse cells

APPENDIX 5
COST PER MEAL DETAIL FORM

Vancouver Island Regional Correctional Centre

Meal cost based on the Male Moderate Activity Menu for a population of approximately 337 Inmates in fiscal 10/11 and 340 Inmates in each of fiscal 13/14 and fiscal 14/15.

	April 1, 2012 to March 31, 2013	April 1, 2013 to March 31, 2014	April 1, 2014 to March 31, 2015
Cost per meal (to 3 decimal points)			
Regular Meals	\$1.830	\$1.885	\$1.941
Bag Breakfast	\$1.570	\$1.617	\$1.665
Crew Lunch	\$2.164	\$2.228	\$2.295
Bag Court Lunch	\$1.954	\$2.012	\$2.073

MEAL PERIODS:

Monday - Friday

Breakfast: 06:50 to 08:00 hours
Lunch: 10:50 to 12:00 hours
Dinner: 15:50 to 17:45 hours

Sat/Sun/Stat

Brunch: 10:00 to 10:30 hours
Dinner: 15:45 to 16:45 hours
Nutritional Supplements: Approximately 183 per month (i.e. 3 power muffins and 180 diabetic snacks).

Frozen Meals on Hand: 0

APPENDIX 5
COST PER MEAL DETAIL FORM
Nutritional Supplements, All Centres

These items are priced as single units, and are to be provided as and when required.

April 1, 2012 to March 31, 2013	
Cost per meal (to 3 decimal points)	
Diabetic Snack	\$0.821
Power Muffin	\$0.241
Pregnancy Snack/ Supplement	\$0.822

April 1, 2013 to March 31, 2014	
Cost per meal (to 3 decimal points)	
Diabetic Snack	\$0.846
Power Muffin	\$0.248
Pregnancy Snack/ Supplement	\$0.847

April 1, 2014 to March 31, 2015	
Cost per meal (to 3 decimal points)	
Diabetic Snack	\$0.871
Power Muffin	\$0.256
Pregnancy Snack/ Supplement	\$0.872

APPENDIX 6
SHIFT DISPOSITION DETAIL FORMS
April 1, 2012

Appendix 6 contains the Shift Disposition Detail Forms (without Inmates) effective April 1, 2009 for the following Centres:

Alouette Correctional Centre for Women
Ford Mountain Correctional Centre
Fraser Regional Correctional Centre
Kamloops Regional Correctional Centre
Nanaimo Correctional Centre
North Fraser Pre-trial Centre
Prince George Regional Correctional Centre
Surrey Pre-trial Correctional Centre
Vancouver Island Regional Correctional Centre

APPENDIX 6
SHIFT DISPOSITION DETAIL FORM
 April 1, 2012

Correctional Centre: Alouette CC - without Inmate work program
 Negotiated Hours per Week: 264
 Approximate Meal Count Level: 12/13 420 meals, 13/14 510 meals and 14/15 510 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A	8	8	8	8	8				8	8	8	8	8			40
Chef Manager B																0
Cook A	12	12	12	12						12	12	12	12			48
Cook B					12	12	12		12					12	12	36
Cook C																0
Cook D																0
Cook E																0
Cook F																0
Cook G																0
General Helper A	12	12	12	12						12	12	12	12			48
General Helper B					12	12	12		12					12	12	36
General Helper C	8	8	8	8						8	8	8	8			32
General Helper D					8	8	8		8					8	8	24
General Helper E																0
General Helper F																0
General Helper G																0
									Total							264

APPENDIX 6
SHIFT DISPOSITION DETAIL FORM
 April 1, 2012

Correctional Centre: Ford Mountain CC - without Inmate work program
 Negotiated Hours per Week: 210
 Approximate Meal Count Level: 12/13 300 meals, 13/14 309 meals and 14/15 309 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A																0
Chef Manager B																0
Cook A	8	8	8	8						8	8	8	8			32
Cook B					8	8	8		8					8	8	24
Cook C	8	8	8	8						8	8	8	8			32
Cook D					8	8	8		8					8	8	24
Cook E																0
Cook F																0
Cook G																0
General Helper A	8	8	8	8						8	8	8	8			32
General Helper B					8	8	8		8					8	8	24
General Helper C	6	6	6	6	6				6	6	6	6	6			30
General Helper D						6	6							6	6	12
General Helper E																0
General Helper F																0
General Helper G																0
									Total							210

APPENDIX 6
SHIFT DISPOSITION DETAIL FORM
 April 1, 2012

Correctional Centre: Fraser Regional CC - without Inmate work rogram
 Negotiated Hours per Week: 488
 Approximate Meal Count Level: 12/13 1,557 meals, 13/14 1,623 meals and 14/15 1,323 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A	8	8	8	8	8				8	8	8	8	8			40
Chef Manager B																0
Cook A	8	8	8			8	8		8	8	8			8	8	40
Cook B			8	8	8	8	8				8	8	8	8	8	40
Cook C	8	8	8	8	8				8	8	8	8	8			40
Cook D	8	8	8			8	8		8	8	8			8	8	40
Cook E						8	8							8	8	16
Cook F				8	8							8	8			16
Cook G	8	8							8	8						16
Cook H				8	8							8	8			16
General Helper A	8	8	8	8	8				8	8	8	8	8			40
General Helper B			8	8	8	8	8				8	8	8	8	8	40
General Helper C	8	8	8	8	8				8	8	8	8	8			40
General Helper D	8	8			8	8	8		8	8			8	8	8	40
General Helper E	8	8	8	8	8				8	8	8	8	8			40
General Helper F					8	8	8						8	8	8	24
General Helper G																0
									Total							488

APPENDIX 6
SHIFT DISPOSITION DETAIL FORM
 April 1, 2012

Correctional Centre: Kamloops Regional CC - without Inmate training program
 Negotiated Hours per Week: 316.5
 Approximate Meal Count Level: 12/13 990 meals, 13/14 1,035 meals and 14/15 1,035 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A	8	8	8	8	8				8	8	8	8	8			40
Chef Manager B																0
Cook A	8	8	8	8	8				8	8	8	8	8			40
Cook B			7.5	7.5	7.5	7.5	7.5				7.5	7.5	7.5	7.5	7.5	37.5
Cook C						8	8							8	8	16
Cook D						7.5	7.5							7.5	7.5	15
Cook E																0
Cook F																0
Cook G																0
Cook H																0
General Helper A	8	8	8	8	8				8	8	8	8	8			40
General Helper B	8	8	8	8	8				8	8	8	8	8			40
General Helper C						8	8							8	8	16
General Helper D						8	8							8	8	16
General Helper E	8	8	8	8	8				8	8	8	8	8			40
General Helper F						8	8							8	8	16
General Helper G																0
									Total							316.5

APPENDIX 6
SHIFT DISPOSITION DETAIL FORM
 April 1, 2012

Correctional Centre: Nanaimo C C - without Inmate training program
 Negotiated Hours per Week: 278
 Approximate Meal Count Level: 12/13 570 meals, 13/14 576 meals and 14/15 576 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A	8	8	8	8	8				8	8	8	8	8			40
Chef Manager B																0
Cook A	8	8			8	8	8		8	8			8	8	8	40
Cook B						7	7							7	7	14
Cook C	8	8	8	8			8		8	8	8	8			8	40
Cook D				8	8	8	8					8	8	8	8	32
Cook E	8	8	8	8	8				8	8	8	8	8			40
Cook F						8	8							8	8	16
Cook G																0
Cook H																0
General Helper A	7	7	7	7	7				7	7	7	7	7			35
General Helper B							7								7	7
General Helper C						7	7							7	7	14
General Helper D																0
General Helper E																0
General Helper F																0
General Helper G																0
									Total							278

APPENDIX 6
SHIFT DISPOSITION DETAIL FORM
 April 1, 2012

Correctional Centre: North Fraser Pre-trial C C - without Inmate training program
 Negotiated Hours per Week: 547.5
 Approximate Meal Count Level: 12/13 1,563 meals, 13/14 1,605 meals and 14/15 1,305 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A	8	8	8	8	8				8	8	8	8	8			40
Chef Manager B																0
Lead Cook	8	8	8	8	8				8	8	8	8	8			40
Cook A	8	8	8	8			8		8	8	8	8			8	40
Cook B		8	8	8	8	8				8	8	8	8	8		40
Cook C						8	8							8	8	16
Cook D						8	8							8	8	16
Cook E																0
General Helper A				8	8	8	8					8	8	8	8	32
General Helper B	8				8	8	8		8				8	8	8	32
General Helper C	8	8	8	8					8	8	8	8				32
General Helper D		8	8							8	8					16
General Helper E				8	8	8	8					8	8	8	8	32
General Helper F	8	8	8			8	8		8	8	8			8	8	40
General Helper G	8	8	8	8	8				8	8	8	8	8			40
General Helper H			8	8	8	8	8				8	8	8	8	8	40
General Helper I			8	8	8	8	8				8	8	8	8	8	40
General Helper J	8	8							8	8						16
General Helper K		7								7						7
General Helper L					7.5								7.5			7.5
General Helper M	7					7	7		7					7	7	21
									Total							547.5

APPENDIX 6
SHIFT DISPOSITION DETAIL FORM
 April 1, 2012

Correctional Centre: Prince George C C - without Inmate training program
 Negotiated Hours per Week: 424
 Approximate Meal Count Level: 12/13 897 meals, 13/14 915 meals and 14/15 915 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A	8	8	8	8	8				8	8	8	8	8			40
Chef Manager B																0
Cook A		8	8	8	8	8				8	8	8	8	8		40
Cook B			6	6		6	6				6	6		6	6	24
Cook C	8			8	8	8	8		8			8	8	8	8	40
Cook D	8	8	8				8		8	8	8				8	32
Cook E	8	8	8	8	8				8	8	8	8	8			40
Cook F																0
Cook G	8	8			8	8	8		8	8			8	8	8	40
Cook H																0
General Helper A	8	8	8	8	8				8	8	8	8	8			40
General Helper B	8	8	8	8	8				8	8	8	8	8			40
General Helper C						8	8							8	8	16
General Helper D						8	8							8	8	16
General Helper E	8	8	8	8	8				8	8	8	8	8			40
General Helper F						8	8							8	8	16
General Helper G																0
General Helper H																0
General Helper I																0
General Helper J																0
									Total							424

APPENDIX 6
SHIFT DISPOSITION DETAIL FORM
 April 1, 2012

Correctional Centre: Surrey Pre-trial C C - without Inmate training program
 Negotiated Hours per Week: 315
 Approximate Meal Count Level: 12/13 768 meals, 13/14 795 meals and 14/15 1,587 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A	8	8	8	8	8				8	8	8	8	8			40
Chef Manager B																0
Cook A	8	8	8	8	8				8	8	8	8	8			40
Cook B	8	8	8	8	8				8	8	8	8	8			40
Cook C	8						8		8						8	16
Cook D					8	8							8	8		16
Cook E																0
Cook F																0
Cook G																0
Cook H																0
General Helper A	8	8	8			8	8		8	8	8			8	8	40
General Helper B			8	8	8	8	8				8	8	8	8	8	40
General Helper C			8		8	8	8				8		8	8	8	32
General Helper D	7.5	7.5			7.5	7.5			7.5	7.5			7.5	7.5		30
General Helper E	7			7			7		7			7			7	21
General Helper F																0
General Helper G																0
General Helper H																0
General Helper I																0
General Helper J																0
									Total							315

APPENDIX 6
SHIFT DISPOSITION DETAIL FORM
 April 1, 2012

Correctional Centre: Vancouver Island Correctional Centre (without Inmates)

Negotiated Hours per Week: 320

Approximate Meal Count Level: 12/13 1,011 meals, 13/14 1,020 meals and 14/15 1,020 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A	8	8	8	8	8				8	8	8	8	8			40
Chef Manager B																0
Cook A	8	8	8	8	8				8	8	8	8	8			40
Cook B						8	8							8	8	16
Cook C						8	8							8	8	16
Cook D	8	8	8	8	8				8	8	8	8	8			40
Cook E																0
Cook F																0
Cook G																0
General Helper A	8	8	8	8	8				8	8	8	8	8			40
General Helper B	8	8	8	8	8				8	8	8	8	8			40
General Helper C	8	8	8	8	8				8	8	8	8	8			40
General Helper D						8	8							8	8	16
General Helper E						8	8							8	8	16
General Helper F						8	8							8	8	16
General Helper G																0
									Total							320

APPENDIX 7
SHIFT DISPOSITION DETAIL FORMS
April 1, 2012

Appendix 7 contains the Shift Disposition Detail Forms (with Inmates) effective April 1, 2009 for the following Centres:

Alouette Correctional Centre for Women
Ford Mountain Correctional Centre
Fraser Regional Correctional Centre
Kamloops Regional Correctional Centre
Nanaimo Correctional Centre
Prince George Regional Correctional Centre
Vancouver Island Regional Correctional Centre

APPENDIX 7
SHIFT DISPOSITION DETAIL FORM
 April 1, 2012

Correctional Centre: Alouette C C for Women- with Inmate training program
 Negotiated Hours per Week: 117
 Approximate Meal Count Level: 12/13 420 meals, 13/14 510 meals and 14/15 510 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A	8	8	8	8	8				8	8	8	8	8			40
Chef Manager B																0
Cook A	11	11	11						11	11	11					33
Cook B				11	11							11	11			22
Cook C						11	11							11	11	22
Cook D																0
Cook E																0
Cook F																0
Cook G																0
Cook H																0
General Helper A																0
General Helper B																0
General Helper C																0
General Helper D																0
General Helper E																0
General Helper F																0
General Helper G																0
General Helper H																0
General Helper I																0
General Helper J																0
									Total							117

APPENDIX 7
SHIFT DISPOSITION DETAIL FORM
 April 1, 2012

Correctional Centre: Ford Mountain C C - with Inmate training program
 Negotiated Hours per Week: 80
 Approximate Meal Count Level: 12/13 300 meals, 13/14 309 meals and 14/15 309 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A																0
Chef Manager B																0
Cook A	12	12	12						12	12	12					36
Cook B						12	12							12	12	24
Cook C				10	10							10	10			20
Cook D																0
Cook E																0
Cook F																0
Cook G																0
Cook H																0
General Helper A																0
General Helper B																0
General Helper C																0
General Helper D																0
General Helper E																0
General Helper F																0
General Helper G																0
General Helper H																0
General Helper I																0
General Helper J																0
																0
															Total	80

APPENDIX 7
SHIFT DISPOSITION DETAIL FORM
 April 1, 2012

Correctional Centre: Fraser Regional C C - with Inmate training program
 Negotiated Hours per Week: 256
 Approximate Meal Count Level: 12/13 1,557 meals, 13/14 1,623 meals and 14/15 1,323 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A	8	8	8	8	8				8	8	8	8	8			40
Chef Manager B																0
Cook A	8	8	8			8	8		8	8	8			8	8	40
Cook B			8	8	8	8	8				8	8	8	8	8	40
Cook C	7	7							7	7						14
Cook D				7	7							7	7			14
Cook E																0
Cook F																0
Cook G																0
Cook H																0
General Helper A	8	8	8	8	8				8	8	8	8	8			40
General Helper B			8	8	8	8	8				8	8	8	8	8	40
General Helper C						7	7							7	7	14
General Helper D						7	7							7	7	14
General Helper E																0
General Helper F																0
General Helper G																0
General Helper H																0
General Helper I																0
General Helper J																0
															Total	256

APPENDIX 7
SHIFT DISPOSITION DETAIL FORM
 April 1, 2012

Correctional Centre: Kamloops Regional C C - with Inmate training program
 Negotiated Hours per Week: 204
 Approximate Meal Count Level: 12/13 990 meals, 13/14 1,035 meals and 14/15 1,035 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A	8	8	8	8	8				8	8	8	8	8			40
Chef Manager B																0
Cook A	8	8	8	8	8				8	8	8	8	8			40
Cook B	8	8	8	8	8				8	8	8	8	8			40
Cook C						7	7							7	7	14
Cook D						7	7							7	7	14
Cook E																0
Cook F																0
Cook G																0
Cook H																0
General Helper A			8	8	8	8	8				8	8	8	8	8	40
General Helper B	8	8							8	8						16
General Helper C																0
General Helper D																0
General Helper E																0
General Helper F																0
General Helper G																0
General Helper H																0
General Helper I																0
General Helper J																0
									Total							204

APPENDIX 7
SHIFT DISPOSITION DETAIL FORM
 April 1, 2012

Correctional Centre: Nanaimo Correctional Centre - with Inmate work program
 Negotiated Hours per Week: 185
 Approximate Meal Count Level: 12/13 570 meals, 13/14 576 meals and 14/15 576 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A	8	8	8	8	8				8	8	8	8	8			40
Chef Manager B																0
Cook A			11	11	7.5	4					11	11	7.5	4		33.5
Cook B		11	11	11	4					11	11	11	4			37
Cook C	11				8.5	7.5	8.5		11				8.5	7.5	8.5	35.5
Cook D	11	11				8.5	8.5		11	11				8.5	8.5	39
Cook E																0
Cook F																0
Cook G																0
General Helper A																0
General Helper B																0
General Helper C																0
General Helper D																0
General Helper E																0
General Helper F																0
General Helper G																0
General Helper H																0
General Helper I																0
General Helper G																0
									Total							185

APPENDIX 7
SHIFT DISPOSITION DETAIL FORM
 April 1, 2012

Correctional Centre: Prince George Regional C C - with Inmate training program
 Negotiated Hours per Week: 206
 Approximate Meal Count Level: 12/13 897 meals, 13/14 915 meals and 14/15 915 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A	8	8	8	8	8				8	8	8	8	8			40
Chef Manager B																0
Cook A	8	8	8	8	8				8	8	8	8	8			40
Cook B	8	8	8	8	8				8	8	8	8	8			40
Cook C						8	8							8	8	16
Cook D						8	8							8	8	16
Cook E																0
Cook F																0
Cook G																0
Cook H																0
General Helper A	8	8	8	8	8				8	8	8	8	8			40
General Helper B						7	7							7	7	14
General Helper C																0
General Helper D																0
General Helper E																0
General Helper F																0
General Helper G																0
General Helper H																0
General Helper I																0
General Helper J																0
									Total							206

APPENDIX 7
SHIFT DISPOSITION DETAIL FORM
 April 1, 2012

Correctional Centre: Vancouver Island Regional C C - with Inmate training program
 Negotiated Hours per Week: 206
 Approximate Meal Count Level: 12/13 1,011 meals, 13/14 1,020 meals and 14/15 1,020 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A	8	8	8	8	8				8	8	8	8	8			40
Chef Manager B																0
Cook A	8	8	8	8	8				8	8	8	8	8			40
Cook B						8	8							8	8	16
Cook C	8	8	8	8	8				8	8	8	8	8			40
Cook D						8	8							8	8	16
Cook E																0
Cook F																0
Cook G																0
Cook H																0
General Helper A	8	8	8	8	8				8	8	8	8	8			40
General Helper B						7	7							7	7	14
General Helper C																0
General Helper D																0
General Helper E																0
General Helper F																0
General Helper G																0
General Helper H																0
General Helper I																0
General Helper J																0
									Total							206

APPENDIX 8
STAFF WORKING HOURS
April 1, 2012

Appendix 8 contains the Staff Working Hours (without Inmates) effective April 1, 2010 for the following Centres:

Alouette Correctional Centre for Women
Ford Mountain Correctional Centre
Fraser Regional Correctional Centre
Kamloops Regional Correctional Centre
Nanaimo Correctional Centre
North Fraser Pre-trial Centre
Prince George Regional Correctional Centre
Surrey Pre-trial Correctional Centre
Vancouver Island Regional Correctional Centre

APPENDIX 8
STAFF WORKING HOURS
April 1, 2012

Correctional Centre: ACCW Medium Security - without Inmate training program
Hours of Operation: 06:00-17:30 7 days/week
Hours per Week: 264
Meal Count Level: For all counts

Position	Wage Rate April 1, 2010	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$23.64	09:00	17:30	8	5	40
Manager B						0
Cook A	\$16.26	06:00	17:30	12	4	48
Cook B	\$16.26	06:00	17:30	12	3	36
Cook C						0
Cook D						0
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$13.00	06:00	17:30	12	4	48
General Helper B	\$13.00	06:00	17:30	12	3	36
General Helper C	\$13.00	08:00	17:30	8	4	32
General Helper D	\$13.00	08:00	17:30	8	3	24
General Helper E						0
General Helper F						0
Total Hours						264

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2012:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2013:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2014:

Cook TBD
General Helper TBD

Wage Rates for Excluded Chef Manager:

Effective January 1, 2012 \$23.64
Effective January 1, 2013 \$24.35
Effective January 1, 2014 \$25.08

APPENDIX 8
STAFF WORKING HOURS
April 1, 2012

Correctional Centre: Ford Mountain C C- without Inmate training program
Hours of Operation: 06:00-17:30 M-F; 08:00-17:30 Sat, Sun & Stats
Hours per Week: 210
Meal Count Level: For all counts

Position	Wage Rate April 1, 2010	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Chef Manager A	\$20.04	05:30	14:00	8	4	32
Chef Manager B	\$20.04	05:30	14:00	8	3	24
Chef Manager C	\$20.04	10:00	18:30	8	4	32
Chef Manager D	\$20.04	10:00	18:30	8	3	24
Cook A						0
Cook B						0
Cook C						0
Cook D						0
General Helper A	\$13.01	09:00	17:30	8	4	32
General Helper B	\$13.01	09:00	17:30	8	3	24
General Helper C	\$13.01	12:00	18:30	6	5	30
General Helper D	\$13.01	12:00	18:30	6	2	12
General Helper E						0
General Helper F						0
Total Hours						210

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2012:

Chef Manager TBD
Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2013:

Chef Manager TBD
Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2014:

Chef Manager TBD
Cook TBD
General Helper TBD

Note: Chef Managers at FMCC are included staff and operations require more than one on duty during a given rotation.

APPENDIX 8
STAFF WORKING HOURS
April 1, 2012

Correctional Centre: Fraser Regional C C - without Inmate training program
Hours of Operation: 05:00-18:30 M-F; 05:30-18:30 Sat, Sun & Stats
Hours per Week: 488
Meal Count Level: For all counts

Position	Wage Rate		Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
	April 1, 2010						
Manager A	\$23.58		08:00	16:30	8	5	40
Cook A	\$18.68		05:00	13:30	8	5	40
Cook B	\$18.68		11:00	18:30	8	5	40
Cook C	\$18.68		05:00	13:30	8	5	40
Cook D	\$18.68		11:00	18:30	8	5	40
Cook E	\$18.68		05:00	13:30	8	2	16
Cook F	\$18.68		11:00	18:30	8	2	16
Cook G	\$18.68		05:00	13:30	8	2	16
Cook H	\$18.68		10:45	18:15	8	2	16
General Helper A	\$13.01		05:00	13:30	8	5	40
General Helper B	\$13.01		05:00	13:30	8	5	40
General Helper C	\$13.01		11:00	18:30	8	5	40
General Helper D	\$13.01		11:00	18:30	8	5	40
General Helper E	\$13.01		05:00	13:30	8	5	40
General Helper F	\$13.01		11:00	18:30	8	3	24
Total Hours							488

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2012:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2013:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2014:

Cook TBD
General Helper TBD

Wage Rates for Excluded Chef Manager:

Effective January 1, 2012 \$23.58
Effective January 1, 2013 \$24.29
Effective January 1, 2014 \$25.02

APPENDIX 8
STAFF WORKING HOURS
April 1, 2012

Correctional Centre: Kamloops Regional C C - without Inmate training program
Hours of Operation: 04:30-18:00 M-F; 0700-1800 Sat, Sun & Stats
Hours per Week: 316.5
Meal Count Level: For all counts

Position	Wage Rate April 1, 2010	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$22.22	09:00	17:30	8	5	40
Manager B						0
Cook A	\$16.26	04:30	13:00	8	5	40
Cook B	\$16.26	09:30	18:00	7.5	5	37.5
Cook C	\$16.26	07:00	15:30	8	2	16
Cook D	\$16.26	09:30	18:00	7.5	2	15
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$13.00	04:30	13:00	8	5	40
General Helper B	\$13.00	09:30	18:00	8	5	40
General Helper C	\$13.00	07:00	15:30	8	2	16
General Helper D	\$13.00	09:30	18:00	8	2	16
General Helper E	\$13.00	09:30	18:00	8	5	40
General Helper F	\$13.00	09:30	18:00	8	2	16
General Helper G						0
Total Hours						316.5

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2012:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2013:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2014:

Cook TBD
General Helper TBD

Wage Rates for Excluded Chef Manager:

Effective January 1, 2012 \$22.22
Effective January 1, 2013 \$22.89
Effective January 1, 2014 \$23.57

**APPENDIX 8
STAFF WORKING HOURS
April 1, 2012**

Correctional Centre: Nanaimo C C - without Inmate training program
Hours of Operation: 06:00-18:00 7 days/week
Hours per Week: 278
Meal Count Level: For all counts

Position	Wage Rate April 1, 2010	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$22.23	09:00	17:30	8	5	40
Manager B						0
Cook A	\$18.68	06:00	14:30	8	5	40
Cook B	\$18.68	06:00	13:00	7	2	14
Cook C	\$18.68	09:30	18:00	8	5	40
Cook D	\$18.68	09:30	18:00	8	4	32
Cook E	\$18.68	09:00	17:30	8	5	40
Cook F	\$18.68	09:30	18:00	8	2	16
Cook G						0
Cook H						0
General Helper A	\$13.01	09:00	17:30	7	5	35
General Helper B	\$13.01	10:00	18:00	7	1	7
General Helper C	\$13.01	07:00	14:30	7	2	14
General Helper D						0
General Helper E						0
Total Hours						278

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2012:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2013:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2014:

Cook TBD
General Helper TBD

Wage Rates for Excluded Chef Manager:

Effective January 1, 2012 \$22.23
Effective January 1, 2013 \$22.90
Effective January 1, 2014 \$23.58

APPENDIX 8
STAFF WORKING HOURS
April 1, 2012

Correctional Centre: North Fraser Pre-trial C C - without Inmate training program
Hours of Operation: 22:30-19:00 M-F; 05:30-19:00 Sat, Sun & Stats
Hours per Week: 547.5 Meal Count I For all counts

Position	Wage Rate	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager	\$25.84	09:00	17:30	8	5	40
Cook A	\$16.26	09:00	17:30	8	5	40
Cook B	\$16.26	05:00	13:30	8	5	40
Cook C	\$16.26	11:00	19:30	8	5	40
Cook D	\$16.26	05:30	14:30	8	2	16
Cook E	\$16.26	11:00	19:30	8	2	16
General Helper A	\$13.00	05:00	13:30	8	4	32
General Helper B	\$13.00	05:00	13:30	8	4	32
General Helper C	\$13.00	05:00	13:30	8	4	32
General Helper D	\$13.00	05:00	13:30	8	2	16
General Helper E	\$13.00	11:00	19:30	8	4	32
General Helper F	\$13.00	11:00	19:30	8	5	40
General Helper G	\$13.00	11:00	19:30	8	5	40
General Helper H	\$13.00	05:00	13:30	8	5	40
General Helper I	\$13.00	05:00	13:30	8	2	16
General Helper J	\$13.00	11:00	19:30	8	5	40
General Helper K	\$13.00	11:00	19:30	7	1	7
General Helper L	\$13.00	11:00	19:00	7.5	1	7.5
General Helper M	\$13.00	11:30	19:00	7	3	21
Total Hours						547.5

If Vancouver jail is not included, the hours of operation will be 05:30-19:00 hours.

Hours to be added for Vancouver jail are: 40 hrs for a cook and 56 hours for a general help.

Note to Readers: Minimum Hours/Day = Paid Hours

Lead Cook at NFPC receives a 60 cent per hour shift premium for added responsibilities.

Wage Rates for unionized positions effective:

	<u>April 1, 2012</u>	<u>April 1, 2013</u>	<u>April 1, 2014</u>
Cook	TBD	TBD	TBD
General Helper	TBD	TBD	TBD

Wage Rates for Excluded Chef Manager:

Effective January 1, 2012	\$25.84
Effective January 1, 2013	TBD
Effective January 1, 2014	TBD

APPENDIX 8
STAFF WORKING HOURS
April 1, 2012

Correctional Centre: Prince George Regionall C C - without Inmate training program
Hours of Operation: 05:30-18:00 M-F; 07:00-18:00 Sat, Sun & Stats
Hours per Week: 424
Meal Count Level: For all counts

Position	Wage Rate April 1, 2010	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$22.22	09:00	17:30	8	5	40
Manager B						0
Cook A	\$16.26	05:30	14:00	8	5	40
Cook B	\$16.26	07:00	14:00	6	4	24
Cook C	\$16.26	11:30	17:30	8	5	40
Cook D	\$16.26	11:30	17:30	8	4	32
Cook E	\$16.26	05:00	13:30	8	5	40
Cook F	\$16.26	11:30	17:30	8	5	40
Cook G						0
General Helper A	\$13.00	05:00	13:30	8	5	40
General Helper B	\$13.00	09:30	18:00	8	5	40
General Helper C	\$13.00	05:00	13:30	8	2	16
General Helper D	\$13.00	09:30	18:00	8	2	16
General Helper E	\$13.00	09:00	17:30	8	5	40
General Helper F	\$13.00	09:00	17:30	8	2	16
Total Hours						424

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2012:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2013:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2014:

Cook TBD
General Helper TBD

Wage Rates for Excluded Chef Manager:

Effective January 1, 2012 \$22.22
Effective January 1, 2013 \$22.89
Effective January 1, 2014 \$23.57

APPENDIX 8
STAFF WORKING HOURS
April 1, 2012

Correctional Centre: Surrey Pre-trial Services Centre- without Inmate training program
Hours of Operation: 04:30-18:00 M-F; 05:30-18:00 Sat, Sun & Stats
Hours per Week: 315
Meal Count Level: For all counts

Position	Wage Rate April 1, 2010	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$27.50	09:00	17:30	8	5	40
Manager B						0
Cook A	\$17.39	04:30	13:00	8	5	40
Cook B	\$17.39	09:30	18:00	8	5	40
Cook C	\$17.39	04:30	13:00	8	2	16
Cook D	\$17.39	09:30	18:00	8	2	16
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$11.53	05:00	13:30	8	5	40
General Helper B	\$11.53	10:00	18:30	8	5	40
General Helper C	\$11.53	09:00	17:30	8	4	32
General Helper D	\$11.53	09:00	17:00	7.5	4	30
General Helper E	\$11.53	10:00	17:30	7	3	21
General Helper F						0
Total Hours						315

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2012:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2013:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2014:

Cook TBD
General Helper TBD

Wage Rates for Excluded Chef Manager:

Effective January 1, 2012 \$27.50
Effective January 1, 2013 TBD
Effective January 1, 2014 TBD

APPENDIX 8
STAFF WORKING HOURS
April 1, 2012

Correctional Centre: Vancouver Island Regional C C - without Inmate training program
Hours of Operation: 05:30-18:30 M-F; 06:00-18:30 Sat, Sun & Stats
Hours per Week: 320
Meal Count Level: For all counts

Position	Wage Rate July 1, 2010	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$22.84	09:00	17:30	8	5	40
Manager B						0
Cook A	\$18.68	05:00	13:30	8	5	40
Cook B	\$18.68	06:00	13:30	8	2	16
Cook C	\$18.68	10:00	18:30	8	2	16
Cook D	\$18.68	10:00	18:30	8	5	40
Cook E			x			0
Cook F						0
General Helper A	\$13.00	06:00	13:30	8	5	40
General Helper B	\$13.00	10:00	18:30	8	5	40
General Helper C	\$13.00	09:00	17:30	8	5	40
General Helper D	\$13.00	06:00	13:30	8	2	16
General Helper E	\$13.00	10:00	18:30	8	2	16
General Helper F	\$13.00	09:00	17:30	8	2	16
General Helper G						0
Total Hours						320

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective July 1, 2012:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective July 1, 2013:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective July 1, 2014:

Cook TBD
General Helper TBD

Wage Rates for Excluded Chef Manager:

Effective January 1, 2012 \$22.84
Effective January 1, 2013 \$23.53
Effective January 1, 2014 \$24.23

APPENDIX 9
STAFF WORKING HOURS
April 1, 2012

Appendix 9 contains the Staff Working Hours (with Inmates) effective April 1, 2009 for the following Centres:

Alouette Correctional Centre for Women
Ford Mountain Correctional Centre
Fraser Regional Correctional Centre
Kamloops Regional Correctional Centre
Nanaimo Correctional Centre
Prince George Regional Correctional Centre
Vancouver Island Regional Correctional Centre

APPENDIX 9
STAFF WORKING HOURS
April 1, 2012

Correctional Centre: ACCW Medium Security - with Inmate training program
Hours of Operation: 06:00-17:30 7 days/week
Hours per Week: 117
Meal Count Level: For all counts

Position	Wage Rate	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$23.64	09:00	17:30	8	5	40
Manager B						0
Cook A	\$16.26	06:00	18:00	11	3	33
Cook B	\$16.26	06:00	18:00	11	2	22
Cook C	\$16.26	07:00	18:00	11	2	22
Cook D						0
Cook E						0
Cook F						0
Cook G						0
General Helper A						0
General Helper B						0
General Helper C						0
General Helper D						0
General Helper E						0
General Helper F						0
General Helper G						0
Total Hours						117

Wage Rates for unionized positions effective April 1, 2012:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2013:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2014:

Cook TBD
General Helper TBD

Wage Rates for Excluded Chef Manager:

Effective January 1, 2012 \$23.64
Effective January 1, 2013 \$24.35
Effective January 1, 2014 \$25.08

APPENDIX 9
STAFF WORKING HOURS
April 1, 2012

Correctional Centre: Ford Mountain CC - with Inmate training program
Hours of Operation: 06:00-17:30 M-F; 08:00-17:30 Sat, Sun & Stats
Hours per Week: 80
Meal Count Level: For all counts

Position	Wage Rate	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Chef Manager A	\$20.04	05:30	18:30	12	3	36
Chef Manager B	\$20.04	05:30	17:30	12	2	24
Chef Manager B	\$20.04	07:00	18:00	10	2	20
Cook A						0
Cook B						0
Cook C						0
Cook E						0
Cook F						0
General Helper A						0
General Helper B						0
General Helper C						0
General Helper D						0
Total Hours						80

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2012:

Chef Manager TBD
Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2013:

Chef Manager TBD
Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2014:

Chef Manager TBD
Cook TBD
General Helper TBD

Note: Chef Managers at FMCC are included staff and operations require more than one on duty during a given rotation.

Wage Rates for excluded Chef Manager: N/A

APPENDIX 9
STAFF WORKING HOURS
April 1, 2012

Correctional Centre: Fraser Regional C C - with Inmate training program
Hours of Operation: 05:00-19:00 M-F; 05:00-19:00 Sat, Sun & Stats
Hours per Week: 256
Meal Count Level: For all counts

Position	Wage Rate	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$23.58	09:00	17:30	8	5	40
Manager B						0
Cook A	\$18.68	05:00	13:30	8	5	40
Cook B	\$18.68	10:30	19:00	8	5	40
Cook C	\$18.68	06:00	13:30	7	2	14
Cook D	\$18.68	11:30	19:00	7	2	14
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$13.01	05:00	13:30	8	5	40
General Helper B	\$13.01	10:30	19:00	8	5	40
General Helper C	\$13.01	06:00	13:30	7	2	14
General Helper D	\$13.01	11:30	19:00	7	2	14
General Helper E						0
General Helper F						0
General Helper G						0
Total Hours						256

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2012:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2013:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2014:

Cook TBD
General Helper TBD

Wage Rates for Excluded Chef Manager:

Effective January 1, 2012 \$23.58
Effective January 1, 2013 \$24.29
Effective January 1, 2014 \$25.02

APPENDIX 9
STAFF WORKING HOURS
April 1, 2012

Correctional Centre: Kamloops Regional CC - with Inmate training program
Hours of Operation: 04:30-18:00 M-F; 0700-1800 Sat, Sun & Stats
Hours per Week: 204
Meal Count Level: For all counts

Position	Wage Rate	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$22.22	09:00	17:30	8	5	40
Manager B						0
Cook A	\$16.26	05:00	13:30	8	5	40
Cook B	\$16.26	10:00	18:30	8	5	40
Cook C	\$16.26	06:00	13:30	7	2	14
Cook D	\$16.26	11:00	18:30	7	2	14
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$13.00	09:00	17:30	8	5	40
General Helper B	\$13.00	09:00	19:30	8	2	16
General Helper C						0
General Helper D						0
Total Hours						204

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2012:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2013:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2014:

Cook TBD
General Helper TBD

Wage Rates for Excluded Chef Manager:

Effective January 1, 2012 \$22.22
Effective January 1, 2013 \$22.89
Effective January 1, 2014 \$23.57

APPENDIX 9
STAFF WORKING HOURS
April 1, 2012

Correctional Centre: Nanaimo CC - with Inmate training program
Hours of Operation: 06:00-17:30 7 days/week
Hours per Week: 185
Meal Count Level: For all counts

Position	Wage Rate	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$22.23	09:00	17:30	8	5	40
Manager B						
Cook A	\$18.68	06:30	18:00	11	3	33
Cook B	\$18.68	06:30	18:00	11	3	33
Cook C	\$18.68	06:00	17:30	11	2	22
Cook D	\$18.68	09:00	17:30	8.5	4	34
Cook E	\$18.68	06:00	14:00	7.5	2	15
Cook F	\$18.68	14:30	18:00	4	2	8
Cook G						0
General Helper A						0
General Helper B						0
General Helper C						0
General Helper D						0
General Helper E						0
General Helper F						0
Total Hours						185

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2012:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2013:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2014:

Cook TBD
General Helper TBD

Wage Rates for Excluded Chef Manager:

Effective January 1, 2012 \$22.23
Effective January 1, 2013 \$22.90
Effective January 1, 2014 \$23.58

APPENDIX 9
STAFF WORKING HOURS
April 1, 2012

Correctional Centre: Prince George Regional CC - with Inmate training program
Hours of Operation: 05:30-18:00 M-F; 07:00-18:00 Sat, Sun & Stats
Hours per Week: 206
Meal Count Level: For all counts

Position	Wage Rate	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$22.22	09:00	17:30	8	5	40
Manager B						0
Cook A	\$16.26	05:00	13:30	8	5	40
Cook B	\$16.26	10:00	18:30	8	5	40
Cook C	\$16.26	05:00	13:30	8	2	16
Cook D	\$16.26	10:00	18:30	8	2	16
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$13.00	09:00	17:30	8	5	40
General Helper B	\$13.00	10:00	17:30	7	2	14
General Helper C						0
General Helper D						0
General Helper E						0
General Helper F						0
General Helper G						0
Total Hours						206

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2012:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2013:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective April 1, 2014:

Cook TBD
General Helper TBD

Wage Rates for Excluded Chef Manager:

Effective January 1, 2012 \$22.22
Effective January 1, 2013 \$22.89
Effective January 1, 2014 \$23.57

APPENDIX 9
STAFF WORKING HOURS
April 1, 2012

Correctional Centre: Vancouver Island Regional CC - with Inmate training program
Hours of Operation: 05:30-18:30 M-F; 06:00-18:30 Sat, Sun & Stats
Hours per Week: 206
Meal Count Level: For all counts

Position	Wage Rate	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$22.84	09:00	17:30	8	5	40
Manager B						0
Cook A	\$18.68	05:00	13:30	8	5	40
Cook B	\$18.68	06:00	14:30	8	2	16
Cook C	\$18.68	10:00	18:30	8	5	40
Cook D	\$18.68	10:00	18:30	8	2	16
Cook E						0
Cook F						0
General Helper A	\$13.00	09:00	17:30	8	5	40
General Helper B	\$13.00	10:00	17:30	7	2	14
General Helper C						0
General Helper D						0
General Helper E						0
Total Hours						206

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective July 1, 2012:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective July 1, 2013:

Cook TBD
General Helper TBD

Wage Rates for unionized positions effective July 1, 2014:

Cook TBD
General Helper TBD

Wage Rates for Excluded Chef Manager:

Effective January 1, 2012 \$22.84
Effective January 1, 2013 \$23.53
Effective January 1, 2014 \$24.23

APPENDIX 10

FOOD SERVICE EVALUATION

1. The Contractor will develop and conduct weekly audits in each Centre that evaluate the quality and quantity of the products produced as well as the sanitation practices employed by the Contractor's staff and/or subcontractors, and including the participation of Centre staff and appropriate documentation of results.
2. The Corrections Branch Deputy Warden or Supervisor responsible for food service monitoring at each Centre will report food related problems to the Contractor's local Chef Manager for resolution.
3. Formal food complaints from an Inmate or Inmates will be received and recorded through the local Centre's Inmate grievance process. Resolution of complaints will be initiated at the local level with the Chef Manager. If food related matters cannot be resolved at the local level the Warden or designate will contact the Contractor's District Manager for continued attempts at resolution.
4. Matters of contract interpretation, negotiation and unresolved food complaints will be discussed between the Contractor's Regional Manager and the Warden or the Branch Contract Manager responsible for the Provincial Food contract.
5. Letters outlining the results of interpretations and resolutions impacting the Provincial Food Service will be sent to all Centres' or to the specific Centre if the matter is a local issue.

APPENDIX 11

MENUS AND MENU REQUIREMENTS

A. Menus

1. The Contractor will provide meals to the Centres identified in Appendix 1 and which will conform to the daily menus set forth on the following pages of this Appendix.
2. Food utilized within the menus will meet or exceed the requirements provided in the Purchasing Standards section of the Schedule of Standards.
3. The menus shall be repeated throughout the term on a harmonized four week rotational basis at all Centres. Changes to the rotation of meals within the menu will be agreed to between the Contractor and the Corrections Branch by the creation and signing of an Operational Protocol by the Branch Contract Manager and the Contractor's Regional Director.
4. There are three Female menus including Standard, Vegetarian and Vegan options, and six menus for Males including Standard, Vegetarian and Vegan, each of which contains two sub categories to meet the dietary requirements for both moderate and high activity levels. A Brunch menu, for use by Centres identified as serving Brunch, is included in this Appendix for use at the discretion of the Warden.
5. The Contractor will provide special dinners for the Easter, Thanksgiving and Christmas holidays using the menus included in this Appendix for these occasions. Food for other special occasions may also be required from time to time; approval for these meals will be given by the Centre Warden on an as-and-when-needed basis.

NOTE: Prices provided in Appendix 5 are to be inclusive of the special occasion dinners for the Easter, Thanksgiving and Christmas holidays. As these meals are known in advance, the Province will not pay any additional amounts for them. Other special occasion meals, as approved by the Warden, may be subject to a surcharge above the regular meal rates.

6. In the event that the Contractor experiences difficulty in obtaining a certain food item for a particular meal service in a Centre, the Contractor may seek approval from the Warden to substitute a different food item for that particular meal service. The Warden may approve or refuse the suggested substitution. All substitutions will be recorded by the Contractor on the Menu Substitution form included in this Appendix and which will be submitted to the Warden monthly.
7. Food changes (without cost) within the Provincial Menu will be agreed between the Contractor and the Corrections Branch and initiated by the creation of an Operational Protocol signed by the Province's Contract Manager and the Contractor's Regional Director.
8. If it is demonstrated by the Contractor that there is a substantial increase in commodity pricing for food within the Branch menu then appropriate substitutions will be negotiated between the Branch Contract Manager and the Contractor's District Manager.
9. All meals will be prepared to meet the specifications included with each menu type provided in this Appendix.

B. Prepared Frozen Meals

1. A prepared frozen meal shall be at least equivalent in quality and quantity to an unfrozen meal provided from the menu in use at the Centre where the meal is being prepared.

BC CORRECTIONS FEMALE MENU

Revised May 2006

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran WT 6 oz	Corn Flakes 1 Cup VOL	Cr. Of Wheat 6 oz WT	Raisin Bran 1 Cup VOL	Oatmeal Cooked with Bran WT 6 oz	Fried Eggs 1	Scrambled Eggs 2
	Toast, (slice) 2	Toast, (slice) 2	Brown Toast, (slice) 2	Toast, (slice) 2	Toast, (slice) 2	Bacon (strip) 2	Breakfast Sausages 2
	Muffin (4oz) 1	Bran Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Hash Browns 3 oz	Pancakes (4") 1
	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Toast, (slice) 1	Toast, (slice) 1
	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Margarine (portion) 1	Jam (portion) 1
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1		Jam (portion) 1	Ketchup (portion) 1
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Ketchup (portion) 1	Syrup 21 ml.
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Milk 8 oz	Milk 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Coffee 8 oz	Coffee 8 oz
Beverage Break	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Sugar (portion) 1	Sugar (portion) 1
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Tomato & Rice Soup 6 oz	Cream of Veg Soup 6 oz	Green Pea Soup 6 oz	Barley Soup 6 oz	Lentil Soup 6 oz	Soup D'Jour 6 oz	Navy Bean Soup 6 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	2oz Beef Sausage 1	Grilled Ham & Cheese Sandwich 1		Chicken Salad Sand. 1	Pizza Kaiser * (1 oz each Meat & Cheese) 1		
	Pirogies (1oz) 4 ea.	Marinated Veg Salad 4oz WT	Sloppy Joes (as per Specs) 4 oz	Tossed Salad 3oz WT		Tuna Salad Sandwich 1	Chicken Bologna Sandwich 1
	Sour Cream 1/2 oz	Ketchup 1	Hamburger Bun 1		Cabbage Salad 4oz WT	Greek Salad 4oz WT	Caesar Salad 4oz WT
Lunch	Rice Salad 4oz WT		Green Salad with 1 x Dressing (portion) 3oz wt		Dressing (portion) 1		Mustard Portion 1
	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6oz	Fruit Drink 6 oz	Fruit Drink 6 oz
	Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Rotini (cooked) 6 oz	Beef Chow Mein 5 oz	Salisbury Steak 3 oz	Baked Fish 3 oz	Veal Cutlet 3 oz	Meat Balls (3 oz) 3 oz	Roast Chicken 1/4 1
	Italian Sauce 4 oz	Vegetable Fried Rice 6 oz	Gravy 2 oz	French Fries 4 oz	Gravy 2 oz	BBQ Sauce (1 oz) 1 oz	Steamed Rice 6 oz
	Tossed Salad 3oz WT	Broccoli Spears 5 oz	Boiled Potatoes 4 oz	Green Beans 5 oz	Mashed Potatoes 4 oz	Egg Noodles 6 oz	Broccoli Pieces 5 oz
	Dressing (portion) 1		Peas & Corn mix 5oz	Coleslaw 4oz WT	Carrot Coins 2.5oz	Mixed Vegetables 5 oz	Broccoli Pieces 5 oz
Dinner	Garlic Toast (slice) 1	Soya Sauce (portion) 1		Ketchup (portion) 1	Cauliflower 2.5oz	Seasonal Fresh Fruit 1	Soya Sauce (portion) 1
	Apple Sauce (canned) 4 oz	Canned Pineapple 4 oz	Chocolate Pudding 3 oz	Choc. Chip Cookie 3 oz	Caramel Pudding 3 oz	Milk 8 oz	Iced Marble Cake 3 oz
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Tea 8 oz	Milk 8 oz
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Creamer (pwdr) 1	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Sugar (portion) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1		Sugar (portion) 1

BC CORRECTIONS FEMALE MENU

Revised May 2006

WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 6 oz WT	Corn Flakes 1 Cup VOL	Cr. Of Wheat 6 oz WT	Raisin Bran 1 Cup	Oatmeal Cooked with Bran 6 oz WT	Fried Eggs 1	Scrambled Eggs 2
	Toast, (slice) 2	Toast, (slice) 2	Brown Toast, (slice) 2	Toast, (slice) 2	Toast, (slice) 2	Bacon (strip) 2	Breakfast Sausages 2
	Muffin (4oz) 1	Bran Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Hash Browns 3 oz	Pancakes (4") 1
	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Toast, (slice) 1	Toast, (slice) 1
	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Margarine (portion) 1	Jam (portion) 1
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1		Jam (portion) 1	Ketchup (portion) 1
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Ketchup (portion) 1	Syrup 21 ml.
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Milk 8 oz	Milk 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Coffee 8 oz	Coffee 8 oz
Beverage Break	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Sugar (portion) 1	Sugar (portion) 1
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Barley Soup 6 oz	Cream of Veg Soup 6 oz	Green Pea Soup 6 oz	Tomato & Rice Soup 6 oz	Lentil Soup 6 oz	Soup D'Jour 6 oz	Navy Bean Soup 6 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Roast Beef Sandwich 1	Turkey Salad (Plate) 3 oz	Chicken Hot Dogs/ w Buns 1	Egg Salad Sandwich 1	Grilled Cheese Sand. 1	Bavarian Meat Loaf Sandwich* 1	Ham Sandwich* 1
	Mustard (portion) 1	Pasta Salad 4oz WT	French Fries 4 oz	Carrot Sticks 3oz	French Fries 4 oz		
			Green Salad 3oz WT	Potato Salad 4oz WT	Ketchup 2	Greek Salad 4oz WT	Caesar Salad 4oz WT
Lunch	Coleslaw 3 oz	Bread (slice) / Marg 1 ea	Dressing 1			Mustard (portion) 1	Mustard (portion) 1
	Fruit Drink 6 oz	Fruit Drink 6 oz	Mustard (portion) 1	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz
		Seasonal Fresh Fruit 1	Ketchup (portion) 2	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1
			Fruit Drink 6 oz				
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Rotini (cooked) 6 oz	Roast Chicken 1/4 1	Hot Hamburger Sand on Texas Bread 3 oz 1	Baked Fish 3 oz	Meat Loaf 4 oz	Chicken & Veg. Stir Fry 5 oz	Veal Cutlet 3 oz
	Italian Sauce 4oz		Baked Potato (Lge) 6oz	Boston Brown Potato 6 oz	Gravy 2oz	Steamed Rice 6 oz	Gravy 2oz
	Marinated Veg. Salad 4oz	Mashed Potatoes 4 oz	Gravy 2 oz	Kernel Corn 2.5oz	Oven Roast Potatoes 6 oz	Lettuce/Tomato Salad 4oz	Boiled Potatoes 6 oz
Dinner		Cauliflower 2.5oz	Corn & Peas Mix 5oz	Peas 2.5oz	Carrot Coins 2.5oz	Dressing (portion) 1	Diced Carrot & Turnip 2.5oz
	Garlic Toast (slice) 1	Cabbage 2.5oz	Sour Cream 1/2 oz		Green Beans 2.5oz	Soya Sauce (portion) 1	Peas 2.5oz
	Seasonal Fresh Fruit 1	Vanilla Ice Cream 3 oz	Seasonal Fresh Fruit 1		Canned Apple Sauce 4 oz	Vanilla Pudding 3 oz	Fruited Jell-O 3 oz
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

BC CORRECTIONS FEMALE MENU

Revised May 2006

WEEK THREE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 6 oz WT	Corn Flakes 1 Cup VOL	Cr. Of Wheat 6 oz WT	Raisin Bran 1 Cup VOL	Oatmeal Cooked with Bran 6 oz WT	Fried Eggs 1	Scrambled Eggs 2
	Toast, (slice) 2	Toast, (slice) 2	Brown Toast, (slice) 2	Toast, (slice) 2	Toast, (slice) 2	Bacon (strip) 2	Breakfast Sausages 2
	Muffin (4oz) 1	Bran Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Hash Browns 3 oz	Pancakes (4") 1
	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Toast, (slice) 1	Margarine (portion) 1
	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Margarine (portion) 1	Jam (portion) 1
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1		Jam (portion) 1	Ketchup (portion) 1
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Ketchup (portion) 1	Syrup 21 ml.
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Milk 8 oz	Milk 8 oz
Beverage Break	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Coffee 8 oz	Coffee 8 oz
	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
			Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Sugar (portion) 1	Sugar (portion) 1
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Creamer (pwdr) 1	Creamer (pwdr) 1
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Sugar (portion) 1	Sugar (portion) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1		
Lunch	Barley Soup 6 oz	Cream of Veg Soup 6 oz	Green Pea Soup 6 oz	Tomato & Rice Soup 6 oz	Lentil Soup 6 oz	Soup D'Jour 6 oz	Navy Bean Soup 6 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Pizza - one Meat (1.5oz), one Vegetable (1oz) & Cheese (1.5oz) 5 oz	Hot Beef Sandwich on Texas Bread 3 oz 1	Potato Salad 4oz WT	Hamburger/ Bun (Lettuce, Tomato, Onion) 3 oz	Sub. Sandwich (1) with Cold Cuts & Cheese (3oz) served with Lettuce and Tomato 3 oz	Tuna Salad Sandwich* 1	Bologna Sandwich* 1
		Gravy 2 oz	Veggie Sticks 3oz	French Fries 4 oz	Coleslaw 4oz WT	Marinated Vegetable Salad 4oz WT	Greek Salad 4oz WT
	Celery Sticks 4oz WT	Mashed Potatoes 4 oz		Mustard/Ketchup (ptn) 1 ea			
		Cooked Carrots 4 oz	Fruit Drink 6 oz	Cucumber & Pepper Salad 4oz WT	Mustard (portion) 1		Mustard (portion) 1
	Fruit Drink 6 oz	Fruit Drink 6 oz	Seasonal Fresh Fruit 1	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz
	Seasonal Fresh Fruit 1			Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	
Beverage Break	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Dinner	Southern Baked 1/4 Chicken 1	Lasagna 6 oz	Baked Fish 3 oz	Beef/Pepper Stir Fry 5 oz	French Meat Pie 6 oz	Beef Sausages (2oz) 2	Roast Turkey 3 oz
	Oven Roast Potatoes 4 oz	Italian Mixed Veg 5 oz	Mashed Potato 4 oz	Steamed Rice 6 oz	Mashed Potatoes 4 oz	Boiled Potatoes 4 oz	Sage Dressing 2oz
	Green Beans 5 oz	Garlic Toast (slice) 1	Kernel Corn 2.5oz	Broccoli Pieces 5 oz	Gravy 2 oz	Peas & Corn Mix 5 oz	Mashed Potatoes 4 oz
			Peas 2.5oz	Tossed Salad 3oz WT	Boiled Cabbage 5 oz	Mustard portion 1	Gravy 2 oz
	Raisin Coleslaw 3 oz	3 Bean Salad 4oz WT		Dressing 1			Carrot Coins 5 oz
	Chocolate Pudding 4 oz			Soya Sauce (portion) 1	O'meal Raisin Cookie 3 oz	White cake 3 oz	Canned Apple Sauce 4 oz
		Canned Pineapple 3 oz	Spice Cake 3 oz	Ice Cream 3 oz			
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
Beverage Break	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

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BC CORRECTIONS FEMALE MENU

Revised May 2006

WEEK FOUR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 6 oz WT	Corn Flakes 1 Cup VOL	Cr. Of Wheat 6 oz WT	Raisin Bran 1 Cup VOL	Oatmeal Cooked with Bran 6 oz WT	Fried Eggs 1	Scrambled Eggs 2
	Toast, (slice) 2	Toast, (slice) 2	Brown Toast, (slice) 2	Toast, (slice) 2	Toast, (slice) 2	Bacon (strip) 2	Breakfast Sausages 2
	Muffin (4oz) 1	Bran Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Hash Browns 3 oz	Pancakes (4") 1
	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2		Toast, (slice) 1
	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Toast, (slice) 1	Margarine (portion) 1
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1		Margarine (portion) 1	Jam (portion) 1
	Milk 8 oz		Milk 8 oz	Milk 8 oz	Milk 8 oz	Jam (portion) 1	Ketchup (portion) 1
	Coffee 8 oz	Milk 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Ketchup (portion) 1	Syrup 21 ml.
	Creamer (pwdr) 1	Coffee 8 oz	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Milk 8 oz	Milk 8 oz
Beverage Break	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Coffee 8 oz	Coffee 8 oz
	Brown Sugar (ptn) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
			Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Sugar (portion) 1	Sugar (portion) 1
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Lunch	Barley Soup 6 oz	Cream of Veg Soup 6 oz	Green Pea Soup 6 oz	Tomato & Rice Soup 6 oz	Lentil Soup 6 oz	Soup D'Jour 6 oz	Navy Bean Soup 6 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Salami & Cheese Sandwich 1	Macaroni & Cheese Casserole 5 oz	Cold Turkey Sand. 1	Cold Meat Plate 3 oz			
			Pasta Salad 4oz WT	Potato Salad 4oz WT	Tuna Salad Sand. 1	Turkey Loaf Sandwich 1	Salami Sandwich 1
	Coleslaw 4oz WT	Mixed Vegetable Salad 4oz WT	Veggie Sticks 3oz	Tossed Salad 3oz WT	Cabbage Salad 4oz WT	Greek Salad 4oz WT	Potato Salad 4oz WT
		Green Peas 3 oz		Dressing (portion) 1		Mustard (portion) 1	Mustard (portion) 1
	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz
	Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1
Beverage Break	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Dinner	Beef Stew (2 oz Meat) 5 oz	Veal Cutlets 3 oz	Chili 5 oz	Chicken Cacciatore with 1/4 2oz sauce	3oz Meatballs in 3oz Sw/Sr Sauce 3oz	Oven Baked Chicken 1/4	Salisbury Steak 3 oz
	Mashed Potatoes 4 oz	Mushroom Sauce 2 oz	Oven Baked Potatoes 6 oz	Egg Noodles 6 oz	Rice (cooked) 6oz	Mashed Potatoes 4 oz	Scalloped Potatoes 4 oz
	Tea Biscuits (3oz) 1	Steamed Rice 4 oz	Diced Carrots 2.5oz	Mixed Vegetables 2.5oz	Oriental Mixed Veg 5oz	Green Beans 2.5oz	Cauliflower 2.5oz
	Margarine (portion) 1	Kernel Corn 5 oz	Green Beans 2.5oz			Carrot Coins 2.5oz	Brussel Sprouts 2.5oz
	Tomato & Cucumber Salad 4oz WT			Broccoli Pieces 2.5oz		Chocolate Pudding 3 oz	Spice Cake 3 oz
	Lemon Pudding 3 oz	Canned Apple Sauce 4 oz	Canned Pineapple 3 oz	Caramel Pudding 3 oz	Soya Sauce (portion) 1		
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Ice Cream 3 oz	Fruit Drink 8 oz	Fruit Drink 8 oz
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1

BC CORRECTIONS FEMALE MENU SPECIFICATIONS

Revised April 2012

- 1 Liquids are by volume, solids are by weight except where specified.
- 2 All breakfast hot and cold cereals will be by volume. Oatmeal will consist of 75% oats and 25% edible bran by weight (3/4 bag oats:1/4 bag bran).
- 3 Fruit juice is pure from concentrate; 6 fluid oz. Fruit drink is from crystals or syrup; 8 fluid oz.
- 4 Milk will be 100% powdered skim milk made according to package directions and fortified with vitamins A and D.
- 5 Creamer for coffee will be non-dairy creamer.
- 6 Muffins 4 oz raw batter each; Cookies 3 oz raw batter each; Cake 4 oz raw batter each / 3 oz as served. Applesauce and canned fruit 4 oz weight; Pudding 3 oz weight.
- 7 All toast and "cooked" sandwiches will be made with white medium sliced bread unless otherwise specified.
- 8 Bread for "cold" (uncooked) sandwiches and for evening meal will be 60% wholewheat (thin sliced).
- 9 All sandwiches will contain 2 oz weight of filling: ham, salami, turkey, bologna, chicken loaf, Bavarian meat loaf, cheese, peanut butter, sliced meats from leftovers, egg or tuna salad (2 oz egg or tuna).
- 10 In sandwiches, each slice of bread is to be spread with margarine or salad dressing. All submarine buns will be 7 inch Beef Dip Bun (white); at least 2.5 oz weight.
- 11 Meat and/or cheese sandwiches and subs will contain 3 grams of shredded lettuce. Subs will contain 11 grams tomato (total lettuce + tomato=1/2 oz / 14 grams).
- 12 Sandwich fillings are to vary from meal to meal with no two consecutive days to have the same filling. Jam may be added to peanut butter sandwich but does not count as the protein filling.
- 13 Vegetable Sticks consist of a seasonal variety unless otherwise stated of 6 sticks 3" long (3/8 cup; 3 fluid oz.)
- 14 Salad servings by weight as stated on menu.
- 15 Chicken Salad Plate will contain 3 oz of diced chicken white and dark; Turkey Salad Plate 3 oz of diced turkey; Egg & Cheese Plate will have 1-1/2 eggs and 1-1/2 oz of cheese.
- 16 Pizza will contain 1.5 oz meat, 1 oz of vegetable and 1.5 oz of cheese per serving.
- 17 All weiners will be chicken 8 to 1 kg unless otherwise stated.
- 18 Sloppy Joe will be made from "Hot Hucks" Veggie Burger Mix Product code: 308761 and include vegetables and seasonings according to recipe.
- 19 Soup is by volume (6 oz.) and will contain a minimum of 3oz cooked grains, beans, pasta or potatoes per portion, and can be made from leftovers.
- 20 Soup stock must be vegetable stock not meat stock. Cream soups will be non dairy, made with cornstarch or wheat.
- 21 All meats and vegetables will be by cooked weights unless specified. Gravy or mushroom sauce: 1/4 cup = 2 fluid oz measured with 2 oz ladle.
- 22 Mashed Potato 4 or 6 fl.oz; French Fries 1/2 cup=4 fl.oz; Hash Browns 3 fl.oz; Boiled, Baked, Oven Roast Potato 4 or 6 oz cooked wt; Rice 6 oz cooked wt; Noodles & Pasta 6 fl.oz cooked.
- 23 Italian Sauce will consist of "Hot Hucks" product code # 308772 and contain tomato and seasonings according to recipe.
- 24 Beef Chow Mien will contain 3 oz of meat and 2 oz of vegetables plus noodles per serving.
- 25 All 1/4 chicken servings will be chicken leg & thigh 8-10 oz. (Edible portion will be at least 3 oz meat.)
- 26 Hot Hamburger Sandwich will consist of 1 x slice of Texas Bread (Canada Bread spec Texas Toast) with a 3oz cooked burger patty/roast beef.
- 27 Meat Loaf will contain 1-1/2 oz meat and 1-1/2 oz beef flavored rehydrated TVP or 3 oz beef.
- 28 French Meat Pie will contain 1-1/2oz meat and 1-1/2 oz beef flavored rehydrated TVP or 3oz. beef, 3-1/2oz of vegetables and 1-1/2 oz of pastry.
- 29 Chili will consist of "Hot Hucks" product code # 308784 and will contain vegetables, red kidney beans and seasonings according to recipe.
- 30 Meat/Vegetable Stir Fry will contain 3oz of meat per serving.
- 31 Lasagna will contain Italian sauce (Hot Hucks product code# 308772) with vegetables and pasta and be made according to recipe.
- 32 Apart from tuna in sandwiches, the only fish permitted to be served on the menu will be 3 oz Baked Fish (battered pollock).
- 33 One additional "pat" of vitamin D enhanced margarine (4.5 grams) will be added to this menu daily, from October 1 to March 31 of each year, as a supplementary source of vitamin D.
- 34 **Diabetic Snack** will consist of one half sandwich (as per sandwich specifications) three times per day and must rotate between cheese, peanut butter, meat and other variations.
- 35 **Bag Breakfast** will consist of 1 muffin, 2 slices of bread, cereal, 250ml carton of milk, 200ml Tetra Pak fruit juice, 2 jam, 2 peanut butter, sugar, spoon and 2 margarine.
- 36 **Bag (court) Lunches** will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 cookie (3 oz batter) and 1 piece fruit.
- 37 **Crew Lunches** will consist of 8 oz soup (bulk), 4 crackers, 2 sandwiches*, 8 oz beverage and 1 piece fruit. Egg Salad and Tuna Salad Mix are NOT to be served in Crew Lunches.
- 38 ***Secure Moderate Activity Centres providing outside Crew Lunches will contain 3 sandwiches.**
- 39 **Pregnancy Snack Supplement** will consist of one orange per day and, when ordered by a Physician, one sandwich per day or food as medically required.
- 40 **Condiments will be as follows:**
Peanut Butter: 18 ml; Jam: 9 ml; Creamer Powder: 2 grams; White Sugar: 3.5 grams; Brown Sugar: 3.5 grams; Ketchup: 9 grams; Mustard: 7 grams;
Relish: 9 grams; All Dressings: 16 ml; Soya Sauce: 10 grams; Table Syrup: 21 ml; Margarine: 4.5 grams. The margarine used must be one that provides vitamin E

No Changes are to be made to this menu without authorization from the Corrections Contract Manager.

Unavoidable local substitutions must be reported to the local liaison warden.

BC CORRECTIONS FEMALE VEGETARIAN MENU (NOT VEGAN)

Revised May 2006

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran WT 6 oz	Corn Flakes 1 cup	Cr. Of Wheat WT 6 oz	Raisin Bran 1 cup	Oatmeal Cooked with Bran WT 6 oz	Fried Eggs 1	Scrambled Eggs 2
	Toast, (slice) 2	Toast, (slice) 2	Brown Toast, (slice) 2	Toast, (slice) 2	Toast, (slice) 2	Grilled Marinated Tofu 2oz	Grilled Marinated Tofu 2oz
	Muffin (4oz) 1	Bran Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Pancakes (4") 1	Pancakes (4") 1
	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Hash Browns 3 oz	Toast, (slice) 1
	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Toast, (slice) 1	Margarine (portion) 1
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1		Margarine (portion) 1	Jam (portion) 1
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Jam (portion) 1	Syrup 21 ml.
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Ketchup (portion) 1	Ketchup (portion) 1
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Milk 8 oz	Milk 8 oz
Beverage Break	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Coffee 8 oz	Coffee 8 oz
	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Sugar (portion) 1	Sugar (portion) 1
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1		
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1		
Lunch	Tomato & Rice Soup 6 oz	Cream of Veg Soup 6 oz	Green Pea Soup 6 oz	Barley Soup 6 oz	Lentil Soup 6 oz	Soup D'Jour 6 oz	Navy Bean Soup 6 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Veggie Weiners Sct 7" 1	Grilled Cheese & Vegan Salami Sandwich 1	Sloppy Joes (as per Specs) 4 oz	Flavoured Tofu Salad Sandwich 1	Pizza Kaiser (1.5 oz each Marinated / Flavoured Tofu & Cheese) 1	Hummus & Salad Sandwich 1	Vegan Salami Sandwich 1
	Pirogies (1oz) 4 ea.						
	Sour Cream 1/2 oz	Marinated Veg Salad WT 4oz	Hamburger Bun 1	Tossed Salad WT 3oz	Cabbage Salad WT 4oz	Greek Salad WT 4oz	Caeser Salad WT 4oz
	Rice Salad 4oz WT	Ketchup 1	Green Salad with 1 x Dressing WT 3oz		Dressing (portion) 1		Mustard Portion 1
	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz
	Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1
Beverage Break	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Dinner	Rotini (cooked) 6 oz	Marinated Tofu (3oz) 5 oz	Veggie Burger 3 oz	Falafel Nuggets 4 oz	Garden Burger 3 oz	Curried Vegetarian Ground 4oz	Lime Flavoured Tofu in an Alfredo sauce 4oz
	Italian Sauce 4 oz	Vegetable Fried Rice 6 oz		Tomato Sauce 2oz	Vegetable Gravy 2 oz	Egg Noodles 6 oz	Steamed Rice 6 oz
	Tossed Salad 3oz WT	Broccoli Spears 5 oz	Vegetable Gravy 2 oz	French Fries 4 oz	Mashed Potatoes 4 oz	Mixed Vegetables 5 oz	Broccoli Pieces 5 oz
	Dressing (portion) 1		Boiled Potatoes 4 oz	Green Beans 5 oz	Carrot Coins 2.5oz		Soya Sauce (portion) 1
	Garlic Toast (slice) 1	Soya Sauce (portion) 1	Peas & Corn Mix 5oz	Ketchup (portion) 1	Cauliflower 2.5oz		
	Apple Sauce (canned) 4 oz	Canned Pineapple 4 oz	Chocolate Pudding 3 oz	Choc. Chip Cookie 3 oz	Caramel Pudding 3 oz	Seasonal Fresh Fruit 1	Marble Cake 3 oz
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

BC CORRECTIONS FEMALE VEGETARIAN MENU (NOT VEGAN)

Revised May 2006

WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 6 oz WT	Corn Flakes 1 cup	Cr. Of Wheat 6 oz WT	Raisin Bran 1 cup	Oatmeal Cooked with Bran 6 oz WT	Fried Eggs 1	Scrambled Eggs 2
	Toast, (slice) 2	Toast, (slice) 2	Brown Toast, (slice) 2	Toast, (slice) 2	Toast, (slice) 2	Grilled Marinated Tofu 2oz	Grilled Marinated Tofu 2oz
	Muffin (4oz) 1	Bran Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Hash Browns 3 oz	Pancakes (4") 1
	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2		Toast, (slice) 1
	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Toast, (slice) 1	Margarine (portion) 1
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1		Margarine (portion) 1	Jam (portion) 1
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Jam (portion) 1	Syrup 21 ml.
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Ketchup (portion) 1	Ketchup (portion) 1
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Milk 8 oz	Milk 8 oz
Beverage Break	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Coffee 8 oz	Coffee 8 oz
	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Sugar (portion) 1	Sugar (portion) 1
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1		
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1		
	Barley Soup 6 oz	Cream of Veg Soup 6 oz	Green Pea Soup 6 oz	Tomato & Rice Soup 6 oz	Lentil Soup 6 oz	Soup D'Jour 6 oz	Navy Bean Soup 6 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
			Veggie Weiner/ w Bun 1	Egg Salad Sandwich 1			
	Cheese and Salad Sandwich 1	Hummus & Tofu Salad (Plate) 3 oz	French Fries 4 oz	Carrot Sticks 3oz	Grilled Cheese Sand. 1	Vegan Salami Sandwich 1	Tofu & Salad Sandwich 1
	Cucumber and Onion Salad 4oz WT	Pasta Salad 4oz WT	Green Salad 3oz WT	Potato Salad 4oz WT	Mixed Vegetable Salad 4oz WT	Greek Salad 4oz WT	Caeser Salad 4oz WT
Lunch		Bread (slice) / Marg. 1 ea	Dressing 1		Ketchup 1	Mustard (portion) 1	
	Fruit Drink 6 oz	Fruit Drink 6 oz	Ketchup (portion) 2	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz
		Seasonal Fresh Fruit 1	Fruit Drink 6 oz	Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1	
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Rotini (cooked) 6 oz	Vegetable Chilli 4 oz	Hot Veggieburger Sand. 3 oz 1	Curried Vegetable Ground & Chickpea Stew 5oz	Vegetarian Loaf 4 oz	Flavoured Tofu (3oz) and Veg Stir Fry 5 oz	Bean and Cheese Burrito 1
	Italian Sauce 4oz		Baked Potato (Lge) 6oz	Egg Noodles 6 oz	Oven Roast Potatoes 6 oz	Steamed Rice 6 oz	Tomato and Basil Sauce 2oz
	Marinated Veg. Salad 4oz WT	Mashed Potatoes 4 oz	Vegetable Gravy 2 oz		Vegetable Gravy 2oz	Lettuce/Tomato Salad 4oz WT	Boiled Potatoes 4oz
	Garlic Toast (slice) 1	Cauliflower 2.5oz	Peas and Corn Mix 5oz	Mixed Vegetables 2.5oz	Carrot Coins 2.5oz		Diced Carrot & Turnip 2.5oz
Dinner		Cabbage 2.5oz	Sour Cream 1/2oz	Broccoli Pieces 2.5oz	Green Beans 2.5oz	Soya Sauce (portion) 1	Peas 2.5oz
	Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1				Dressing 1
		Vanilla Ice Cream 3 oz		Caramel Pudding 3 oz	Canned Apple Sauce 4 oz	Vanilla Pudding 3 oz	Fruit Cocktail 3 oz
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Milk 8 oz	Milk 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Tea 8 oz	Tea 8 oz
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
						Sugar (portion) 1	Sugar (portion) 1

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BC CORRECTIONS FEMALE VEGETARIAN MENU (NOT VEGAN)

Revised May 2006

WEEK THREE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran WT 6 oz	Corn Flakes 1 cup	Cr. Of Wheat WT 6 oz	Raisin Bran 1 cup	Oatmeal Cooked with Bran WT 6 oz	Fried Eggs 1	Scrambled Eggs 2
	Toast, (slice) 2	Toast, (slice) 2	Brown Toast, (slice) 2	Toast, (slice) 2	Toast, (slice) 2	Grilled Marinated Tof 2oz	Grilled Marinated Tof 2oz
	Muffin (4oz) 1	Bran Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Hash Browns 3 oz	Pancakes (4") 1
	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Toast, (slice) 1	Toast, (slice) 1
	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Margarine (portion) 1	Jam (portion) 1
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1		Jam (portion) 1	Syrup 21 ml.
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Ketchup (portion) 1	Ketchup (portion) 1
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Milk 8 oz	Milk 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Coffee 8 oz	Coffee 8 oz
Beverage Break	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Sugar (portion) 1	Sugar (portion) 1
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Barley Soup 6 oz	Cream of Veg Soup 6 oz	Green Pea Soup 6 oz	Tomato & Rice Soup 6 oz	Lentil Soup 6 oz	Soup D'Jour 6 oz	Navy Bean Soup 6 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
			Egg & Cheese (Plate) 1				
	Vegetable & Tofu Pizza 5 oz	Hot Lentil Loaf Sandwich on Texas Bread 3 oz	Cabbage Salad 4oz WT	Veggie Burger/ Bun (Lettuce, Tomato, Onion) 3 oz	Sub. Sandwich (1) with Cheese (2oz), Lettuce, Tomato, Onion 3 oz	Hummus Salad Sandwich 1	Vegan Salami Sandwich 1
	Celery Sticks 4oz WT	Vegetable Gravy 2oz	Veggie Sticks 3oz	French Fries 4 oz			
Lunch		Mashed Potatoes 4 oz		Mustard/Ketchup (ptn) 1 ea	Coleslaw 4oz WT	Marinated Vegetable Salad 4oz WT	Greek Salad 4oz WT
				Cucumber & Pepper Salad 4oz WT			
		Cooked Carrots 4 oz	Fruit Drink 6 oz	Relish (portion) 1	Fruit Drink 6 oz	Fruit Drink 6 oz	Mustard (portion) 1
	Fruit Drink 6 oz			Fruit Drink 6 oz			
	Seasonal Fresh Fruit 1	Fruit Drink 6 oz	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Fruit Drink 6 oz
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Dinner	Vegetable Chili 6 oz	Lasagna 6 oz	Cabbage Rolls 2	Flavoured Tofu (3oz) /Pepper Stir Fry 5 oz	Tofu (3oz) & Vegetable Pot Pie 6 oz	Falafel Nuggets 4oz	Curried Vegetable Ground with Chickpeas 5oz
			Tomato Sauce 2oz	Steamed Rice 6 oz		Tomato Sauce 2 oz	
		Italian Mixed Veg 5 oz	Mashed Potato 6 oz	Broccoli Pieces 5 oz	Mashed Potatoes 4 oz	Boiled Potatoes 4 oz	Mashed Potatoes 4 oz
	Oven Roast Potatoes 4 oz		Kernel Corn 2.5 oz	Tossed Salad 3oz WT	Gravy 2 oz	Peas & Corn Mix 5 oz	
	Green Beans 5 oz	Garlic Toast (slice) 1	Peas 2.5oz	Soya Sauce (portion) 1	Boiled Cabbage 5 oz	Mustard portion 1	Carrot Coins 5 oz
				Dressing 1		White cake 3 oz	Canned Apple Sauce 4 oz
	Chocolate Pudding 4 oz	Canned Pineapple 3 oz	Spice Cake 3 oz	Ice Cream 3 oz	Oatmeal Raisin Cookie 3 oz		
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
Beverage Break	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

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BC CORRECTIONS FEMALE VEGETARIAN MENU (NOT VEGAN)

Revised May 2006

WEEK FOUR	BC CORRECTIONS FEMALE VEGETARIAN MENU (NOT VEGAN)										Revised May 2006			
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz
	Oatmeal Cooked with Bran	6 oz WT	Corn Flakes	1 cup	Cr. Of Wheat	6 oz WT	Raisin Bran	1 cup	Oatmeal Cooked with Bran	6 oz WT	Fried Eggs	1	Scrambled Eggs	2
	Toast, (slice)	2	Toast, (slice)	2	Brown Toast, (slice)	2	Toast, (slice)	2	Toast, (slice)	2	Grilled Marinated Tofu	2oz	Grilled Marinated Tofu	2oz
	Muffin (4oz)	1	Bran Muffin (4oz)	1	Muffin (4oz)	1	Muffin (4oz)	1	Muffin (4oz)	1	Hash Browns	3 oz	Pancakes (4")	1
	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Toast, (slice)	1	Toast, (slice)	1
	Jam (portion)	2	Jam (portion)	1	Jam (portion)	2	Jam (portion)	1	Jam (portion)	2	Toast, (slice)	1	Margarine (portion)	1
			Peanut Butter (ptn)	1			Peanut Butter (ptn)	1			Margarine (portion)	1	Jam (portion)	1
											Jam (portion)	1	Syrup	21 ml.
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Ketchup (portion)	1	Ketchup (portion)	1
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Milk	8 oz	Milk	8 oz
Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Coffee	8 oz	Coffee	8 oz	
Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Creamer (powdr)	1	Creamer (powdr)	1	
Brown Sugar (ptn)	1				Brown Sugar (ptn)	1			Brown Sugar (ptn)	1	Sugar (portion)	1	Sugar (portion)	1
Beverage Break	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Lunch	Barley Soup	6 oz	Cream of Veg Soup	6 oz	Green Pea Soup	6 oz	Tomato & Rice Soup	6 oz	Lentil Soup	6 oz	Soup D'Jour	6 oz	Navy Bean Soup	6 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
					Tofu & Hummus Sandwich	1	Flavoured Tofu 2 oz & Salad in a Pita	1	Cheese/Tofu Salad Sandwich	1				
	Vegan Salami & Cheese sandwich	1	Macaroni & Cheese Casserole	5 oz			Potato Salad	4oz WT	Cabbage Salad	4oz WT	Bean & Vegetable in a 10" Wrap	1	Vegan Salami Sandwich	1
					Veggie Sticks	3oz	Tossed Salad	3oz wt			Greek Salad	4oz WT	Potato Salad	4oz WT
	Coleslaw	4oz WT	Mixed Vegetable Salad	4oz WT			Dressing (portion)	1	Veggie Sticks	3oz	Mustard (portion)	1	Mustard (portion)	1
			Green Peas	4 oz			Bread/ Margarine	1 ea						
Fruit Drink	6 oz	Margarine (portion)	1	Fruit Drink	6 oz	Fruit Drink	6 oz	Fruit Drink	6 oz	Fruit Drink	6 oz	Fruit Drink	6 oz	
Seasonal Fresh Fruit	1	Fruit Drink	6 oz			Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	
Beverage Break	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Dinner	Vegetable Chickpea Stew	5 oz	Sauteed Flavoured Tofu	3 oz	Chili	5 oz	Vegetable Lasagna	5 oz	Flavoured Tofu	3oz	Tofu (3oz) & Veggie Pot Pie	5oz	Vegetable, Tofu & Potato Hash	5 oz
	Mashed Potatoes	4 oz	Mushroom Sauce	2oz	Oven Baked Potatoes	6 oz	Kernel Corn	2.5oz	Sweet & Sour Sauce	3oz	Mashed Potatoes	4	Scalloped Potatoes	4 oz
	Tea Biscuits (3oz)	1	Steamed Rice	6 oz	Diced Carrots	2.5oz	Peas	2.5oz	Rice (cooked)	6oz	Green Beans	2.5oz	Cauliflower	2.5oz
	Margarine (portion)	1	Kernel Corn	5 oz	Green Beans	2.5oz	Mixed Vegetable Salad	4oz WT	Oriental Mixed Veg	5oz	Carrot Coins	2.5oz	Brussel Sprouts	2.5oz
	Tomato & Cucumber Salad	4oz WT					Garlic Toast	1	Dressing	1	Chocolate Pudding	3 oz	Spice Cake	3 oz
	Lemon Pudding	3 oz	Canned Apple Sauce	4 oz	Canned Pineapple	3 oz	White Cake	3 oz	Ice Cream	3 oz	Fruit Drink	8 oz	Fruit Drink	8 oz
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1

BC CORRECTIONS FEMALE VEGETARIAN MENU (NOT VEGAN) SPECIFICATIONS

Revised April 2012

- 1 Liquids are by volume, solids are by weight except where specified.
- 2 All breakfast hot and cold cereals will be by volume. Oatmeal will consist of 75% oats and 25% edible bran by weight (3/4 bag oats:1/4 bag bran).
- 3 Fruit juice is pure from concentrate; 6 fluid oz. Fruit drink is from crystals or syrup; 8 fluid oz.
- 4 Milk will be 100% powdered skim milk made according to package directions and fortified with vitamins A and D.
- 5 Creamer for coffee will be non-dairy creamer.
- 6 Muffins 4 oz raw batter each; Cookies 3 oz raw batter each; Cake 4 oz raw batter each / 3 oz as served. Applesauce and canned fruit 4 oz weight; Pudding 3 oz weight.
- 7 All toast and "cooked" sandwiches will be made with white medium sliced bread unless otherwise specified.
- 8 Bread for "cold" (uncooked) sandwiches and for evening meal will be 60% wholewheat (thin sliced).
- 9 All sandwiches will contain 2 oz weight of filling: cheese, peanut butter, marinated tofu, egg, chickpea spread, hummus or any other vegetarian protein.
- 10 In sandwiches, each slice of bread is to be spread with margarine or salad dressing. All submarine buns will be 7 inch Beef Dip Bun (white); at least 2.5 oz weight.
- 11 Veggie "meat", marinated tofu, and/or cheese sandwiches and subs will contain 3 grams of shredded lettuce. Subs will contain 11 grams tomato (total lettuce + tomato=1/2 oz / 14 grams).
- 12 Sandwich fillings are to vary from meal to meal with no two consecutive days to have the same filling. Jam may be added to peanut butter sandwich but does not count as the protein filling.
- 13 Vegetable Sticks consist of a seasonal variety unless otherwise stated of 6 sticks 3" long (3/8 cup; 3 fluid oz.)
- 14 Tossed Salad 3 oz weight; Carrot & Raisin Salad 3 oz weight including dressing.
- 15 Grilled Marinated Tofu will be used as a substitute for bacon.
- 16 Vegetarian Pizza will contain 2oz of reconstituted Textured Vegetable Protein OR Tofu in lieu of meat.
- 17 All veggie weiners will be 8 to 1lb
- 18 Sloppy Joe will be made from "Hot Hucks" Veggie Burger Mix Product code: 308761 and include vegetables and seasonings according to recipe.
- 19 Soup is by volume (8 oz.) and will contain a minimum of 3oz cooked grains, beans, pasta or potatoes per portion, and can be made from leftovers.
- 20 Soup stock must be vegetable stock not meat stock. Cream soups will be non dairy, made with cornstarch or wheat.
- 21 All vegetables will be by cooked weights unless specified. Gravy or mushroom sauce: 1/4 cup = 2 fluid oz measured with 2 oz ladle.
- 22 Mashed Potato 1 cup=8 fluid oz; French Fries & Hash Browns 1/2 cup=4 fluid oz; Boiled & Oven Roast Potato 8 oz cooked weight; Rice 6 oz cooked weight; Noodles & Pasta 1 cup=8 fluid oz cooked.
- 23 Italian Sauce will consist of "Hot Hucks" product code # 308772 and contain tomato and seasonings according to recipe.
- 24 All Stir Fries, Pot Pies, Stews and Hashes etc will contain 3oz of marinated tofu or reconstituted Textured Vegetable Protein.
- 25 All tofu dishes will contain "Marinated" Tofu. Marinades can be Sweet and Sour, Barbecue, Teriyaki, Lime and Orange, Savoury, etc.
- 26 Hot Veggieburger or Garden Patty Sandwich will consist of 1 slice of Texas Bread (Canada Bread spec Texas Toast) with a 3oz cooked vegetarian burger patty. Vegetarian Burgers will be of the Garden Patty variety.
- 27 Vegetarian "Meat" Loaf will be made from "Hot Hucks" Veggie Burger Mix Product code: 308761 plus vegetables and seasonings according to recipe.
- 28 Curry will consist of "Hot Hucks" product code # 308786 and will contain 2oz of fresh diced vegetables.
- 29 Chili will consist of 3 oz of "Hot Hucks" product code # 308784 and will contain vegetables, red kidney beans and seasonings according to recipe.
- 30 Vegetarian Cabbage Rolls will be of the bought variety, code number 594465, and will be accompanied by a meatless Italian sauce containing 2oz of reconstituted textured vegetable protein or grated tofu.
- 31 Lasagna will contain 3oz of Italian sauce (Hot Hucks product code# 308772) with vegetables and 5 oz pasta per serving and be made according to recipe.
- 32 Bean and Cheese Burritos will be of the bought variety code # 534008.
- 33 One additional "pat" of vitamin D enhanced margarine (4.5 grams) will be added to this menu daily, from October 1 to March 31 of each year, as a supplementary source of vitamin D.
- 34 **Diabetic Snack** will consist of one half sandwich (as per sandwich specifications) three times per day and must rotate between cheese, peanut butter, marinated tofu, vegetarian "meat", hummus, and other variations.
- 35 **Bag Breakfast** will consist of 1 muffin, 2 slices of bread, cereal, 250ml carton of milk, 200ml Tetra Pak fruit juice, 2 jam, 2 peanut butter, sugar, spoon and 2 margarine.
- 36 **Bag (court) Lunches** will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 cookie (3 oz batter) and 1 piece fruit.
- 37 **Crew Lunches will consist of 8 oz soup (bulk), 4 crackers, 2 sandwiches*, 8 oz beverage and 1 piece fruit. Egg Salad and Tuna Salad Mix are NOT to be served in Crew Lunches.**
- * **Secure Moderate Activity Centres providing outside Crew Lunches will contain 3 sandwiches.**
- 38 **Pregnancy Snack Supplement** will consist of one orange per day and, when ordered by a Physician, one sandwich per day or food as medically required.
- 39 **Condiments will be as follows:**
Peanut Butter: 18 ml; Jam: 9 ml; Creamer Powder: 2 grams; White Sugar: 3.5 grams; Brown Sugar: 3.5 grams; Ketchup: 9 grams; Mustard: 7 grams;
Relish: 9 grams; All Dressings: 16 ml; Soya Sauce: 10 grams; Table Syrup: 21 ml; Margarine: 4.5 grams. The margarine used must be one that provides vitamin E

No Changes are to be made to this menu without authorization from the Corrections Contract Manager.

Unavoidable local substitutions must be reported to the local liaison warden.

BC CORRECTIONS FEMALE VEGAN MENU

Revised March 2006

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran WT 6 oz	Corn Flakes 1 cup	Cr. Of Wheat WT 6 oz	Raisin Bran 1 cup	Oatmeal Cooked with Bran WT 6 oz	Grilled Marinated 3 oz	Grilled Marinated Tofu 3oz
	Toast, (slice) 2	Toast, (slice) 2	Brown Toast, (slice) 2	Toast, (slice) 2	Toast, (slice) 2	Meatless patty 2 oz	Meatless patty 2 oz
	Vegan Muffin (4oz) 1	Bran Muffin (4oz) 1	Vegan Muffin (4oz) 1	Vegan Muffin (4oz) 1	Vegan Muffin (4oz) 1	Hash Browns 3 oz	Vegan Muffin (4oz) 1
	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Toast, (slice) 1	Toast, (slice) 1
	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Margarine (portion) 1	Margarine (portion) 1
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1		Jam (portion) 1	Jam (portion) 1
	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Ketchup (portion) 1	Ketchup (portion) 1
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Coffee 8 oz	Coffee 8 oz
Beverage Break	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Sugar (portion) 1	Sugar (portion) 1
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Tomato & Rice Soup 6 oz	Cream of Veg Soup 6 oz	Green Pea Soup 6 oz	Barley Soup 6 oz	Lentil Soup 6 oz	Soup D'Jour 6 oz	Navy Bean Soup 6 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Veggie Weiners 5ct 7" 1						
	Sauteed tofu 3 oz	Vegan Salami Sandwich 1	Sloppy Joes (as per Specs) 4 oz	Flavoured Tofu Salad Sandwich 1	Pizza Kaiser (3 oz marinated Tofu) 1	Hummus & Salad Sandwich 1	Vegan Salami Sandwich 1
		Marinated Veg Salad 4oz WT	Hamburger Bun 1	Tossed Salad 3oz WT	Cabbage Salad 4oz WT	Greek Salad, no cheese 4oz WT	Salad, no cheese 4oz WT
Lunch	Rice Salad 4oz WT	Ketchup 1	Green Salad with 1 x Dressing 3oz WT		Dressing (portion) 1		Mustard Portion 1
	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz
	Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Rotini (cooked) 6 oz	Marinated Tofu (3oz) Chow Mein 5 oz	Veggie Burger 3 oz	Falafel Nuggets 4 oz	Garden Burger 3 oz	Curried Vegetarian Ground 4oz	Lime Flavoured Tofu in Tomato Sauce 4oz
	Italian Sauce 4 oz	Vegetable Fried Rice 6 oz		Tomato Sauce 2oz	Vegetable Gravy 2 oz	Rotini noodles 6 oz	Steamed Rice 6 oz
	Tossed Salad 3oz WT	Broccoli Spears 5 oz	Vegetable Gravy 2 oz	French Fries 4 oz	Mashed Potatoes 4 oz	Mixed Vegetables 5 oz	Broccoli Pieces 5 oz
	Dressing (portion) 1	Soya Sauce (portion) 1	Boiled Potatoes 4 oz	Green Beans 5 oz	Carrot Coins 2.5oz		Soya Sauce (portion) 1
Dinner	Garlic Toast (slice) 1		Peas & Corn Mix 5oz	Ketchup (portion) 1	Cauliflower 2.5oz		
	Apple Sauce (canned) 4 oz	Canned Pineapple 4 oz	Canned fruit 4 oz	Fresh fruit 4 oz	Canned fruit 4 oz	Seasonal Fresh Fruit 1	Canned fruit 4 oz
	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

BC CORRECTIONS FEMALE VEGAN MENU

Revised March 2006

WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 6 oz WT	Corn Flakes 1 cup	Cream Of Wheat 6 oz WT	Raisin Bran 1 cup	Oatmeal Cooked with Bran 6 oz WT	Grilled Marinated 3 oz	Grilled Marinated Tofu 3oz
	Toast, (slice) 2	Toast, (slice) 2	Brown Toast, (slice) 2	Toast, (slice) 2	Toast, (slice) 2	Meatless patty 2 oz	Meatless patty 2 oz
	Vegan Muffin (4oz) 1	Bran Muffin (4oz) 1	Vegan Muffin (4oz) 1	Vegan Muffin (4oz) 1	Vegan Muffin (4oz) 1	Hash Browns 3 oz	Vegan Muffin (4oz) 1
	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Toast, (slice) 1	Toast, (slice) 1
	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Margarine (portion) 1	Margarine (portion) 1
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1		Jam (portion) 1	Jam (portion) 1
	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
Beverage Break	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Ketchup (portion) 1	
	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz
Lunch	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Barley Soup 6 oz	Cream of Veg Soup 6 oz	Green Pea Soup 6 oz	Tomato & Rice Soup 6 oz	Lentil Soup 6 oz	Soup D'Jour 6 oz	Navy Bean Soup 6 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Flavoured tofu & Salad Sandwich 1	Hummus & Tofu Salad (Plate) 3 oz	Veggie Weiner/ w Bun 1	Marinated/flavoured tofu sandwich 1	Hummus and salad sandwich 1	Vegan Salami Sandwich 1	Tofu & Salad Sandwich 1
		Pasta Salad 4oz WT	French Fries 3oz WT	Carrot Sticks 3oz	Mixed Vegetable Salad 4oz WT	Greek Salad 4oz WT	Caesar Salad 4oz WT
	Cucumber and Onion Salad 4oz WT		Dressing 1	Potato Salad 4oz WT	Ketchup 2		
		Bread (slice) / Marg. 1 ea	Mustard (portion) 1			Mustard (portion) 1	
	Fruit Drink 6 oz	Fruit Drink 6 oz	Ketchup (portion) 2	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz
		Seasonal Fresh Fruit 1	Fruit Drink 6 oz	Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1	
Beverage Break	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Dinner	Rotini (cooked) 6 oz	Vegetable Chilli 4 oz	Hot Veggieburger Sand.On Texas Bread 1	Curried Vegetable Ground & Chickpea Stew 5oz	Vegetarian Loaf 4 oz	Flavoured Tofu (3oz) and Veg Stir Fry 5 oz	Falafel Nuggets 4
	Italian Sauce 4oz		Baked Potato (Lge) 6oz	Pasta 6 oz	Oven Roast Potatoes 6 oz	Steamed Rice 6 oz	Tomato & Basil Sauce 2oz
	Marinated Veg. Salad 4oz WT	Mashed Potatoes 4 oz	Vegetable Gravy 2 oz		Vegetable Gravy 2oz	Lettuce/Tomato Salad 4oz WT	Boiled Potatoes 6oz
	Garlic Toast (slice) 1	Cauliflower 2.5oz		Mixed Vegetables 2.5oz	Carrot Coins 2.5oz		Diced Carrot & Turnip 2.5oz
		Cabbage 2.5oz	Peas and Corn Mix 5oz	Broccoli Pieces 2.5oz	Green Beans 2.5oz	Soya Sauce (portion) 1	Peas 2.5oz
	Seasonal Fresh Fruit 1	Canned fruit 4 oz	Seasonal Fresh Fruit 1	Canned fruit 4 oz	Canned Apple Sauce 4 oz	Fruit Drink 8 oz	Fruit Drink 8 oz
	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	Canned fruit 4 oz	Fruit Cocktail 4 oz
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Tea 8 oz	Tea 8 oz
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1

BC CORRECTIONS FEMALE VEGAN MENU

Revised March 2006

WEEK THREE	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz
	Oatmeal Cooked with Bran	6 oz WT	Corn Flakes	1 cup	Cr. Of Wheat	6 oz WT	Raisin Bran	1 cup	Oatmeal Cooked with Bran	6 oz WT	Grilled Marinated	3 oz	Grilled Marinated Tofu	3oz
	Toast, (slice)	2	Toast, (slice)	2	Brown Toast, (slice)	2	Toast, (slice)	2	Toast, (slice)	2	Meatless patty	2 oz	Meatless patty	2 oz
	Vegan Muffin (4oz)	1	Bran Muffin (4oz)	1	Vegan Muffin (4oz)	1	Vegan Muffin (4oz)	1	Vegan Muffin (4oz)	1	Hash Browns	3 oz	Vegan Muffin (4oz)	1
	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Toast, (slice)	1	Toast, (slice)	1
	Jam (portion)	2	Jam (portion)	1	Jam (portion)	2	Jam (portion)	1	Jam (portion)	2	Margarine (portion)	1	Margarine (portion)	1
			Peanut Butter (ptn)	1			Peanut Butter (ptn)	1			Jam (portion)	1	Jam (portion)	1
	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
	Brown Sugar (ptn)	1			Brown Sugar (ptn)	1			Brown Sugar (ptn)	1	Ketchup (portion)	1		
Beverage Break	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Lunch	Barley Soup	6 oz	Cream of Veg Soup	6 oz	Green Pea Soup	6 oz	Tomato & Rice Soup	6 oz	Lentil Soup	6 oz	Soup D'Jour	6 oz	Navy Bean Soup	6 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
	Vegetable & Tofu (3 oz)	5 oz	Hot Lentil Loaf Sandwich	3 oz	Hummus (2 oz) & marinated/ flavoured tofu (3 oz) plate	1	Veggie Burger (3 oz) , Bun (Lettuce, Tomato, Onion)	1	Sub. Sandwich (1) with Vegan Salami (2 oz)	1	Hummus Salad Sandwich*	1	Vegan Salami Sandwich*	1
	Pizza		on Texas Bread	1			French Fries	4 oz	Lettuce, Tomato & Onion					
									Pizza Kaiser (3 oz marinated Tofu)					
	Celery Sticks	4oz WT	Vegetable Gravy	2oz	Veggie Sticks	3oz	Mustard/Ketchup (ptn)	1 ea	Coleslaw	4oz WT	Marinated Vegetable Salad	4oz WT	Greek Salad	4oz WT
			Mashed Potatoes	4 oz	Cabbage Salad	4oz WT	Cucumber & Pepper Salad	4oz WT						
			Cooked Carrots	4 oz	Fruit Drink	6 oz	Relish (portion)	1	Fruit Drink	6 oz	Fruit Drink	6 oz	Mustard (portion)	1
	Fruit Drink	6 oz					Fruit Drink	6 oz						
	Seasonal Fresh Fruit	1	Fruit Drink	6 oz	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Fruit Drink	6 oz
Beverage Break	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Dinner	Vegetable Chili	6 oz	Lasagna	6 oz	Cabbage Rolls	2	Flavoured Tofu (3oz) /Pepper Stir Fry	5 oz	Tofu (3oz) & Vegetable Pot Pie	6 oz	Falafel Nuggets	4oz	Curried Vegetable Ground with Chickpeas	5oz
					Tomato Sauce	2oz	Steamed Rice	6 oz			Tomato Sauce	2 oz		
			Italian Mixed Veg	5 oz	Mashed Potato	4 oz	Broccoli Pieces	5 oz	Mashed Potatoes	4 oz	Boiled Potatoes	4 oz	Mashed Potatoes	4 oz
	Oven Roast Potatoes	4 oz	3 Bean Salad	4 oz	Kernel Corn	2.5 oz	Tossed Salad	3oz WT	Gravy	2 oz	Peas & Corn Mix	5 oz		
	Green Beans	5 oz	Garlic Toast (slice)	1	Peas	2.5oz	Soya Sauce (portion)	1	Boiled Cabbage	5 oz	Mustard portion	1	Carrot Coins	5 oz
	Canned fruit	4 oz	Canned Pineapple	4 oz	Canned fruit	4 oz	Canned fruit	4 oz	Canned fruit	4 oz	Canned fruit	4 oz	Canned Apple Sauce	4 oz
	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz
	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1

BC CORRECTIONS FEMALE VEGAN MENU

Revised March 2006

WEEK FOUR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 6 oz WT	Corn Flakes 1 cup	Cr. Of Wheat 6 oz WT	Raisin Bran 1 cup	Oatmeal Cooked with Bran 6 oz WT	Grilled Marinated 3 oz	Grilled Marinated Tofu 3oz
	Toast, (slice) 2	Toast, (slice) 2	Brown Toast, (slice) 2	Toast, (slice) 2	Toast, (slice) 2	Meatless patty 2 oz	Meatless patty 2 oz
	Vegan Muffin (4oz) 1	Bran Muffin (4oz) 1	Vegan Muffin (4oz) 1	Vegan Muffin (4oz) 1	Vegan Muffin (4oz) 1	Hash Browns 3 oz	Vegan Muffin (4oz) 1
	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Toast, (slice) 1	Toast, (slice) 1
	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Margarine (portion) 1	Margarine (portion) 1
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1		Jam (portion) 1	Jam (portion) 1
	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
Beverage Break	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Ketchup (portion) 1	
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Barley Soup 6 oz	Cream of Veg Soup 6 oz	Green Pea Soup 6 oz	Tomato & Rice Soup 6 oz	Lentil Soup 6 oz	Soup D'Jour 6 oz	Navy Bean Soup 6 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Vegan Salami Sandwich 1	Macaroni & Nondairy Alfredo & Tofu Casserole 5 oz	Tofu & Hummus Sandwich 1	Flavoured Tofu 2 oz & Salad in a Pita 1	Marinated/Flavoured Tofu Salad Sandwich 1		
			Pasta Salad 4oz WT	Potato Salad 4oz WT	Pizza Kaiser (3 oz marinated Tofu) 4oz WT	Bean & Vegetable in a 10" Wrap 1	Vegan Salami Sandwich 1
	Coleslaw 4oz WT	Mixed Vegetable Salad 4oz WT	Veggie Sticks 3oz	Tossed Salad 3oz WT		Greek Salad 4oz WT	Potato Salad with Italian dressing 4oz WT
Lunch		Green Peas 3 oz		Dressing (portion) 1		Mustard (portion) 1	Mustard (portion) 1
		Bread 1		Bread/ Margarine 1 ea			
	Fruit Drink 6 oz	Margarine (portion) 1	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz	Fruit Drink 6 oz
	Seasonal Fresh Fruit 1	Fruit Drink 6 oz	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Vegetable Chickpea Stew 5 oz	Sauteed Flavoured Tofu 3 oz	Chili 5 oz	Vegetable Lasagna 5 oz	Flavoured Tofu 3oz	Tofu (3oz) & Veggie Pot Pie 5oz	Vegetable, Tofu & Potato Hash 5 oz
	Mashed Potatoes 4 oz	Mushroom Saece 2oz	Oven Baked Potatoes 6 oz	Kernel Corn 2.5oz	Sweet & Sour Sauce 3oz	Mashed Potatoes 4	Scalloped Potatoes 4 oz
	Brown bread 2	Steamed Rice 4 oz	Diced Carrots 2.5oz	Peas 2.5oz	Rice (cooked) 6oz	Green Beans 2.5oz	Cauliflower 2.5oz
Dinner	Margarine (portion) 1		Green Beans 2.5oz	Mixed Vegetable Salad 4oz WT	Oriental Mixed Veg 5oz	Carrot Coins 2.5oz	Brussel Sprouts 2.5oz
	Peanut butter 1	Kernel Corn 5 oz		Garlic Toast 1		Fruit Drink 8 oz	Fruit Drink 8 oz
	Tomato & Cucumber Salad 4oz WT						
	Canned fruit 4 oz	Canned Apple Sauce 4 oz	Canned Pineapple 3 oz	Canned fruit 4 oz	Canned fruit 4 oz	Canned fruit 4 oz	Canned fruit 4 oz
	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

BC CORRECTIONS FEMALE VEGAN MENU SPECIFICATIONS

Revised April 2012

All other specs for ACCW menus apply unless specifically stated in the Vegan Specs. A vegan diet contains no eggs; A vegan diet contains no eggs, dairy products, gelatin, honey, and no other animal products.

- 1 Liquids are by volume, solids are by weight except where specified.
- 2 All breakfast hot and cold cereals will be by volume. Oatmeal will consist of 75% oats and 25% edible bran by weight (3/4 bag oats: 1/4 bag bran).
- 3 Fruit juice is pure from concentrate; 6 fluid oz. Fruit drink is from crystals or syrup; 8 fluid oz.
- 4 Soymilk will be fortified with calcium, vitamins D and B12; it can be So Good or another brand. Creamer for coffee will be non-dairy creamer.
- 5 When other inmates are given cake or cookies, vegan inmates may be given 4 oz canned fruit such as plums, peaches, pears, pineapple or applesauce or a vegan muffin or other vegan baked items without eggs or dairy products.
- 6 Muffins (4 oz raw batter each) must be vegan, such as bran muffin from mix or Quaker oatmeal muffin from mix, and be made without egg or dairy. Applesauce and canned fruit 4 oz weight;
- 7 All toast and "cooked" sandwiches will be made with white medium sliced bread unless otherwise specified.
- 8 Bread for "cold" (uncooked) sandwiches and for evening meal will be 60% wholewheat (thin sliced).
- 9 All sandwiches contain 2oz of (individually or in combination): peanut butter, marinated or flavoured tofu, chickpea spread, hummus, vegan "meats" or any other vegan protein (no animal products).
- 10 In sandwiches, each slice of bread is to be spread with margarine or mustard. All submarine buns will be 7 inch Beef Dip Bun (white); at least 2.5 oz weight.
- 11 Veggie "meat" or marinated tofu, sandwiches and subs will contain 3 grams of shredded lettuce. Subs will contain 11 grams tomato (total lettuce + tomato = 1/2 oz / 14 grams).
- 12 Sandwich fillings are to vary from meal to meal with no two consecutive days to have the same filling. Jam may be added to peanut butter sandwich but does not count as the protein filling.
- 13 Vegetable Sticks consist of a seasonal variety unless otherwise stated of 6 sticks 3" long (3/8 cup; 3 fluid oz.)
- 14 Tossed Salad 3 oz weight; Carrot & Raisin Salad 3 oz weight including vegan dressing. Dressings are nondairy. No mayo in coleslaw or potato salad.
- 15 Grilled marinated tofu will be used as a substitute for bacon; marinated or flavoured tofu will be used as a substitute for eggs.
- 16 Vegetarian Pizza will contain 2oz of reconstituted Textured Vegetable Protein OR Tofu in lieu of meat, and no cheese.
- 17 All veggie weiners will be 8 to 1Lb Pizza Kaiser (3 oz marinated Tofu)
- 18 Sloppy Joe will be made from "Hot Hucks" Veggie Burger Mix Product code: 308761 and include vegetables and seasonings according to recipe.
- 19 Soup is by volume (6 oz.) and will contain a minimum of 3oz cooked grains, beans, pasta or potatoes per portion, and can be made from leftovers.
- 20 Soup stock must be vegetable stock not meat stock. Cream soups will be non dairy, made with cornstarch or wheat.
- 21 All vegetables will be by cooked weights unless specified. Gravy or mushroom sauce: 1/4 cup = 2 fluid oz measured with 2 oz ladle. Noodles are eggless (rotini).
- 22 Mashed Potato 4 or 6 fl.oz; French Fries 1/2 cup=4 fl.oz; Hash Browns 3 fl.oz; Boiled, Baked, Oven Roast Potato 4 or 6 oz cooked wt; Rice 6 oz cooked wt; Noodles & Pasta 6 fl.oz cooked.
- 23 Italian Sauce will consist of "Hot Hucks" product code # 308772 and contain tomato and seasonings according to recipe. Lentil Loaf will contain 2oz of red or green lentils
- 24 All Stir Fries, Pot Pies, Stews and Hashes etc will contain 3oz of marinated tofu or reconstituted Textured Vegetable Protein. Tofu Chow Mien, stir fries, Tofu Pot Pie will contain 3oz marinated tofu per serving plus vegetables.
- 25 All tofu dishes will contain "Marinated" Tofu. Marinades can be Sweet and Sour, Barbecue, Teriyaki, Lime and Orange, Savoury, etc.
- 26 Hot Veggieburger or Garden Patty Sandwich will consist of 1 x slice of Texas Bread (Canada Bread spec Texas Toast) with a 3oz cooked vegetarian burger patty. Vegetarian Burgers will be of the Garden Patty variety.
- 27 Vegetarian "Meat" Loaf will be made from "Hot Hucks" Veggie Burger Mix Product code: 308761 plus vegetables and seasonings according to recipe.
- 28 Curry will consist of "Hot Hucks" product code # 308786 and will contain 2oz of fresh diced vegetables. Curried Chickpeas will contain 3oz of chickpeas
- 29 Chili will consist of 3 oz of "Hot Hucks" product code # 308784 and will contain vegetables, red kidney beans and seasonings according to recipe. Vegetable and Chickpea Stew will contain 3oz of chick peas
- 30 Vegetarian Cabbage Rolls will be of the bought variety, code number 594465, and will be accompanied by a meatless Italian sauce containing 2oz of reconstituted textured vegetable protein or grated tofu.
- 31 Lasagna will contain 3oz of Italian sauce (Hot Hucks product code# 308772) with vegetables and 5 oz pasta per serving and be made according to recipe.
- 32 Bean and Cheese Burrito's will be replaced by Falafels.
- 33 **Diabetic Snack** will consist of one half sandwich (as per sandwich specifications) three times per day and must rotate between peanut butter, marinated tofu, vegetarian "meat", hummus, and other vegan variations.
- 34 **Bag Breakfast** will consist of 1 muffin, 2 slices of bread, cereal, 250ml carton of SoGood milk orig, 200ml Tetra Pak fruit juice, 2 jam, 2 peanut butter, sugar, spoon and 2 margarine.
- 35 **Bag (court) Lunches** will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 muffin or cookie and 1 piece fruit.
- 36 **Crew Lunches** will consist of 8 oz soup (bulk), 4 crackers, 2 sandwiches*, 8 oz beverage and 1 piece fruit.
- 37 * **Secure Moderate Activity Centres providing outside Crew Lunches** will contain 3 sandwiches. **Egg Salad and Tuna Salad Mix are NOT to be served in Crew Lunches.**
- 38 **Pregnancy Snack Supplement** will consist of one orange per day and, when ordered by a Physician, one sandwich per day or food as medically required.
- 39 **Condiments will be as follows:**
 Peanut Butter: 18 ml; Jam: 9 ml; Creamer Powder: 2 grams; White Sugar: 3.5 grams; Brown Sugar: 3.5 grams; Ketchup: 9 grams; Mustard: 7 grams;
 Relish: 9 grams; All Dressings: 16 ml; Soya Sauce: 10 grams; Margarine: 4.5 grams. The margarine used must be one that provides vitamin E

No Changes are to be made to this menu without authorization from the Corrections Contract Manager.

Unavoidable local substitutions must be reported to the local liaison warden.

BC CORRECTIONS MALE MODERATE ACTIVITY MENU

Revised June 2006

WEEK ONE	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz
	Oatmeal Cooked with Bran	1 cup	Corn Flakes	1 cup	Cr. Of Wheat	1 cup	Raisin Bran	1 cup	Oatmeal Cooked with Bran	1 cup	Fried Eggs	2	Scrambled Eggs	2
	Toast, (slice)	3	Toast, (slice)	3	Brown Toast, (slice)	3	Toast, (slice)	3	Toast, (slice)	3	Bacon (strip)	2	Breakfast Sausages	2
	Muffin (4oz)	1	Bran Muffin (4oz)	1	Muffin (4oz)	1	Muffin (4oz)	1	Muffin (4oz)	1	Hash Browns	5 oz	Pancakes (4")	2
	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3			Toast, (slice)	2
	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Toast, (slice)	2	Margarine (portion)	2
	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Margarine (portion)	2	Jam (portion)	1
											Jam (portion)	1	Ketchup (portion)	2
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Ketchup (portion)	2	Syrup	42 ml.
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Milk	8 oz	Milk	8 oz
Beverage Break	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Coffee	8 oz	Coffee	8 oz
	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Brown Sugar (ptn)	1			Brown Sugar (ptn)	1			Brown Sugar (ptn)	1	Sugar (portion)	1	Sugar (portion)	1
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Lunch	Tomato & Rice Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Barley Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
	2oz Beef Sausage	2	Grilled Ham & Cheese Sandwich	1.5	Sloppy Joes (as per Specs)	6 oz	Chicken Salad Sandwich	1.5	Pizza Submarine (1.5 oz each Meat & Cheese)	1	Tuna Salad Sandwich (as per Specs)	1	Chicken Bologna Sandwich (as per specs)	1
	Pirogies (1oz)	4 ea	Ketchup pkg	1			Tossed Salad	3oz WT						
	Sour Cream	1/2 oz	Carrot Sticks	6x3"	Hamburger Bun	1	Dressing (portion)	1	Cabbage Salad	3 oz Wt			Mustard Portion	1
	Veggie Sticks	6x3"			Veggie Sticks	6x3"			Dressing (portion)	1			Fruit Drink	8 oz
	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz
	Seasonal Fresh Fruit	1			Seasonal Fresh Fruit	1			Seasonal Fresh Fruit	1			Seasonal Fresh Fruit	1
Beverage Break	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Dinner	Rotini (cooked)	8 oz	Beef Chow Mein	6 oz	Salisbury Steak	3 oz	Baked Fish	3 oz	Veal Cutlet	3 oz	Meat Balls in BBQ Sauce	3oz 1 oz	Roast Chicken 1/4	1
	Italian Sauce	6 oz			Gravy	2 oz	French Fries	8 oz	Gravy	2 oz	Egg Noodles	8 oz	Steamed Rice	6 oz
	Tossed Salad	3oz WT	Vegetable Fried Rice	6 oz	Boiled Potatoes	8 oz	Green Beans	5 oz	Mashed Potatoes	8 oz	Mixed Vegetables	5 oz	Broccoli Pieces	5 oz
	Dressing (portion)	1	Broccoli pieces	5 oz	Peas	2.5oz	Coleslaw	3oz WT	Carrot Coins	2.5oz			Coleslaw	3 oz WT
	Garlic Toast (slice)	3			Kernel Corn	2.5oz	Ketchup (portion)	1	Cauliflower	2.5oz	Bread (slice)	3	Soya Sauce (portion)	1
			Soya Sauce (portion)	1	Bread (slice)	3	Tea Biscuit (3oz)	1	Bread (slice)	3	Margarine (portion)	3	Bread/ Margarine	3 ea
	Apple Sauce (canned)	4 oz	Bread/ Margarine	3 ea	Margarine (portion)	3	Margarine (portion)	1	Margarine (portion)	3	Seasonal Fresh Fruit	1	Marble Cake	3 oz
			Canned Pineapple	4 oz	Chocolate Pudding	3 oz	Choc. Chip Cookie	3 oz	Caramel Pudding	3 oz	Fruit Drink	8oz	Fruit Drink	8oz
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
Dinner	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1

BC CORRECTIONS MALE MODERATE ACTIVITY MENU

Revised June 2006

WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 1 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with Bran 1 cup	Fried Eggs 2	Scrambled Eggs 2
	Toast, (slice) 3	Toast, (slice) 3	Brown Toast, (slice) 3	Toast, (slice) 3	Toast, (slice) 3	Bacon (strip) 2	Breakfast Sausages 2
	Muffin (4oz) 1	Bran Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Hash Browns 5 oz	Pancakes (4") 2
	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3		Toast, (slice) 2
	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Toast, (slice) 2	Margarine (portion) 2
	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Margarine (portion) 2	Jam (portion) 1
						Jam (portion) 1	Ketchup (portion) 2
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Ketchup (portion) 2	Syrup 42 ml.
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Milk 8 oz	Milk 8 oz
Beverage Break	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Coffee 8 oz	Coffee 8 oz
	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Sugar (portion) 1	Sugar (portion) 1
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Barley Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Tomato & Rice Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Roast Beef Sandwich 1.5	Turkey Salad (Plate) 3 oz	Chicken Hot Dogs/ w Buns 2	Egg Salad Sandwich 1.5	Grilled Cheese Sandwich. 1.5	Bavarian Meat Loaf Sandwich (as per Specs) 1	Ham Sandwich (as per Specs) 1
	Mustard (portion) 1	Pasta Salad 4 oz	French Fries 4 oz	Carrot Sticks 6x3"	French Fries 4 oz	Mustard (portion) 1	Mustard (portion) 1
Lunch	Coleslaw 3 oz	Veggie Sticks 6x3"	Mustard (portion) 2		Ketchup 2	Fruit Drink 8 oz	Fruit Drink 8 oz
	Fruit Drink 8 oz	Bread (slice) / Marg. 2 ea	Ketchup (portion) 2			Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1
		Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz		
		Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1		
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Rotini (cooked) 8 oz	Roast Chicken 1/4 1	Hot Hamburger Sand. 3 oz	Baked Fish 3 oz	Meat Loaf 5 oz	Chicken & Veg. Stir 6 oz	Veal Cutlet/ 2oz gravy 3 oz
	Italian Sauce 6 oz	Mashed Potatoes 8 oz	on Texas Bread 1			Steamed Rice 6 oz	Boiled Potatoes 8oz
	Marinated Veg. Salad 3oz WT	Cauliflower 2.5oz	Baked Potato (lge) 8oz	Boston Brown Potato 8 oz	Oven Roast Potatoes 8 oz	Lettuce/Tomato Salad WT	Diced Carrot & Turnip 2.5oz
Dinner		Cabbage 2.5oz	Gravy 2 oz	Kernel Corn 2.5oz	Gravy 2oz	Dressing (portion) 1	Peas 2.5oz
	Garlic Toast (slice) 3	Bread (slice) 3	Kernel Corn 2.5oz	Peas 2.5oz	Carrot Coins 2.5oz	Soya Sauce (portion) 1	Bread (slice) 3
	Seasonal Fresh Fruit 1	Margarine (portion) 3	Peas 2.5oz		Green Beans 2.5oz	Bread/ Margarine 3 ea	Margarine (portion) 3
	Milk 8 oz	Bread (slice) 3	Sour Cream 1/2 oz	Bread (slice) 3	Bread (slice) 3	Vanilla Pudding 3 oz	Fruited Jell-O 3 oz
	Tea 8 oz	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Fruit Drink 8oz	Fruit Drink 8oz
	Creamer (pwdr) 1	Vanilla Ice Cream 3 oz	Margarine (portion) 3	White Cake 3 oz	Canned Apple Sauce 4 oz	Milk 8 oz	Milk 8 oz
	Sugar (portion) 1	Milk 8 oz	Seasonal Fresh Fruit 1	Milk 8 oz	Milk 8 oz	Tea 8 oz	Tea 8 oz
		Tea 8 oz	Milk 8 oz	Tea 8 oz	Tea 8 oz	Creamer (pwdr) 1	Creamer (pwdr) 1
		Creamer (pwdr) 1	Tea 8 oz	Creamer (pwdr) 1	Creamer (pwdr) 1		
		Sugar (portion) 1	Creamer (pwdr) 1	Sugar (portion) 1	Sugar (portion) 1		

BC CORRECTIONS MALE MODERATE ACTIVITY MENU

Revised June 2006

WEEK THREE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 1 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with Bran 1 cup	Fried Eggs 2	Scrambled Eggs 2
	Toast, (slice) 3	Toast, (slice) 3	Brown Toast, (slice) 3	Toast, (slice) 3	Toast, (slice) 3	Bacon (strip) 2	Breakfast Sausages 2
	Muffin (4oz) 1	Bran Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Hash Browns 5 oz	Pancakes (4") 2
	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3		Toast, (slice) 2
	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Toast, (slice) 2	Margarine (portion) 2
	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Margarine (portion) 2	Jam (portion) 1
						Jam (portion) 1	Ketchup (portion) 2
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Ketchup (portion) 2	Syrup 42 ml.
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Milk 8 oz	Milk 8 oz
Beverage Break	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Coffee 8 oz	Coffee 8 oz
	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Sugar (portion) 1	Sugar (portion) 1
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Lunch	Tomato & Rice Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Barley Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Pizza -one Meat (1.5 oz), one Vegetable (1 oz) & one cheese (1.5 oz).	Hot Beef Sandwich on Texas Bread 3 oz	Egg & Cheese (Plate) 1	Hamburger & Bun with lettuce tomato 3 oz	Sub. Sandwich (1) with cold cuts & cheese (3oz) served with lettuce & tomato 3 oz		
		Gravy 2 oz	Potato Salad 4 oz	French Fries 4 oz		Tuna Salad Sandwich (as per Specs) 1	Chicken Bologna Sandwich (as per Specs) 1
	Celery Sticks 6x3"	Mashed Potatoes 4 oz	Bread (slice) 2	Mustard/Ketchup (ptn) 1 ea	Coleslaw 3 oz		
		Cooked Carrots 4 oz	Margarine (portion) 2		Mustard (portion) 1		Mustard (portion) 1
	Fruit Drink 8 oz	Bread/ Margarine 1 ea	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz
	Seasonal Fresh Fruit 1	Fruit Drink 8 oz	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	
Beverage Break	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Dinner	Southern Baked 1/4 Chicken 1	Lasagna 8 oz	Baked Fish 3 oz	Beef/Pepper Stir Fry 6 oz	French Meat Pie 6 oz	Beef Sausages 4 oz	Roast Turkey 3 oz
	Oven Roast Potatoes 8 oz	Italian Mixed Veg 5 oz	Mashed Potato 8 oz	Steamed Rice 6 oz	Mashed Potatoes 8 oz	Boiled Potatoes 8 oz	Sage Dressing 2 oz
	Green Beans 5 oz	Garlic Toast (slice) 3	Kernel Corn 2.5 oz	Broccoli Pieces 5 oz	Gravy 2 oz	Peas & Corn Mix 5 oz	Mashed Potatoes 8 oz
	Raisin Coleslaw 3 oz		Peas 2.5oz	Tossed Salad 3 oz	Boiled Cabbage 5 oz	Mustard (portion) 1	Gravy 2 oz
	Bread (slice) 3		Bread (slice) 3	Dressing (portion) 1		Bread (slice) 3	Carrot Coins 5 oz
	Margarine (portion) 3		Margarine (portion) 3	Soya Sauce (portion) 1	Bread (slice) 3	Margarine (portion) 3	Bread/ Margarine 3 ea
	Chocolate Pudding 4 oz	Canned Pineapple 3 oz	Spice Cake 3 oz	Bread / Margarine 3 ea	Margarine (portion) 3	White cake 3 oz	Canned Apple Sauce 4 oz
	Milk 8 oz		Milk 8 oz	Ice Cream 3 oz	O'meal Raisin Cookie 3 oz	Fruit Drink 8oz	Fruit Drink 8oz
	Tea 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz
	Creamer (pwdr) 1	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
Beverage Break	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
		Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

BC CORRECTIONS MALE MODERATE ACTIVITY MENU

Revised June 2006

WEEK FOUR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 1 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with Bran 1 cup	Fried Eggs 2	Scrambled Eggs 2
	Toast, (slice) 3	Toast, (slice) 3	Brown Toast (slice) 3	Toast, (slice) 3	Toast, (slice) 3	Bacon (strip) 2	Breakfast Sausages 2
	Muffin (4oz) 1	Bran Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Hash Browns 5 oz	Pancakes (4") 2
	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Toast, (slice) 2	Toast, (slice) 2
	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Margarine (ptn) 2	Margarine (portion) 2
	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Jam (ptn) 1	Jam (portion) 1
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Ketchup (ptn) 2	Ketchup (portion) 2
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Milk 8 oz	Syrup 42 ml.
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Coffee 8 oz	Milk 8 oz
Beverage Break	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Creamer (pwdr) 1	Coffee 8 oz
	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Sugar (portion) 1	Creamer (pwdr) 1
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Creamer (pwdr) 1
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Barley Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Tomato & Rice Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Salami & Cheese sandwich 1.5	Macaroni & Cheese Casserole 6 oz	Cold Turkey Sand. 1.5	Cold Meat Plate 3 oz	Tuna Salad Sand. 1.5	Turkey Loaf Sandwich (as per Specs) 4	
	Coleslaw 3 oz	Green Peas 4 oz	Pasta Salad 4 oz	Potato Salad 4 oz	Cabbage Salad 3 oz	Mustard (portion) 1	Salami Sandwich 1
	Fruit Drink 8 oz	Bread slice 2	Veggie Sticks 6x3"	Tossed Salad 3 oz	Veggie Sticks 6x3"		Mustard (portion) 1
Lunch	Seasonal Fresh Fruit 1	Margarine portion 2	Fruit Drink 8 oz	Dressing (portion) 1	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz
	Tea 8 oz	Fruit Drink 8 oz	Tea 8 oz	Veggie Sticks 6x3"	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1		Creamer (pwdr) 1	Bread/ Margarine 2 ea	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1		Sugar (portion) 1	Fruit Drink 8 oz	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Beef Stew (3 oz Meat) 6 oz	Veal Cutlets 3 oz	Chili 6 oz	Chicken Cacciatore with 2oz sauce 1/4	Meatballs 3oz	Oven Baked Chicken 1/4	Salisbury Steak 3 oz
	Mashed Potatoes 8 oz	Mushroom Sauce 2 oz	Oven Baked Potatoes 8 oz	Egg Noodles 8 oz	Sweet & Sour Sauce 3oz	Mashed Potatoes 8oz	Scalloped Potatoes 8 oz
	Tea Biscuits (3oz) 2	Steamed Rice 6 oz	Diced Carrots 2.5oz	Mixed Vegetables 2.5oz	Rice (cooked) 6oz	Green Beans 2.5oz	Cauliflower 2.5oz
	Margarine (portion) 2	Kernel Corn 5 oz	Green Beans 2.5oz	Broccoli Pieces 2.5oz	Oriental Mixed Veg 5 oz	Carrot Coins 2.5oz	Brussel Sprouts 2.5oz
	Lemon Pudding 3 oz	Carrot Raisin Salad 3 oz	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3
	Milk 8 oz	Bread/ Margarine 3 ea	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3
Dinner	Tea 8 oz	Canned Apple Sauce 4 oz	Canned Pineapple 3 oz	Caramel Pudding 3 oz	Ice Cream 3 oz	Chocolate Pudding 3 oz	Spice Cake 3 oz
	Creamer (pwdr) 1	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Fruit Drink 8oz	Fruit Drink 8oz
	Sugar (portion) 1	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Milk 8 oz	Milk 8 oz
	Beef Stew (3 oz Meat) 6 oz	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Tea 8 oz	Tea 8 oz
	Mashed Potatoes 8 oz	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Tea Biscuits (3oz) 2					Sugar (portion) 1	Sugar (portion) 1
	Margarine (portion) 2						
	Lemon Pudding 3 oz						
	Milk 8 oz						
	Tea 8 oz						

BC CORRECTIONS MALE MODERATE ACTIVITY MENU SPECIFICATIONS

Revised May 2006

- 1 Liquids are by volume, solids are by weight except where specified.
- 2 All breakfast hot and cold cereals will be by volume. Oatmeal will consist of 75% oats and 25% edible bran by weight (3/4 bag oats:1/4 bag bran).
- 3 Fruit juice is pure from concentrate; 6 fluid oz. Fruit drink is from crystals or syrup; 8 fluid oz.
- 4 Milk will be 100% powdered skim milk made according to package directions and fortified with vitamins A and D.
- 5 Creamer for coffee will be non-dairy creamer.
- 6 Muffins 4 oz raw batter each; Cookies 3 oz raw batter each; Cake 4 oz raw batter each / 3 oz as served. Applesauce and canned fruit 4 oz weight; Pudding 3 oz weight.
- 7 All toast and "cooked" sandwiches will be made with white medium sliced bread unless otherwise specified.
- 8 Bread for "cold" (uncooked) sandwiches and for evening meal will be 60% wholewheat (thin sliced).
- 9 All sandwiches will contain 2 oz weight of filling: ham, salami, turkey, bologna, chicken loaf, Bavarian meat loaf, cheese, peanut butter, sliced meats from leftovers, egg or tuna salad (2 oz egg or tuna).
- 10 In sandwiches, each slice of bread is to be spread with margarine or salad dressing. All submarine buns will be 7 inch Beef Dip Bun (white); at least 2.5 oz weight.
- 11 Meat and/or cheese sandwiches and subs will contain 3 grams of shredded lettuce. Subs will contain 11 grams tomato (total lettuce + tomato=1/2 oz / 14 grams).
- 12 Sandwich fillings are to vary from meal to meal with no two consecutive days to have the same filling. Jam may be added to peanut butter sandwich but does not count as the protein filling.
- 13 Vegetable Sticks consist of a seasonal variety unless otherwise stated of 6 sticks 3" long (3/8 cup; 3 fluid oz.)
- 14 Tossed Salad 3 oz weight; Carrot & Raisin Salad 3 oz weight including dressing.
- 15 Chicken Salad Plate will contain 3 oz of diced chicken white and dark; Turkey Salad Plate 3 oz of diced turkey; Egg & Cheese Plate will have 1-1/2 eggs and 1-1/2 oz of cheese.
- 16 Pizza will contain 1.5 oz meat, 1 oz of vegetable and 1.5 oz of cheese per serving.
- 17 All weiners will be chicken 8 to 1 kg unless otherwise stated.
- 18 Sloppy Joe will be made from "Hot Hucks" Veggie Burger Mix Product code: 308761 and include vegetables and seasonings according to recipe.
- 19 Soup is by volume (8 oz.) and will contain a minimum of 3oz cooked grains, beans, pasta or potatoes per portion, and can be made from leftovers.
- 20 Soup stock must be vegetable stock not meat stock. Cream soups will be non dairy, made with corn starch or wheat.
- 21 All meats and vegetables will be by cooked weights unless specified. Gravy or mushroom sauce: 1/4 cup = 2 fluid oz measured with 2 oz ladle.
- 22 Mashed Potato 1 cup=8 fluid oz; French Fries & Hash Browns 1/2 cup=4 fluid oz; Boiled & Oven Roast Potato 8 oz cooked weight; Rice 6 oz cooked weight; Noodles & Pasta 1 cup=8 fluid oz cooked.
- 23 Italian Sauce will consist of "Hot Hucks" product code # 308772 and contain tomato and seasonings according to recipe.
- 24 Beef Chow Mien will contain 3 oz of meat and 3 oz of vegetables plus noodles per serving.
- 25 All 1/4 chicken servings will be chicken leg & thigh 8-10 oz. (Edible portion will be at least 3 oz meat.)
- 26 Hot Hamburger Sandwich will consist of 1 x slice of Texas Bread (Canada Bread spec Texas Toast) with a 3oz cooked burger pattie/roast beef.
- 27 Meat Loaf will contain 1-1/2 oz meat and 1-1/2 oz beef flavored rehydrated TVP or 3 oz beef.
- 28 French Meat Pie will contain 1-1/2oz meat and 1-1/2 oz beef flavored rehydrated TVP or 3oz. beef, 3-1/2oz of vegetables and 1-1/2 oz of pastry.
- 29 Chili will consist of 3 oz of "Hot Hucks" product code # 308784 and will contain vegetables, red kidney beans and seasonings according to recipe.
- 30 Meat/Vegetable Stir Fry will contain 3oz of meat per serving.
- 31 Lasagna will contain 3oz of Italian sauce (Hot Hucks product code# 308772) with vegetables and 5 oz pasta per serving and be made according to recipe.
- 32 Apart from tuna in sandwiches, the only fish permitted to be served on the menu will be 3 oz Baked Fish (battered pollock).
- 33 **Diabetic Snack** will consist of one half sandwich (as per sandwich specifications) three times per day and must rotate between cheese, peanut butter, meat and other variations.
- 34 **Bag Breakfast** will consist of 1 muffin, 2 slices of bread, cereal, 250ml carton of milk, 200ml Tetra Pak fruit juice, 2 jam, 2 peanut butter, sugar, spoon and 2 margarine.
- 35 **Bag (conrt) Lunches** will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 cookie (3 oz batter) and 1 piece fruit.
- 36 **Crew Lunches** will consist of 8 oz soup (bulk), 4 crackers, 2 sandwiches*, 8 oz beverage and 1 piece fruit. Egg Salad and Tuna Salad Mix are NOT to be served in Crew Lunches.
- 37 *** Secure Moderate Activity Centres providing outside Crew Lunches will contain 3 sandwiches.**
- 38 **Condiments will be as follows:**

Peanut Butter: 18 ml; Jam: 9 ml; Creamer Powder: 2 grams; White Sugar: 3.5 grams; Brown Sugar: 3.5 grams; Ketchup: 9 grams; Mustard: 7 grams;
Relish: 9 grams; All Dressings: 16 ml; Soya Sauce: 10 grams; Table Syrup: 42 ml; Margarine: 4.5 grams. The margarine used must be one that provides vitamin E

No Changes are to be made to this menu without authorization from the Corrections Contract Manager.

Unavoidable local substitutions must be reported to the local liason warden.

BC CORRECTIONS MALE MODERATE ACTIVITY VEGETARIAN MENU (NOT VEGAN)

Revised June 2006

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 1 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with Bran 1 cup	Fried Eggs 2	Scrambled Eggs 2
	Toast, (slice) 3	Toast, (slice) 3	Brown Toast, (slice) 3	Toast, (slice) 3	Toast, (slice) 3	Grilled Marinated Tofu 2oz	Vegetable "Sausage" Patty 2oz
	Muffin (4oz) 1	Bran Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Hash Browns 5 oz	Pancakes (4") 2
	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Toast, (slice) 2	Toast, (slice) 2
	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Margarine (portion) 2	Margarine (portion) 2
	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Jam (portion) 1	Jam (portion) 1
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Ketchup (portion) 2	Syrup 42 ml
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Milk 8 oz	Ketchup (portion) 2
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Coffee 8 oz	Milk 8 oz
Beverage Break	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Creamer (pwdr) 1	Coffee 8 oz
	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Sugar (portion) 1	Creamer (pwdr) 1
							Sugar (portion) 1
Lunch	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Tomato & Rice Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Barley Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Veggie Weiners 5 ct 7" 2						
	Pirogies (1oz) 4 ea.	Grilled Cheese & Vegan Salami Sandwich 1.5	Sloppy Joes (as per Specs) 6 oz	Flavoured Tofu Salad Sandwich 1.5	Pizza Submarine (1.5 oz each of marinated or flavoured tofu & cheese) 1	Hummus & Salad Sandwich 1	Vegan Salami Sandwich 1
	Sour Cream 1/2 oz	Ketchup pkg 1	Hamburger Bun 1	Tossed Salad 3oz WT	Cabbage Salad 3oz WT		
	Veggie Sticks 6x3"	Carrot Sticks 6x3"	Veggie Sticks 6x3"	Dressing (portion) 1	Dressing (portion) 1		Mustard Portion 1
	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz
Beverage Break	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
Dinner	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Rotini (cooked) 8 oz	Marinated Tofu (3oz) 6 oz	Veggie Burger 3 oz	Falafel Nuggets with Tomato Sauce 4 oz 2 oz	Garden Burger 3 oz	Curry as per Spec 6oz	Lime Flavoured Tofu in an Alfredo Sauce 4oz
	Italian Sauce 6 oz	Vegetable Fried Rice 6 oz	Vegetable Gravy 2 oz	French Fries 8 oz	Vegetable Gravy 2 oz	Egg Noodles 8 oz	Steamed Rice 6 oz
	Tossed Salad 3oz WT	Broccoli pieces 5 oz	Boiled Potatoes 8 oz	Green Beans 5 oz	Mashed Potatoes 8 oz	Mixed Vegetables 5 oz	Broccoli Pieces 5 oz
	Dressing (portion) 1	Bread 3	Peas & Corn Mix 5oz	Coleslaw 3oz WT	Carrot Coins 2.5oz	Bread (slice) 3	Soya Sauce (portion) 1
	Garlic Toast (slice) 3	Margarine 3	Bread (slice) 3	Ketchup (portion) 1	Cauliflower 2.5oz	Margarine (portion) 3	Coleslaw 3 oz WT
	Apple Sauce (canned) 4 oz	Soya Sauce (portion) 1	Margarine (portion) 3	Tea Biscuit (3oz) 1	Bread (slice) 3	Seasonal Fresh Fruit 1	Bread/ Margarine 3 ea
		Canned Pineapple 4 oz	Chocolate Pudding 3 oz	Margarine (portion) 1	Margarine (portion) 3	Fruit Drink 8 oz	Marble Cake 3 oz
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Choc. Chip Cookie 3 oz	Caramel Pudding 3 oz	Milk 8 oz	Fruit Drink 8 oz
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Milk 8 oz	Milk 8 oz	Tea 8 oz	Milk 8 oz
Beverage Break	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

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BC CORRECTIONS MALE MODERATE ACTIVITY VEGETARIAN MENU (NOT VEGAN)

Revised June 2006

WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 1 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with Bran 1 cup	Fried Eggs 2	Scrambled Eggs 2
	Toast, (slice) 3	Toast, (slice) 3	Brown Toast, (slice) 3	Toast, (slice) 3	Toast, (slice) 3	Grilled Marinated Tofu 2oz	Vegetable "Sausage" Patty 2oz
	Muffin (4oz) 1	Bran Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Hash Browns 5 oz	Pancakes (4") 2
	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Toast, (slice) 2	Toast, (slice) 2
	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Toast, (slice) 2	Margarine (portion) 2
	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Margarine (portion) 2	Jam (portion) 1
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Jam (portion) 1	Syrup 42 ml.
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Ketchup (portion) 2	Ketchup (portion) 2
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Milk 8 oz	Milk 8 oz
Beverage Break	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Coffee 8 oz	Coffee 8 oz
	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Creamer (powdr) 1	Creamer (powdr) 1
	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Sugar (portion) 1	Sugar (portion) 1
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1		
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1		
	Barley Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Tomato & Rice Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Flavoured Tofu & Salad Sandwich 1.5	Hummus & Tofu Salad (Plate) 3 oz	Veggie Weiner/ w Bun 2	Egg Salad Sandwich 1.5	Grilled Cheese Sand. 1.5	Tofu & Salad Sandwich* 1	Vegan Salami Sandwich 1
		Pasta Salad 4oz WT	French Fries 4 oz	Carrot Sticks 6x3"	French Fries 4oz		Mustard portion 1
	Coleslaw 3 oz	Veggie Sticks 6x3"	Mustard (portion) 2		Ketchup 2		
Dinner	Fruit Drink 8 oz	Bread (slice) / Marg. 2 ea	Ketchup (portion) 2				
		Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz
		Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Rotini (cooked) 8 oz	Vegetable Chili 6 oz	Hot Veggieburger Sand. 3 oz	Curried Vegetable Ground & Chick Pea Stew 5oz	Vegetarian Loaf 5oz	Flavoured Tofu (3oz) & Veg Stir Fry 6oz	Bean & Cheese Burrito 1
	Italian Sauce 6oz	Mashed Potatoes 8 oz	on Texas Bread 1				
	Marinated Veg. Salad 3oz WT		Baked Potato (Lge) 8oz	Egg Noodles 8 oz	Oven Roast Potatoes 8 oz	Steamed Rice 6 oz	Tomato & Basil Sauce 2oz
			Vegetable Gravy 2 oz		Vegetable Gravy 2oz	Lettuce/Tomato Salad 4oz WT	Boiled Potatoes 8oz
Dinner		Cauliflower 2.5oz	Sour Cream 1/2 oz	Mixed Vegetables 2.5oz	Carrot Coins 2.5oz	Dressing (portion) 1	Diced Carrot & Turnip 2.5oz
		Cabbage 2.5oz	Peas & Corn Mix 5oz	Broccoli Pieces 2.5oz	Green Beans 2.5oz	Bread/ Margarine 3 ea	Peas 2.5oz
		Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	Soya Sauce (portion) 1	Bread (slice) 3
		Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Vanilla Pudding 3 oz	Margarine (portion) 3
				Caramel Pudding 3 oz	Canned Apple Sauce 4 oz	Fruit Drink 8oz	Fruit Cocktail 3 oz
	Milk 8 oz	Vanilla Ice Cream 3 oz	Seasonal Fresh Fruit 1	Milk 8 oz	Milk 8 oz	Milk 8 oz	Fruit Drink 8oz
	Tea 8 oz	Milk 8 oz	Milk 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Milk 8 oz
	Creamer (powdr) 1	Tea 8 oz	Tea 8 oz	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Tea 8 oz
	Sugar (portion) 1	Creamer (powdr) 1	Creamer (powdr) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Creamer (powdr) 1
		Sugar (portion) 1	Sugar (portion) 1				Sugar (portion) 1

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BC CORRECTIONS MALE MODERATE ACTIVITY VEGETARIAN MENU (NOT VEGAN)

Revised June 2006

WEEK THREE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 1 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with Bran 1 cup	Fried Eggs 2	Scrambled Eggs 2
	Toast, (slice) 3	Toast, (slice) 3	Brown Toast, (slice) 3	Toast, (slice) 3	Toast, (slice) 3	Grilled Marinated Tofu 2oz	Vegetable "Sausage" Patty 2oz
	Muffin (4oz) 1	Bran Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Hash Browns 5 oz	Pancakes (4") 2
	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Toast, (slice) 2	Toast, (slice) 2
	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Margarine (portion) 2	Margarine (portion) 2
	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Jam (portion) 1	Jam (portion) 1
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Syrup 42 ml.	Syrup 42 ml.
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Ketchup (portion) 2	Ketchup (portion) 2
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Milk 8 oz	Milk 8 oz
Beverage Break	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Coffee 8 oz	Coffee 8 oz
	Brown Sugar (ptn) 1	Brown Sugar (ptn) 1	Brown Sugar (ptn) 1	Brown Sugar (ptn) 1	Brown Sugar (ptn) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Sugar (portion) 1	Sugar (portion) 1
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Coffee 8 oz	Coffee 8 oz
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Tomato & Rice Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Barley Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Pizza - Tofu (1.5 oz), one Vegetable (1 oz) & Cheese (1.5 oz) 6oz	Garden Patty Sandwich on Texas bread 3 oz 1	Potato Salad 4oz WT	Veggie Burger/ Bun(Lettuce, Tomato, Onion) 3 oz	Sub. Sandwich (1) with Vegan Salami & Cheese (3oz), Lettuce & Tomato 1	Hummus Salad Sandwich 1	Vegan Salami Sandwich 1
	Celery Sticks 6x3"	Vegetable Gravy 2oz	Veggie Sticks 6x3"	French Fries 4 oz	Coleslaw 3oz WT	Mustard (portion) 1	Mustard (portion) 1
	Fruit Drink 8 oz	Mashed Potatoes 4 oz	Bread/ Margarine 2 ea	Mustard/Ketchup (ptn) 1 ea	Mustard (portion) 1	Fruit Drink 8 oz	Fruit Drink 8 oz
Dinner	Seasonal Fresh Fruit 1	Cooked Carrots 4 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1
	Tea 8 oz	Bread/ Margarine 1 ea	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Fruit Drink 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Tea 8 oz	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Sugar (portion) 1	Sugar (portion) 1
	Chili 6 oz	Creamer (pwdr) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Tea 8 oz	Tea 8 oz
	Vegetable Lasagna 8oz	Sugar (portion) 1	Tea 8 oz	Tea 8 oz	Tea 8 oz	Creamer (pwdr) 1	Creamer (pwdr) 1
	Cabbage Rolls 2	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Sugar (portion) 1	Sugar (portion) 1
	Tomato Sauce 2oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Mashed Potato 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Kernel Corn 2.5 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
Dinner	Tossed Salad 3 oz wt	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Dressing (portion) 1	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Boiled Cabbage 5 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Bread (slice) 3	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Soya Sauce (portion) 1	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Bread / Margarine 3 ea	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Ice Cream 3 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Milk 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz

BC CORRECTIONS MALE MODERATE ACTIVITY VEGETARIAN MENU (NOT VEGAN)

Revised June 2006

WEEK FOUR	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz
	Oatmeal Cooked with Bran	1 cup	Corn Flakes	1 cup	Cr. Of Wheat	1 cup	Raisin Bran	1 cup	Oatmeal Cooked with Bran	1 cup	Fried Eggs	2	Scrambled Eggs	2
	Toast, (slice)	3	Toast, (slice)	3	Brown Toast, (slice)	3	Toast, (slice)	3	Toast, (slice)	3	Grilled Marinated Tofu	2oz	Vegetable "Sausage" Patty	2oz
	Muffin (4oz)	1	Bran Muffin (4oz)	1	Muffin (4oz)	1	Muffin (4oz)	1	Muffin (4oz)	1	Hash Browns	5 oz	Pancakes (4")	2
	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3	Toast, (slice)	2	Toast, (slice)	2
	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Toast, (slice)	2	Margarine (portion)	2
	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Margarine (portion)	2	Jam (portion)	1
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Jam (portion)	1	Syrup	42 ml.
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Ketchup (portion)	2	Ketchup (portion)	2
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Milk	8 oz	Milk	8 oz
Beverage Break	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Coffee	8 oz	Coffee	8 oz
	Brown Sugar (ptn)	1			Brown Sugar (ptn)	1			Brown Sugar (ptn)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Sugar (portion)	1	Sugar (portion)	1
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1				
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Coffee	8 oz	Coffee	8 oz
											Creamer (powdr)	1	Creamer (powdr)	1
											Sugar (portion)	1	Sugar (portion)	1
Lunch	Barley Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Tomato & Rice Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
	Vegan Salami & Cheese sandwich	1.5	Macaroni & Cheese Casserole	6 oz	Tofu & Hummus sandwich	1.5	Flavoured Tofu 3oz & Salad in a pita	1	Cheese/Tofu Salad Sandwich	1.5	Beans & Vegetables in a 10" Wrap	1		
					Pasta Salad	4oz WT	Potato Salad	4oz WT	Cabbage Salad	3oz WT			Vegan Salami Sandwich	1
	Coleslaw	3oz WT			Veggie Sticks	6x3"	Tossed Salad	3oz wt					Mustard (portion)	1
			Green Peas	4 oz			Dressing (portion)	1	Veggie Sticks	6x3"				
			Bread slice	2			Veggie Sticks	6x3"						
			Margarine (portion)	2			Bread/ Margarine	2 ea						
	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz
	Seasonal Fresh Fruit	1					Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1
Beverage Break	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Dinner	Vegetable Chick Pea Stew	6 oz	Sauteed Flavoured Tofu (3 oz) in Tomato Sauce (2oz)	5 oz	Chili	6 oz	Vegetable Lasagna	8 oz	Flavoured Tofu	3oz	Tofu (3oz) & Veggie Pot Pie	5oz	Vegetable, Tofu & Potato Hash	5 oz
	Mashed Potatoes	8 oz	Steamed Rice	6 oz	Oven Baked Potatoes	8 oz			Sweet & Sour Sauce	3oz	Mashed Potatoes	8oz	Scalloped Potatoes	8 oz
	Tea Biscuits (3oz)	2	Kernel Corn	5 oz	Diced Carrots	2.5oz	Kernel Corn	2.5oz	Rice (cooked)	6oz	Green Beans	2.5oz	Cauliflower	2.5oz
	Margarine (portion)	2	Carrot Raisin Salad	3oz WT	Green Beans	2.5oz	Peas	2.5oz	Oriental Mixed Veg	5oz	Carrot Coins	2.5oz	Brussel Sprouts	2.5oz
					Bread (slice)	3	Mixed Vegetable Salad	3oz WT			Bread (slice)	3	Bread (slice)	3
			Bread/ Margarine	3 ea	Margarine (portion)	3	Garlic Toast	3	Bread (slice)	3	Margarine (portion)	3	Margarine (portion)	3
	Lemon Pudding	3 oz	Canned Apple Sauce	4 oz	Canned Pineapple	3 oz	White Cake	3 oz	Margarine (portion)	3	Chocolate Pudding	3 oz	Spice Cake	3 oz
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Ice Cream	3 oz	Fruit Drink	8oz	Fruit Drink	8oz
	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Tea	8 oz	Tea	8 oz	Tea	8 oz
Beverage Break	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1
									Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1

BC CORRECTIONS MALE MODERATE ACTIVITY VEGETARIAN MENU SPECIFICATIONS(NOT VEGAN)

Revised May 2006

- 1 Liquids are by volume, solids are by weight except where specified.
- 2 All breakfast hot and cold cereals will be by volume. Oatmeal will consist of 75% oats and 25% edible bran by weight (3/4 bag oats:1/4 bag bran).
- 3 Fruit juice is pure from concentrate; 6 fluid oz. Fruit drink is from crystals or syrup; 8 fluid oz.
- 4 Milk will be 100% powdered skim milk made according to package directions and fortified with vitamins A and D.
- 5 Creamer for coffee will be non-dairy creamer.
- 6 Muffins 4 oz raw batter each; Cookies 3 oz raw batter each; Cake 4 oz raw batter each / 3 oz as served. Applesauce and canned fruit 4 oz weight; Pudding 3 oz weight.
- 7 All toast and "cooked" sandwiches will be made with white medium sliced bread unless otherwise specified.
- 8 Bread for "cold" (uncooked) sandwiches and for evening meal will be 60% wholewheat (thin sliced).
- 9 All sandwiches will contain 2 oz weight of filling: cheese, peanut butter, marinated tofu, egg, chickpea spread, hummus or any other vegetarian protein.
- 10 In sandwiches, each slice of bread is to be spread with margarine or salad dressing. All submarine buns will be 7 inch Beef Dip Bun (white); at least 2.5 oz weight.
- 11 Veggie "meat, marinated tofu, and/or cheese sandwiches and subs will contain 3 grams of shredded lettuce. Subs will contain 11 grams tomato (total lettuce + tomato=1/2 oz / 14 grams).
- 12 Sandwich fillings are to vary from meal to meal with no two consecutive days to have the same filling. Jam may be added to peanut butter sandwich but does not count as the protein filling.
- 13 Vegetable Sticks consist of a seasonal variety unless otherwise stated of 6 sticks 3" long (3/8 cup; 3 fluid oz.)
- 14 Tossed Salad 3 oz weight; Carrot & Raisin Salad 3 oz weight including dressing.
- 15 Grilled Marinated Tofu will be used as a substitute for bacon.
- 16 Vegetarian Pizza will contain 2oz of reconstituted Textured Vegetable Protein OR Tofu in lieu of meat.
- 17 All veggie weiners will be 8 to 1Lb
- 18 Sloppy Joe will be made from "Hot Hucks" Veggie Burger Mix Product code: 308761 and include vegetables and seasonings according to recipe.
- 19 Soup is by volume (8 oz.) and will contain a minimum of 3oz cooked grains, beans, pasta or potatoes per portion, and can be made from leftovers.
- 20 Soup stock must be vegetable stock not meat stock. Cream soups will be non dairy, made with cornstarch or wheat.
- 21 All vegetables will be by cooked weights unless specified. Gravy or mushroom sauce: 1/4 cup = 2 fluid oz measured with 2 oz ladle.
- 22 Mashed Potato 1 cup=8 fluid oz; French Fries & Hash Browns 1/2 cup=4 fluid oz; Boiled & Oven Roast Potato 8 oz cooked weight; Rice 6 oz cooked weight; Noodles & Pasta 1 cup=8 fluid oz cooked.
- 23 Italian Sauce will consist of "Hot Hucks" product code # 308772 and contain tomato and seasonings according to recipe. Lentil Loaf will contain 2oz of red or green lentils
- 24 Vegetable, Tofu & Potato Hash will contain 2oz of grated marinated tofu and 2oz of mixed potato and vegetables. Tofu Chow Mien, stir fries, Tofu Pot Pie will contain 3oz marinated tofu.
per serving plus vegetables.
- 25 All tofu dishes will contain "Marinated" Tofu. Marinades can be Sweet and Sour, Barbecue, Teriyaki, Lime and Orange, Savoury, etc.
- 26 Hot Veggieburger or Garden Patty Sandwich will consist of 1 x slice of Texas Bread (Canada Bread spec Texas Toast) with a 3oz cooked vegetarian burger pattie. Vegetarian Burgers will be of the Garden Patty variety
- 27 Vegetarian "Meat" Loaf will made from "Hot Hucks" Veggie Burger Mix Product code: 308761 plus vegetables and seasonings according to recipe.
- 28 Curry will consist of "Hot Hucks" product code # 308786 and will contain 2oz of fresh diced vegetables. Curried Chickpeas will contain 3oz of chickpeas
- 29 Chili will consist of 3 oz of "Hot Hucks" product code # 308784 and will contain vegetables, red kidney beans and seasonings according to recipe. Vegetable and Chickpea Stew will contain 3oz of chick peas.
- 30 Vegetarian Cabbage Rolls will be of the bought variety, code number 594465, and will be accompanied by a meatless Italian sauce containing 2oz of reconstituted textured vegetable protein or or grated tofu.
- 31 Lasagna will contain 3oz of Italian sauce (Hot Hucks product code# 308772) with vegetables and 5 oz pasta per serving and be made according to recipe.
- 32 Bean and Cheese Burrito's will be of the bought variety code # 534008.
- 33 **Diabetic Snack** will consist of one half sandwich (as per sandwich specifications) three times per day and must rotate between cheese, peanut butter, marinated tofu, vegetarian "meat", hummus, and other variations.
- 34 **Bag Breakfast** will consist of 1 muffin, 2 slices of bread, cereal, 250ml carton of milk, 200ml Tetra Pak fruit juice, 2 jam, 2 peanut butter, sugar, spoon and 2 margarine.
- 35 **Bag (court) Lunches** will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 cookie (3 oz batter) and 1 piece fruit.
- 36 **Crew Lunches** will consist of 8 oz soup (bulk), 4 crackers, 2 sandwiches*, 8 oz beverage and 1 piece fruit. Egg Salad is NOT to be served in Crew Lunches.
- 37 *** Secure Moderate Activity Centres providing outside Crew Lunches will contain 3 sandwiches. Egg Salad and Tuna Salad Mix are NOT to be served in Crew Lunches.**
- 38 **Condiments will be as follows:**
Peanut Butter: 18 ml; Jam: 9 ml; Creamer Powder: 2 grams; White Sugar: 3.5 grams; Brown Sugar: 3.5 grams; Ketchup: 9 grams; Mustard: 7 grams;
Relish: 9 grams; All Dressings: 16 ml; Soya Sauce: 10 grams; Table Syrup: 42 ml; Margarine: 4.5 grams. The margarine used must be one that provides vitamin E

No Changes are to be made to this menu without authorization from the Corrections Contract Manager.

Unavoidable local substitutions must be reported to the local liaison warden.

BC CORRECTIONS MALE MODERATE ACTIVITY VEGAN MENU

Revised September 2005

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 1 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with Bran 1 cup	Grilled Marinated Tofu 4oz	Vegetable "Sausage" Patty 4oz
	Toast, (slice) 3	Toast, (slice) 3	Brown Toast, (slice) 3	Toast, (slice) 3	Toast, (slice) 3	Hash Browns 5 oz	Vegan Muffin (4oz) 1
	Vegan Muffin (4oz) 1	Bran Muffin (4oz) 1	Bran Muffin (4oz) 1	Vegan Muffin (4oz) 1	Vegan Muffin (4oz) 1	Toast, (slice) 2	Toast, (slice) 3
	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 2	Margarine (portion) 2
	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2
	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Ketchup (portion) 2	Ketchup (portion) 2
	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
Beverage Break	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Tomato & Rice Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Barley Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Veggie Weiners 5 ct 7"	Vegan Salami Sandwich 1.5	Sloppy Joes (as per Specs) 6 oz	Flavoured Tofu Salad Sandwich 1.5	Pizza Submarine (3 oz herbed tofu) 1	Hummus & Salad Sandwich 1	Vegan Salami Sandwich 1
	Flavoured or marinated tofu 2 oz	Carrot Sticks 6x3"	Hamburger Bun 1	Tossed Salad 3oz WT	Cabbage Salad 3oz WT		
	Veggie Sticks 6x3"	Ketchup 1	Veggie Sticks 6x3"	Dressing (portion) 1	Dressing (portion) 1		Mustard Portion 1
Lunch	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz
	Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Rotini (cooked) 8 oz	Marinated Tofu (3oz) 6 oz	Veggie Burger 3 oz	Falafel Nuggets with Tomato Sauce 4 oz 2 oz	Garden Burger 3 oz	Curry as per Spec 6oz	Lime Flavoured Tofu in a Tomato Sauce 4oz
	Italian Sauce 6 oz	Vegetable Fried Rice 6 oz	Vegetable Gravy 2 oz	French Fries 8 oz	Vegetable Gravy 2 oz	Rotini noodles 8 oz	Steamed Rice 6 oz
	Tossed Salad 3oz WT	Broccoli pieces 5 oz	Boiled Potatoes 8 oz	Green Beans 5 oz	Mashed Potatoes 8 oz	Mixed Vegetables 5 oz	Broccoli Pieces 5 oz
	Dressing (portion) 1	Bread 3	Peas & Corn Mix 5oz	Coleslaw 3oz WT	Carrot Coins 2.5oz	Bread (slice) 3	Soya Sauce (portion) 1
	Garlic Toast (slice) 3	Margarine 3	Bread (slice) 3	Ketchup (portion) 1	Cauliflower 2.5oz	Margarine (portion) 3	Coleslaw 3 oz WT
Dinner		Soya Sauce (portion) 1	Margarine (portion) 3	Brown bread slice 3	Bread (slice) 3	Fruit Drink 8 oz	Bread/ Margarine 3 oz
	Apple Sauce (canned) 4 oz	Canned Pineapple 4 oz	Canned fruit eg plums 4 oz	Margarine (portion) 3	Margarine (portion) 3		Fruit Drink 8 oz
	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	Fresh fruit 1	Canned fruit 4 oz	Seasonal Fresh Fruit 1	Canned fruit or muffin 4 oz
	Tea 8 oz	Tea 8 oz	Tea 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
				Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

BC CORRECTIONS MALE MODERATE ACTIVITY VEGAN MENU

Revised September 2005

WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 1 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with Bran 1 cup	Grilled Marinated Tofu 4oz	Vegetable "Sausage" Patty 4oz
	Toast, (slice) 3	Toast, (slice) 3	Brown Toast, (slice) 3	Toast, (slice) 3	Toast, (slice) 3	Toast, (slice) 2	Toast, (slice) 2
	Vegan Muffin (4oz) 1	Bran Muffin (4oz) 1	Bran Muffin (4oz) 1	Vegan Muffin (4oz) 1	Vegan Muffin (4oz) 1	Hash Browns 5 oz	Vegan Muffin (4oz) 1
	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 2	Margarine (portion) 2
	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 1	Jam (portion) 1
	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Ketchup (portion) 2	
	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Ketchup (portion) 2
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Coffee 8 oz
Beverage Break	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 1	Creamer (pwdr) 1
	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Sugar (portion) 1
	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Barley Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Tomato & Rice Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Flavoured Tofu & Salad Sandwich 1.5	Hummus & Tofu Salad (Plate) 3 oz	Veggie Weiner/ w Bun 2	Marinated tofu and salad Sandwich 1.5	Hummus and salad Sand. 1.5	Tofu & Salad Sandwich* 1	Vegan Salami Sandwich 1
	Coleslaw 3 oz	Pasta Salad 4oz Veggie Sticks 6x3"	French Fries 4 oz Mustard (portion) 2	Carrot Sticks 6x3"	French Fries 4oz Ketchup 2		Mustard portion 1
	Fruit Drink 8 oz	Bread (slice) / Marg. 2 ea Fruit Drink 8 oz Seasonal Fresh Fruit 1	Ketchup (portion) 2 Fruit Drink 8 oz	Fruit Drink 8 oz Seasonal Fresh Fruit 1	Fruit Drink 8 oz	Fruit Drink 8 oz Seasonal Fresh Fruit 1	Fruit Drink 8 oz Seasonal Fresh Fruit 1
Beverage Break	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Rotini (cooked) 8 oz	Vegetable Chili 6 oz	Hot Veggieburger Sand. 3 oz On Texas Bread 1	Curried Vegetable Ground & Chick Pea Stew 5oz	Vegetarian Loaf 5oz	Flavoured Tofu (3oz) and Veg Stir Fry 6oz	Felafel Nuggets 4 oz
	Italian Sauce 6oz	Mashed Potatoes 8 oz	Baked Potato (Lge) 8oz	Rotini Noodles 8 oz	Oven Roast Potatoes 8 oz	Steamed Rice 6 oz	Tomato Basil Sauce 2oz
	Marinated Veg. Salad WT 3oz		Vegetable Gravy 3 oz		Vegetable Gravy 2oz	Lettuce/Tomato Salad WT 4oz	Boiled Potatoes Diced 8oz
		Cauliflower 2.5oz		Mixed Vegetables 2.5oz	Carrot Coins 2.5oz	Dressing (portion) 1	Carrot & Turnip 2.5 oz
	Garlic Toast (slice) 3	Cabbage 2.5oz	Peas and Corn Mix 5oz	Broccoli Pieces 2.5oz	Green Beans 2.5oz	Bread/ Margarine 3 ea	Peas 2.5oz
	Seasonal Fresh Fruit 1	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	Soya Sauce (portion) 1	Bread (slice) 3
	SoGood Milk orig 8 oz	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Fruit Drink 8oz	Margarine (portion) 3
Dinner	Tea 8 oz	Pineapple pieces 4 oz	Seasonal Fresh Fruit 1	Canned fruit 4 oz	Canned Apple Sauce 4 oz	Canned fruit 4oz	Fruit Drink 8oz
	Creamer (pwdr) 1	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	Fruit Cocktail 4 oz
	Sugar (portion) 1	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
		Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
		Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

BC CORRECTIONS MALE MODERATE ACTIVITY VEGAN MENU

Revised September 2005

WEEK THREE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 1 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with Bran 1 cup	Grilled Marinated Tofu 4oz	Vegetable "Sausage" Patty 4oz
	Toast, (slice) 3	Toast, (slice) 3	Brown Toast, (slice) 3	Toast, (slice) 3	Toast, (slice) 3	Toast, (slice) 2	Toast, (slice) 2
	Vegan Muffin (4oz) 1	Bran Muffin (4oz) 1	Bran Muffin (4oz) 1	Vegan Muffin (4oz) 1	Vegan Muffin (4oz) 1	Hash Browns 5 oz	Vegan Muffin (4oz) 1
	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 2	Margarine (portion) 2
	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 1	Jam (portion) 1
	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Ketchup (portion) 2	
	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
Beverage Break	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Ketchup (portion) 2
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Tomato & Rice Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Barley Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Pizza - Tofu (3 oz), one Vegetable (1 oz) 6oz	Garden Patty Sandwich on Texas bread 3 oz	Hummus and Flavoured Tofu (Plate) 3 oz	Veggie Burger/ Bun (Lettuce, Tomato, Onion) 3 oz	Sub. Sandwich with Vegan Salami (3oz) served with Lettuce and Tomato 1		
		Vegetable Gravy	Potato Salad with Italian dressing 4oz WT			Hummus Salad Sandwich 1	Vegan Salami Sandwich 1
	Celery Sticks 6x3"	Mashed Potatoes 2oz	Veggie Sticks 6x3"	French Fries 4 oz	Coleslaw 3oz WT		Mustard (portion) 1
Lunch	Fruit Drink 8 oz	Cooked Carrots 4 oz	Bread/ Margarine 2 ea	Mustard/Ketchup (ptn) 1 ea	Mustard (portion) 1		
	Seasonal Fresh Fruit 1	Bread/ Margarine 1 ea	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz
		Fruit Drink 8 oz	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Chili 6 oz	Vegetable Lasagna 8oz	Cabbage Rolls 2	Flavoured Tofu (3oz) /Pepper Stir Fry 6 oz	Tofu (3oz) & Vegetable Pot Pie 6 oz	Felafel Nuggets 4 oz	Curried Vegetable Ground with Chick Peas 5oz Stew
	Oven Roast Potatoes 8 oz		Tomato Sauce 2oz	Steamed Rice 6 oz		Mustard (portion) 1	
	Green Beans 5 oz	Italian Mixed Veg 5 oz	Mashed Potato 8 oz	Broccoli Pieces 5 oz	Mashed Potatoes 8 oz	Boiled Potatoes 8 oz	Mashed Potatoes 8 oz
	Raisin Coleslaw 3oz WT		Kernel Corn 2.5 oz	Tossed Salad 3 oz	Gravy 2 oz	Peas & Corn Mix 5 oz	Carrot Coins 5oz
Dinner	Bread (slice) 3	Garlic Toast (slice) 3	Peas 2.5oz	Dressing (portion) 1	Boiled Cabbage 5 oz	Bread (slice) 3	Bread (slice) 3
	Margarine (portion) 3		Bread (slice) 3	Soya Sauce (portion) 1	Bread (slice) 3	Margarine (portion) 3	Margarine (portion) 3
	Canned fruit 4 oz		Margarine (portion) 3	Bread / Margarine 3 ea	Margarine (portion) 3	Canned fruit 4oz	Canned Apple Sauce 4oz
	SoGood Milk orig 8 oz	Canned Pineapple 4oz	Fruit salad 4 oz	Canned Apple Sauce 4 oz	Seasonal fresh fruit 1	Fruit Drink 8oz	Fruit Drink 8oz
	Tea 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz
	Creamer (powdr) 1	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Sugar (portion) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
		Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

BC CORRECTIONS MALE MODERATE ACTIVITY VEGAN MENU

Revised September 2005

WEEK FOUR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz Oatmeal Cooked with Bran 1 cup Toast, (slice) 3 Vegan Muffin (4oz) 1 Margarine (portion) 3 Jam (portion) 2 Peanut Butter (ptn) 1 SoGood Milk orig 8 oz Coffee 8 oz Creamer (powdr) 1 Sugar (portion) 1 Brown Sugar (ptn) 1	Orange Juice 6 oz Corn Flakes 1 cup Toast, (slice) 3 Bran Muffin (4oz) 1 Margarine (portion) 3 Jam (portion) 2 Peanut Butter (ptn) 1 SoGood Milk orig 8 oz Coffee 8 oz Creamer (powdr) 1 Sugar (portion) 2	Apple Juice 6 oz Cr. Of Wheat 1 cup Brown Toast, (slice) 3 Bran Muffin (4oz) 1 Margarine (portion) 3 Jam (portion) 2 Peanut Butter (ptn) 1 SoGood Milk orig 8 oz Coffee 8 oz Creamer (powdr) 1 Sugar (portion) 1 Brown Sugar (ptn) 1	Orange juice 6 oz Raisin Bran 1 cup Toast, (slice) 3 Vegan Muffin (4oz) 1 Margarine (portion) 3 Jam (portion) 2 Peanut Butter (ptn) 1 SoGood Milk orig 8 oz Coffee 8 oz Creamer (powdr) 1 Sugar (portion) 2	Apple Juice 6 oz Oatmeal Cooked with Bran 1 cup Toast, (slice) 3 Vegan Muffin (4oz) 1 Margarine (portion) 3 Jam (portion) 2 Peanut Butter (ptn) 1 SoGood Milk orig 8 oz Coffee 8 oz Creamer (powdr) 1 Sugar (portion) 1 Brown Sugar (ptn) 1	Orange Juice 6 oz Grilled Marinated Tofu 4oz Toast, (slice) 2 Hash Browns 5 oz Margarine (portion) 2 Jam (portion) 1 Ketchup (portion) 2 SoGood Milk orig 8 oz Coffee 8 oz Creamer (powdr) 1 Sugar (portion) 1	Apple Juice 6 oz Vegetable "Sausage" Patty 4oz Toast, (slice) 2 Vegan Muffin (4oz) 1 Margarine (portion) 2 Jam (portion) 1 SoGood Milk orig 8 oz Ketchup (portion) 2 Coffee 8 oz Creamer (powdr) 1 Sugar (portion) 1
Beverage Break	Coffee 8 oz Creamer (powdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (powdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (powdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (powdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (powdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (powdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (powdr) 1 Sugar (portion) 1
Lunch	Barley Soup 8 oz Crackers (each) 4 Vegan Salami sandwich 1.5 Coleslaw 3oz WT Fruit Drink 8 oz Seasonal Fresh Fruit 1	Cream of Veg Soup 8 oz Crackers (each) 4 Macaroni & nondairy Alfredo & tofu (3 oz) 6 oz Casserole Green Peas 4 oz Bread slice 2 Margarine (portion) 2 Fruit Drink 8 oz	Green Pea Soup 8 oz Crackers (each) 4 Tofu & Hummus sandwich 1.5 Pasta Salad 4oz WT Veggie Sticks 6x3" Fruit Drink 8 oz	Tomato & Rice Soup 8 oz Crackers (each) 4 Flavoured Tofu 3oz and Salad in a pita 1 Potato Salad 4oz WT Tossed Salad 3oz wt Dressing (portion) 1 Veggie Sticks 6x3" Bread/ Margarine 2 ea Fruit Drink 8 oz Seasonal Fresh Fruit 1	Lentil Soup 8 oz Crackers (each) 4 Falafel nuggets 6 Cabbage Salad 3oz WT Mustard portion 1 Veggie Sticks 6x3" Fruit Drink 8 oz Seasonal Fresh Fruit 1	Soup D'Jour 8 oz Crackers (each) 4 Beans & Vegetables in a 10" Wrap 1 Mustard (portion) 1 Fruit Drink 8 oz Seasonal Fresh Fruit 1	Navy Bean Soup 8 oz Crackers (each) 4 Vegan Salami Sandwich Mustard (portion) 1 Fruit Drink 8 oz Seasonal Fresh Fruit 1
Beverage Break	Tea 8 oz Creamer (powdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (powdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (powdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (powdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (powdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (powdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (powdr) 1 Sugar (portion) 1
Dinner	Vegetable Chick Pea Stew 6 oz Mashed Potatoes 8 oz Brown bread slice 3 Margarine (portion) 2 Peanut Butter (ptn) 1 Canned fruit 4 oz SoGood Milk orig 8 oz Tea 8 oz Creamer (powdr) 1 Sugar (portion) 1	Sauteed Flavoured Tofu (3 oz) in Tomato Sauce (2oz) 5 oz Steamed Rice 6 oz Kernel Corn 5 oz Carrot Raisin Salad 3oz WT Bread/ Margarine 3 ea Canned Apple Sauce 4 oz SoGood Milk orig 8 oz Tea 8 oz Creamer (powdr) 1 Sugar (portion) 1	Chili 6 oz Oven Baked Potatoes 8 oz Diced Carrots 2.5oz Green Beans 2.5oz Bread (slice) 3 Margarine (portion) 3 Canned Pineapple 4 oz SoGood Milk orig 8 oz Tea 8 oz Creamer (powdr) 1 Sugar (portion) 1	Vegetable Lasagna 8 oz Kernel Corn 2.5oz Peas 2.5oz Mixed Vegetable Salad 3oz WT Garlic Toast 3 Canned fruit 4 oz SoGood Milk orig 8 oz Tea 8 oz Creamer (powdr) 1 Sugar (portion) 1	Flavoured Tofu 3oz Sweet & Sour Sauce 3oz Rice (cooked) 6oz Oriental Mixed Veg 5oz Bread (slice) 3 Margarine (portion) 3 Canned fruit 4 oz Fruit Drink 8oz SoGood Milk orig 8 oz Tea 8 oz Creamer (powdr) 1 Sugar (portion) 1	Tofu (3oz) & Veggie Pot Pie 5oz Mashed Potatoes 8oz Green Beans 2.5oz Carrot Coins 2.5oz Bread (slice) 3 Margarine (portion) 3 Canned fruit 4 oz Fruit Drink 8oz SoGood Milk orig 8 oz Tea 8 oz Creamer (powdr) 1 Sugar (portion) 1	Vegetable, Tofu & Potato Hash 5 oz Sauteed Potatoes 8 oz Cauliflower 2.5oz Brussel Sprouts 2.5oz Bread (slice) 3 Margarine (portion) 3 Canned fruit 4 oz Fruit Drink 8oz SoGood Milk orig 8 oz Tea 8 oz Creamer (powdr) 1 Sugar (portion) 1

BC CORRECTIONS MALE MODERATE ACTIVITY VEGAN MENU SPECIFICATIONS

Revised May 2006

All other specs for non vegetarian menu apply unless specifically stated in the Vegan Specs. A vegan diet contains no eggs, dairy products, gelatin, honey, and no other animal products.

- 1 Liquids are by volume, solids are by weight except where specified.
- 2 All breakfast hot and cold cereals will be by volume. Oatmeal will consist of 75% oats and 25% edible bran by weight (3/4 bag oats:1/4 bag bran).
- 3 Fruit juice is pure from concentrate; 6 fluid oz. Fruit drink is from crystals or syrup; 8 fluid oz.
- 4 Soymilk will be fortified with calcium, vitamins D and B12; it can be So Good or another brand. Creamer for coffee will be non-dairy creamer.
- 5 When other inmates are given cake or cookies, vegan inmates may be given 4 oz canned fruit such as plums, peaches, pears, pineapple or applesauce or a vegan muffin or other vegan baked items without eggs or dairy products.
- 6 Muffins (4 oz raw batter each) must be vegan, such as bran muffin from mix or Quaker oatmeal muffin from mix, and be made without egg or dairy. Applesauce and canned fruit 4 oz weight;
- 7 All toast and "cooked" sandwiches will be made with white medium sliced bread unless otherwise specified.
- 8 Bread for "cold" (uncooked) sandwiches and for evening meal will be 60% wholewheat (thin sliced).
- 9 All sandwiches contain 2oz of (individually or in combination): peanut butter, marinated or flavoured tofu, chickpea spread, hummus, vegan "meats" or any other vegan protein (no animal products).
- 10 In sandwiches, each slice of bread is to be spread with margarine or mustard. All submarine buns will be 7 inch Beef Dip Bun (white); at least 2.5 oz weight.
- 11 Veggie "meat" or marinated tofu, sandwiches and subs will contain 3 grams of shredded lettuce. Subs will contain 11 grams tomato (total lettuce + tomato=1/2 oz / 14 grams).
- 12 Sandwich fillings are to vary from meal to meal with no two consecutive days to have the same filling. Jam may be added to peanut butter sandwich but does not count as the protein filling.
- 13 Vegetable Sticks consist of a seasonal variety unless otherwise stated of 6 sticks 3" long (3/8 cup; 3 fluid oz.)
- 14 Tossed Salad 3 oz weight; Carrot & Raisin Salad 3 oz weight including vegan dressing. Dressings are nondairy. No mayo in coleslaw or potato salad.
- 15 Grilled marinated tofu will be used as a substitute for bacon; marinated or flavoured tofu will be used as a substitute for eggs.
- 16 Vegetarian Pizza will contain 2oz of reconstituted Textured Vegetable Protein OR Tofu in lieu of meat, and no cheese.
- 17 All veggie weiners will be 8 to 1Lb
- 18 Sloppy Joe will be made from "Hot Hucks" Veggie Burger Mix Product code: 308761 and include vegetables and seasonings according to recipe.
- 19 Soup is by volume (8 oz.) and will contain a minimum of 3oz cooked grains, beans, pasta or potatoes per portion, and can be made from leftovers.
- 20 Soup stock must be vegetable stock not meat stock. Cream soups will be non dairy, made with cornstarch or wheat.
- 21 All vegetables will be by cooked weights unless specified. Gravy or mushroom sauce: 1/4 cup = 2 fluid oz measured with 2 oz ladle. Noodles are eggless (rotini).
- 22 Mashed Potato 1 cup=8 fluid oz; French Fries & Hash Browns 1/2 cup=4 fluid oz; Boiled & Oven Roast Potato 8 oz cooked weight; Rice 6 oz cooked weight; Noodles & Pasta 1 cup=8 fluid oz cooked.
- 23 Italian Sauce will consist of "Hot Hucks" product code # 308772 and contain tomato and seasonings according to recipe. Lentil Loaf will contain 2oz of red or green lentils
- 24 All Stir Fries, Pot Pies, Stews and Hashes etc will contain 3oz of marinated tofu or reconstituted Textured Vegetable Protein. Tofu Chow Mien, stir fries, Tofu Pot Pie will contain 3oz marinated tofu per serving plus vegetables.
- 25 All tofu dishes will contain "Marinated" Tofu. Marinades can be Sweet and Sour, Barbecue, Teriyaki, Lime and Orange, Savoury, etc.
- 26 Hot Veggieburger or Garden Patty Sandwich will consist of 1 x slice of Texas Bread (Canada Bread spec Texas Toast) with a 3oz cooked vegetarian burger patty. Vegetarian Burgers will be of the Garden Patty variety.
- 27 Vegetarian "Meat" Loaf will be made from "Hot Hucks" Veggie Burger Mix Product code: 308761 plus vegetables and seasonings according to recipe.
- 28 Curry will consist of "Hot Hucks" product code # 308786 and will contain 2oz of fresh diced vegetables. Curried Chickpeas will contain 3oz of chickpeas.
- 29 Chili will consist of 3 oz of "Hot Hucks" product code # 308784 and will contain vegetables, red kidney beans and seasonings according to recipe. Vegetable and Chickpea Stew will contain 3oz of chick peas.
- 30 Vegetarian Cabbage Rolls will be of the bought variety, code number 594465, and will be accompanied by a meatless Italian sauce containing 2oz of reconstituted textured vegetable protein or grated tofu.
- 31 Lasagna will contain 3oz of Italian sauce (Hot Hucks product code# 308772) with vegetables and 5 oz pasta per serving and be made according to recipe.
- 32 Bean and Cheese Burritos will be replaced by Falafels.
- 33 **Diabetic Snack** will consist of one half sandwich (as per sandwich specifications) three times per day and must rotate between peanut butter, marinated tofu, vegetarian "meat", hummus, and other vegan variations.
- 34 **Bag Breakfast** will consist of 1 muffin, 2 slices of bread, cereal, 250ml carton of SoGood milk orig, 200ml Tetra Pak fruit juice, 2 jam, 2 peanut butter, sugar, spoon and 2 margarine.
- 35 **Bag (court) Lunches** will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 muffin or cookie and 1 piece fruit.
- 36 **Crew Lunches** will consist of 8 oz soup (bulk), 4 crackers, 2 sandwiches*, 8 oz beverage and 1 piece fruit.
- 37 * **Secure Moderate Activity Centres** providing outside Crew Lunches will contain 3 sandwiches. Egg Salad and Tuna Salad Mix are NOT to be served in Crew Lunches.
- 38 **Condiments** will be as follows:

Condiments will be as follows: Peanut Butter: 18 ml; Jam: 9 ml; Creamer Powder: 2 grams; White Sugar: 3.5 grams; Brown Sugar: 3.5 grams; Ketchup: 9 grams; Mustard: 7 grams; Relish: 9 grams; All Dressings: 16 ml; Soya Sauce: 10 grams; Margarine: 4.5 grams. The margarine used must be one that provides vitamin E

No Changes are to be made to this menu without authorization from the Corrections Contract Manager.

Unavoidable local substitutions must be reported to the local liaison warden.

BC CORRECTIONS MALE HIGH ACTIVITY MENU

Revised June 2006

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 1.5 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with Bran 1.5 cup	Fried Eggs 2	Scrambled Eggs 2
	Toast, (slice) 3	Egg 1	Pancakes (4") 2	Egg 1	Toast, (slice) 3	Bacon (strip) 2	Sausages (2oz) 2
	Muffin (4oz) 1	Hash Browns 5 oz	Brown Toast, (slice) 3	Hash Browns 5 oz	Muffin (4oz) 1	Hash Browns 5 oz	Pancakes (4") 2
	Margarine (portion) 4	Toast, (slice) 3	Margarine (portion) 3	Toast, (slice) 3	Margarine (portion) 4	Toast, (slice) 2	Toast, (slice) 2
	Jam (portion) 2	Bran Muffin (4oz) 1	Jam (portion) 2	Muffin (4oz) 1	Jam (portion) 2	Margarine (portion) 2	Margarine (portion) 2
	Peanut Butter (ptn) 3	Margarine (portion) 4	Peanut Butter (ptn) 1	Margarine (portion) 4	Peanut Butter (ptn) 3	Margarine (portion) 2	Jam (portion) 1
		Jam (portion) 2	Syrup 42 ml.	Jam (portion) 2		Jam (portion) 1	Ketchup (portion) 2
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1		Ketchup (portion) 2	Syrup 42 ml.
	Milk 8 oz	Ketchup (portion) 2	Milk 8 oz	Ketchup (portion) 2	Milk 8 oz	Milk 8 oz	Milk 8 oz
Beverage Break	Coffee 8 oz	Milk 8 oz	Coffee 8 oz	Milk 8 oz	Coffee 8 oz	Milk 8 oz	Milk 8 oz
	Creamer (pwdr) 1	Coffee 8 oz	Creamer (pwdr) 1	Coffee 8 oz	Creamer (pwdr) 1	Coffee 8 oz	Coffee 8 oz
	Sugar (portion) 1	Creamer (pwdr) 1	Sugar (portion) 1	Creamer (pwdr) 1	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Brown Sugar (ptn) 1	Sugar (portion) 2	Brown Sugar (ptn) 1	Sugar (portion) 2	Brown Sugar (ptn) 1	Sugar (portion) 1	Sugar (portion) 1
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Tomato & Rice Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Barley Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	2oz Beef Sausage 2	Grilled Ham & Cheese Sandwich 2	Sloppy Joes (as per specs) 6 oz	Chicken Salad Sandwich 2	Pizza Submarine* 1		
Lunch	Pirogies (1oz) 4 ea.	Carrot Sticks 6x3"		Tossed Salad 3oz WT	* (1.5 oz each Meat & Cheese)	Tuna Salad Sandwich 2	Chicken Bologna Sandwich 2
	Sour Cream 1/2 oz	Ketchup pkg 1	Hamburger Bun 1	Dressing (portion) 1	Cabbage Salad 3 oz Wt	(as per specification)	(as per specification)
	Veggie Sticks 6x3"		Veggie Sticks 6x3"		Dressing (portion) 1		Mustard Portion 2
	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz
	Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Tomato & Rice Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Barley Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
Dinner	Rotini (cooked) 8 oz	Beef Chow Mein 6 oz	Salisbury Steak 3 oz	Baked Fish 3 oz	Veal Cutlet 3 oz	Meat balls 3oz	Roast Chicken 1/4 1
	Italian Sauce 6 oz		Gravy 2 oz	French Fries 8 oz	Gravy 2 oz	BBQ Sauce 1oz	Steamed Rice 6 oz
	Tossed Salad 3ozWt	Vegetable Fried Rice 6 oz	Boiled Potatoes 8 oz	Green Beans 5 oz	Mashed Potatoes 8 oz	Egg Noodles 8 oz	Broccoli Pieces 5 oz
	Dressing (nortion) 1	Broccoli nieces 5 oz	Peas 2.5oz	Coleslaw 3oz	Carrot Coins 2.5oz	Mixed Vegetables 5 oz	Coleslaw 3 oz
	Garlic Toast (slice) 3		Kernel Corn 2.5oz	Ketchup (nortion) 1	Caniflower 2.5oz	Bread (slice) 3	Soya Sauce (nortion) 1
		Soya Sauce (portion) 1	Bread (slice) 3	Tea Biscuit (3oz) 1	Bread (slice) 3	Margarine (portion) 3	Bread/ Margarine 3 ea
	Apple Sauce (canned) 4 oz	Bread/ Margarine 3 ea	Margarine (portion) 3	Margarine (portion) 1	Margarine (portion) 3	Seasonal Fresh Fruit 1	Marble Cake 3 oz
		Canned Pineapple 4 oz	Chocolate Pudding 3 oz	Choc. Chip Cookie 3 oz	Caramel Pudding 3 oz	Fruit Drink 8oz	Fruit Drink 8oz
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
Dinner	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

BC CORRECTIONS MALE HIGH ACTIVITY MENU

Revised June 2006

WEEK TWO	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz
	Oatmeal Cooked with Bran	1.5 cup	Corn Flakes	1 cup	Cr. Of Wheat	1 cup	Raisin Bran	1 cup	Oatmeal Cooked with Bran	1.5 cup	Fried Eggs	2	Scrambled Eggs	2
	Toast, (slice)	3	Egg	1	Pancakes (4")	2	Egg	1	Toast, (slice)	3	Bacon (strip)	2	Sausages (2oz)	2
	Muffin (4oz)	1	Hash Browns	5 oz	Brown Toast, (slice)	3	Hash Browns	5 oz	Muffin (4oz)	1	Hash Browns	5 oz	Pancakes (4")	2
	Margarine (portion)	4	Toast, (slice)	3	Margarine (portion)	3	Toast, (slice)	3	Margarine (portion)	4	Toast, (slice)	2	Toast, (slice)	2
	Jam (portion)	2	Bran Muffin (4oz)	1	Jam (portion)	2	Muffin (4oz)	1	Jam (portion)	2	Toast, (slice)	2	Margarine (portion)	2
	Peanut Butter (ptn)	3	Margarine (portion)	4	Peanut Butter (ptn)	1	Margarine (portion)	4	Peanut Butter (ptn)	3	Margarine (portion)	2	Jam (portion)	1
			Jam (portion)	2	Syrup	42 ml.	Jam (portion)	2			Jam (portion)	1	Ketchup (portion)	2
			Peanut Butter (ptn)	1			Peanut Butter (ptn)	1			Ketchup (portion)	2	Syrup	42 ml.
	Milk	8 oz	Ketchup (portion)	2	Milk	8 oz	Ketchup (portion)	2	Milk	8 oz				
Beverage Break	Coffee	8 oz	Milk	8 oz	Coffee	8 oz	Milk	8 oz	Coffee	8 oz	Milk	8 oz	Milk	8 oz
	Creamer (pwdr)	1	Coffee	8 oz	Creamer (pwdr)	1	Coffee	8 oz	Creamer (pwdr)	1	Coffee	8 oz	Coffee	8 oz
	Sugar (portion)	1	Creamer (pwdr)	1	Sugar (portion)	1	Creamer (pwdr)	1	Sugar (portion)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Brown Sugar (ptn)	1	Sugar (portion)	2	Brown Sugar (ptn)	1	Sugar (portion)	2	Brown Sugar (ptn)	1	Sugar (portion)	1	Sugar (portion)	1
Lunch	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
	Barley Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Tomato & Rice Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
	Roast Beef Sandwich	2	Turkey Salad (Plate)	3 oz	Chicken Hot Dogs/ w Buns	2	Egg Salad Sandwich	2	Grilled Cheese Sandwich.	2	Bavarian Meat Loaf Sandwich*	2	Ham Sandwich*	2
	Mustard (portion)	2	Pasta Salad	4 oz	French Fries	4 oz	Carrot Sticks	6x3"	French Fries	4 oz	* (as per specs)		* (as per specs)	
	Coleslaw	3 oz	Dressing, (portion)	1	Mustard (portion)	2			Ketchup	2				
	Fruit Drink	8 oz	Veggie Sticks	6x3"	Ketchup (portion)	2					Mustard (portion)	2	Mustard (portion)	2
			Bread (slice) / Marg.	2 ea	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz
Beverage Break	Tea	8 oz	Seasonal Fresh Fruit	1	Tea	8 oz	Seasonal Fresh Fruit	1	Tea	8 oz	Seasonal Fresh Fruit	1	Tea	8 oz
	Creamer (pwdr)	1			Creamer (pwdr)	1			Creamer (pwdr)	1			Creamer (pwdr)	1
	Sugar (portion)	1			Sugar (portion)	1			Sugar (portion)	1			Sugar (portion)	1
Dinner	Barley Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Tomato & Rice Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
	Rotini (cooked)	8 oz	Roast Chicken 1/4	1	Hot Hamburger Sand on. Texas Bread	1	Baked Fish	3 oz	Meat Loaf	5 oz	Chicken & Veg. Stir Fry	6 oz	Veal Cutlet/ 2oz gravy	3 oz
	Italian Sauce	6 oz			Baked Potato (Lge)	8oz			Oven Roast Potatoes	8 oz	Steamed Rice	6 oz	Boiled Potatoes	8oz
	Marinated Veg. Salad	3oz WT	Mashed Potatoes	8 oz	Gravy	2 oz	Boston Brown Potato	8 oz	Gravy	2oz	Lettuce/Tomato Salad	3oz WT	Diced Carrot & Turnip	2.5oz
			Cauliflower	2.5oz	Sour Cream	1/2 oz	Kernel Corn	2.5oz	Carrot Coins	2.5oz	Dressing (portion)	1	Peas	2.5oz
			Cabbage	2.5oz	Kernel Corn	2.5oz	Peas	2.5oz	Green Beans	2.5oz	Soya Sauce (portion)	1	Bread (slice)	3
	Garlic Toast (slice)	3	Bread (slice)	3	Bread (slice)	3	Bread (slice)	3	Bread (slice)	3	Bread/ Margarine	3 ea	Margarine (portion)	3
	Seasonal Fresh Fruit	1	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3	Vanilla Pudding	3 oz	Fruited Jell-O	3 oz
	Milk	8 oz	Vanilla Ice Cream	3 oz	Seasonal Fresh Fruit	1	White Cake	3 oz	Canned Apple Sauce	4 oz	Fruit Drink	8oz	Fruit Drink	8oz
Beverage Break	Tea	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
	Creamer (pwdr)	1	Tea	8 oz	Tea	8 oz	Tea	8 oz	Creamer (pwdr)	1	Tea	8 oz	Tea	8 oz
	Sugar (portion)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Sugar (portion)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
			Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1			Sugar (portion)	1	Sugar (portion)	1

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BC CORRECTIONS MALE HIGH ACTIVITY MENU

Revised June 2006

WEEK THREE	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz
	Oatmeal Cooked with Bran	1.5 cup	Corn Flakes	1 cup	Cr. Of Wheat	1 cup	Raisin Bran	1 cup	Oatmeal Cooked with Bran	1.5 cup	Fried Eggs	2	Scrambled Eggs	2
	Toast, (slice)	3	Egg	1	Pancakes (4")	2	Egg	1	Toast, (slice)	3	Bacon (strip)	2	Sausages (2oz)	2
	Muffin (4oz)	1	Hash Browns	5 oz	Brown Toast, (slice)	3	Hash Browns	5 oz	Muffin (4oz)	1	Hash Browns	5 oz	Pancakes (4")	2
	Margarine (ptn)	4	Toast, (slice)	3	Margarine (ptn)	3	Toast, (slice)	3	Margarine (ptn)	4	Toast, (slice)	2	Toast, (slice)	2
	Jam (portion)	2	Bran Muffin (4oz)	1	Jam (portion)	2	Muffin (4oz)	1	Jam (portion)	2	Toast, (slice)	2	Margarine (ptn)	2
	Peanut Butter (ptn)	3	Margarine (ptn)	4	Peanut Butter (ptn)	1	Margarine (ptn)	4	Peanut Butter (ptn)	3	Margarine (ptn)	2	Jam (portion)	1
			Jam (portion)	2	Syrup	42 ml.	Jam (portion)	2			Jam (portion)	1	Ketchup (portion)	2
			Peanut Butter (ptn)	1			Peanut Butter (ptn)	1			Ketchup (portion)	2	Syrup	42 ml.
	Milk	8 oz	Ketchup (portion)	2	Milk	8 oz	Ketchup (portion)	2	Milk	8 oz				
Beverage Break	Coffee	8 oz	Milk	8 oz	Coffee	8 oz	Milk	8 oz	Coffee	8 oz	Milk	8 oz	Milk	8 oz
	Creamer (pwdr)	1	Coffee	8 oz	Creamer (pwdr)	1	Coffee	8 oz	Creamer (pwdr)	1	Coffee	8 oz	Coffee	8 oz
	Sugar (portion)	1	Creamer (pwdr)	1	Sugar (portion)	1	Creamer (pwdr)	1	Sugar (portion)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Brown Sugar (ptn)	1	Sugar (portion)	2	Brown Sugar (ptn)	1	Sugar (portion)	2	Brown Sugar (ptn)	1	Sugar (portion)	1	Sugar (portion)	1
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Lunch	Tomato & Rice Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Barley Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
	Pizza -one Meat (1.5oz) one vegetable (1oz) & cheese (1.5oz)	6oz	Hot Beef Sandwich on Texas Bread	1	Egg & Cheese (Plate)	1	Hamburger & Bun with lettuce, tomato, onion	3 oz	Sub. Sandwich (1) with cold cuts & cheese (3oz) served with lettuce & tomato	3 oz	Tuna Salad Sandwich	2	Chicken Bologna Sandwich (as per Specs)	2
	Celery Stix	6x3"	Gravy	2 oz	Potato Salad	4oz WT			Coleslaw	3 oz			Mustard (portion)	2
			Mashed Potatoes	4 oz	Veggie Sticks	6x3"	French Fries	4 oz	Mustard (portion)	1				
	Fruit Drink	8 oz	Cooked Carrots	4 oz	Bread/ Margarine	2 ea	Mustard/Ketchup (ptn)	1 ea	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz
	Seasonal Fresh Fruit	1	Bread/ Margarine	1 ea	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz
			Fruit Drink	8 oz	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1
Beverage Break	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Dinner	Barley Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Tomato & Rice Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
	Southern Baked 1/4 Chicken	1	Lasagna	8 oz	Baked Fish	3 oz	Beef/Pepper Stir Fry	6 oz	French Meat Pie	6 oz	Beef Sausages	4 oz	Roast Turkey	3 oz
	Oven Roast Potatoes	8 oz	Italian Mixed Veg	5 oz	Mashed Potato	8 oz	Steamed Rice	6 oz	Mashed Potatoes	8 oz	Boiled Potatoes	8 oz	Sage Dressing	2 oz
	Green Beans	5 oz	Kernel Corn	2.5 oz	Peas	2.5oz	Broccoli Pieces	5 oz	Gravy	2 oz	Peas & Corn Mix	5 oz	Mashed Potatoes	8 oz
			Garlic Toast (slice)	3			Tossed Salad	3 oz wt	Boiled Cabbage	5 oz	Mustard (portion)	1	Gravy	2 oz
	Raisin Coleslaw	3 oz					Dressing (portion)	1			Bread (slice)	3	Carrot Coins	5 oz
	Bread (slice)	3			Bread (slice)	3	Soya Sauce (portion)	1	Bread (slice)	3	Margarine (ptn)	3	Bread/ Margarine	3 ea
	Margarine (ntn)	3			Margarine (ntn)	3	Bread / Margarine	3 ea	Margarine (ntn)	3	White cake	3 oz	Canned Apple Sauce	4 oz
	Chocolate Pudding	4 oz	Canned Pineapple	3 oz	Spice Cake	3 oz	Ice Cream	3 oz	Omeal Raisin Cookie	3 oz	Fruit Drink	8oz	Fruit Drink	8oz
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1

BC CORRECTIONS MALE HIGH ACTIVITY MENU

Revised June 2006

WEEK FOUR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz Oatmeal Cooked with Bran 1.5 cup Toast, (slice) 3 Muffin (4oz) 1 Margarine (portion) 4 Jam (portion) 2 Peanut Butter (ptn) 3 Milk 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1 Brown Sugar (ptn) 1	Orange Juice 6 oz Corn Flakes 1 cup Egg 1 Hash Browns 5 oz Toast, (slice) 3 Bran Muffin (4oz) 1 Margarine (portion) 4 Jam (portion) 2 Peanut Butter (ptn) 1 Ketchup (portion) 2 Milk 8 oz Coffee 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1 Sugar (portion) 2	Apple Juice 6 oz Cr. Of Wheat 1 cup Pancakes (4") 2 Brown Toast, (slice) 3 Margarine (portion) 3 Jam (portion) 2 Peanut Butter (ptn) 1 Syrup 42 ml. Milk 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1 Brown Sugar (ptn) 1	Orange Juice 6 oz Raisin Bran 1 cup Egg 1 Hash Browns 5 oz Toast, (slice) 3 Muffin (4oz) 1 Margarine (portion) 4 Jam (portion) 2 Peanut Butter (ptn) 1 Ketchup (portion) 2 Milk 8 oz Coffee 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1 Sugar (portion) 2	Apple Juice 6 oz Oatmeal Cooked with Bran 1.5 cup Toast, (slice) 3 Muffin (4oz) 1 Margarine (portion) 4 Jam (portion) 2 Peanut Butter (ptn) 3 Milk 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1 Brown Sugar (ptn) 1	Orange Juice 6 oz Fried Eggs 2 Bacon (strip) 2 Hash Browns 5 oz Toast, (slice) 2 Margarine (portion) 2 Jam (portion) 1 Ketchup (portion) 2 Syrup 42 ml. Milk 8 oz Coffee 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Apple Juice 6 oz Scrambled Eggs 2 Sausages (2oz) 2 Pancakes (4") 2 Toast, (slice) 2 Margarine (portion) 2 Jam (portion) 1 Ketchup (portion) 2 Syrup 42 ml. Milk 8 oz Coffee 8 oz Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1
Beverage Break	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Coffee 8 oz Creamer (pwdr) 1 Sugar (portion) 1
Lunch	Barley Soup 8 oz Crackers (each) 4 Salami & Cheese sandwich 2 Coleslaw 3 oz Fruit Drink 8 oz Seasonal Fresh Fruit 1	Cream of Veg Soup 8 oz Crackers (each) 4 Macaroni & Cheese Casserole 6 oz Green Peas 4 oz Bread slice 2 Margarine portion 2 Fruit Drink 8 oz	Green Pea Soup 8 oz Crackers (each) 4 Cold Turkey Sand. 2 Pasta Salad 4 oz Veggie Sticks 6x3" Fruit Drink 8 oz	Tomato & Rice Soup 8 oz Crackers (each) 4 Cold Meat Plate 3 oz Potato Salad 4 oz Tossed Salad 3 oz wt Dressing (portion) 1 Veggie Stix 6x3" Bread/ Margarine 2 ea Fruit Drink 8 oz Seasonal Fresh Fruit 1	Lentil Soup 8 oz Crackers (each) 4 Tuna Salad Sand. 2 Cabbage Salad 3 oz Veggie Stix 6x3" Fruit Drink 8 oz Seasonal Fresh Fruit 1	Soup D'Jour 8 oz Crackers (each) 4 Turkey Loaf Sandwich* 2 * (as per Specs) Mustard (portion) 2 Fruit Drink 8 oz Seasonal Fresh Fruit 1	Navy Bean Soup 8 oz Crackers (each) 4 Salami Sandwich 2 Mustard (portion) 2 Fruit Drink 8 oz Seasonal Fresh Fruit 1
Beverage Break	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1
Dinner	Barley Soup 8 oz Crackers (each) 4 Beef Stew (3 oz Meat) 6 oz Mashed Potatoes 8 oz Tea Biscuits (3oz) 2 Margarine (portion) 2 Lemon Pudding 3 oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Cream of Veg Soup 8 oz Crackers (each) 4 Veal Cutlets 3 oz Mushroom Sauce 2 oz Steamed Rice 6 oz Kernel Corn 5 oz Carrot Raisin Salad 3 oz Bread/ Margarine 3 ea Canned Apple Sauce 4 oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Green Pea Soup 8 oz Crackers (each) 4 Chili 6 oz Oven Baked Potatoes 8 oz Diced Carrots 2.5oz Green Beans 2.5oz Bread (slice) 3 Margarine (portion) 3 Canned Pineapple 3 oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Tomato & Rice Soup 8 oz Crackers (each) 4 Chicken Cacciatore with 2oz sauce 1/4 Egg Noodles 8 oz Mixed Vegetables 2.5oz Broccoli Pieces 2.5oz Bread (slice) 3 Margarine (portion) 3 Caramel Pudding 3 oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Lentil Soup 8 oz Crackers (each) 4 Meatballs 3oz Sweet & Sour Sauce 3oz Rice (cooked) 6oz Oriental Mixed Veg 5oz Bread (slice) 3 Margarine (portion) 3 Ice Cream 3 oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Soup D'Jour 8 oz Crackers (each) 4 Oven Baked Chicken 1/4 Mashed Potatoes 8oz Green Beans 2.5oz Carrot Coins 2.5oz Bread (slice) 3 Margarine (portion) 3 Chocolate Pudding 3 oz Fruit Drink 8oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1	Navy Bean Soup 8 oz Crackers (each) 4 Salisbury Steak 3 oz Scalloped Potatoes 8 oz Cauliflower 2.5oz Brussel Sprouts 2.5oz Bread (slice) 3 Margarine (portion) 3 Spice Cake 3 oz Fruit Drink 8oz Milk 8 oz Tea 8 oz Creamer (pwdr) 1 Sugar (portion) 1

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BC CORRECTIONS MALE HIGH ACTIVITY MENU SPECIFICATIONS

Revised May 2006

- 1 Liquids are by volume, solids are by weight except where specified.
- 2 All breakfast hot and cold cereals will be by volume. Oatmeal will consist of 75% oats and 25% edible bran by weight (3/4 bag oats:1/4 bag bran).
- 3 Fruit juice is pure from concentrate; 6 fluid oz. Fruit drink is from crystals or syrup; 8 fluid oz.
- 4 Milk will be 100% powdered skim milk made according to package directions and fortified with vitamins A and D.
- 5 Creamer for coffee will be non-dairy creamer.
- 6 Muffins 4 oz raw batter each; Cookies 3 oz raw hatter each; Cake 4 oz raw batter each / 3 oz as served. Applesauce and canned fruit 4 oz weight; Pudding 3 oz weight.
- 7 All toast and "cooked" sandwiches will be made with white medium sliced bread unless otherwise specified.
- 8 Bread for "cold" (uncooked) sandwiches and for evening meal will be 60% wholewheat (thin sliced).
- 9 All sandwiches will contain 2 oz weight of filling: ham, salami, turkey, bologna, chicken loaf, Bavarian meat loaf, cheese, peanut butter, sliced meats from leftovers, egg or tuna salad (2 oz egg or tuna).
- 10 In sandwiches, each slice of bread is to be spread with margarine or salad dressing. All submarine buns will be 7 inch Beef Dip Bun (white); at least 2.5 oz weight.
- 11 Meat and/or cheese sandwiches and subs will contain 3 grams of shredded lettuce. Subs will contain 11 grams tomato (total lettuce + tomato=1/2 oz / 14 grams).
- 12 Sandwich fillings are to vary from meal to meal with no two consecutive days to have the same filling. Jam may be added to peanut butter sandwich but does not count as the protein filling.
- 13 Vegetable Sticks consist of a seasonal variety unless otherwise stated of 6 sticks 3" long (3/8 cup; 3 fluid oz.)
- 14 Tossed Salad 3 oz weight; Carrot & Raisin Salad 3 oz weight including dressing.
- 15 Chicken Salad Plate will contain 3 oz of diced chicken white and dark; Turkey Salad Plate 3 oz of diced turkey; Egg & Cheese Plate will have 1-1/2 eggs and 1-1/2 oz of cheese.
- 16 Pizza will contain 1.5 oz meat, 1 oz of vegetable and 1.5 oz of cheese per serving.
- 17 All weiners will be chicken 8 to 1 kg unless otherwise stated.
- 18 Sloppy Joe will be made from "Hot Hucks" Veggie Burger Mix Product code: 308761 and include vegetables and seasonings according to recipe.
- 19 Soup is by volume (8 oz.) and will contain a minimum of 3oz cooked grains, beans, pasta or potatoes per portion, and can be made from leftovers.
- 20 Soup stock must be vegetable stock not meat stock. Cream soups will be non dairy, made with cornstarch or wheat.
- 21 All meats and vegetables will be by cooked weights unless specified. Gravy or mushroom sauce: 1/4 cup = 2 fluid oz measured with 2 oz ladle.
- 22 Mashed Potato & French Fries 1 cup=8 fluid oz; Hash Browns 5 fluid oz; Boiled & Oven Roast Potato 8 oz cooked weight; Rice 6 oz cooked weight; Noodles & Pasta 1 cup=8 fluid oz cooked.
- 23 Italian Sauce will consist of "Hot Hucks" product code # 308772 and contain tomato and seasonings according to recipe.
- 24 Beef Chow Mien will contain 3 oz of meat and 3 oz of vegetables plus noodles per serving.
- 25 All 1/4 chicken servings will be chicken leg & thigh 8-10 oz. (Edible portion will be at least 3 oz meat.)
- 26 Hot Hamhurger Sandwich will consist of 1 x slice of Texas Bread (Canada Bread spec Texas Toast) with a 3oz cooked burger pattie/roast beef.
- 27 Meat Loaf will contain 1-1/2 oz meat and 1-1/2 oz beef flavored rehydrated TVP or 3 oz beef.
- 28 French Meat Pie will contain 1-1/2oz meat and 1-1/2 oz beef flavored rehydrated TVP or 3oz. beef, 3-1/2oz of vegetables and 1-1/2 oz of pastry.
- 29 Chili will consist of 3 oz of "Hot Hucks" product code # 308784 and will contain vegetables, red kidney beans and seasonings according to recipe.
- 30 Meat/Vegetable Stir Fry will contain 3oz of meat per serving.
- 31 Lasagna will contain 3oz of Italian sauce (Hot Hucks product code# 308772) with vegetables and 5 oz pasta per serving and be made according to recipe.
- 32 Apart from tuna in sandwiches, the only fish permitted to be served on the menu will be 3 oz Baked Fish (battered pollock).
- 33 **Diabetic Snack** will consist of one half sandwich (as per sandwich specifications) three times per day and must rotate between cheese, peanut butter, meat and other variations.
- 34 **Bag Breakfast** will consist of 1 muffin, 2 slices of bread, cereal, 250ml carton of milk, 200ml Tetra Pak fruit juice, 2 jam, 2 peanut butter, sugar, spoon and 2 margarine.
- 35 **Bag (court) Lunches** will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 cookie (3 oz batter) and 1 piece fruit.
- 36 **Crew Lunches** will consist of 8 oz soup (bulk), 4 crackers, 2 sandwiches*, 8 oz beverage and 1 piece fruit. **Egg Salad and Tuna Salad Mix are NOT to be served in Crew Lunches.**
- 37 * **Secure Moderate Activity Centres** providing outside **Crew Lunches** will contain 3 sandwiches.
- 38 **Condiments will be as follows:**

Peanut Butter: 18 ml; Jam: 9 ml; Creamer Powder: 2 grams; White Sugar: 3.5 grams; Brown Sugar: 3.5 grams; Ketchup: 9 grams; Mustard: 7 grams;
Relish: 9 grams; All Dressings: 16 ml; Soya Sauce: 10 grams; Table Syrup: 42 ml; Margarine: 4.5 grams. The margarine used must be one that provides vitamin E

No Changes are to be made to this menu without authorization from the Corrections Contract Manager.

Unavoidable local substitutions must be reported to the local liaison warden.

BC CORRECTIONS MALE HIGH ACTIVITY VEGETARIAN MENU (NOT VEGAN)

Revised June 2006

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 1.5 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with Bran 1.5 cup	Fried Eggs 2	Scrambled Eggs 2
	Toast, (slice) 3	Egg 1	Pancakes (4") 2	Egg 1	Toast, (slice) 3	Grilled Marinated Tofu 2oz	Vegetable "sausage" Patty 2oz
	Muffin (4oz) 1	Hash Browns 5 oz	Brown Toast, (slice) 3	Hash Browns 5 oz	Muffin (4oz) 1	Hash Browns 5 oz	Pancakes (4") 2
	Margarine (portion) 4	Toast, (slice) 3	Margarine (portion) 3	Toast, (slice) 3	Margarine (portion) 4		Toast, (slice) 2
	Jam (portion) 2	Bran Muffin (4oz) 1	Jam (portion) 2	Muffin (4oz) 1	Jam (portion) 2	Toast, (slice) 2	Margarine (portion) 2
	Peanut Butter (ptn) 3	Margarine (portion) 4	Peanut Butter (ptn) 1	Margarine (portion) 4	Peanut Butter (ptn) 3	Margarine (portion) 2	Jam (portion) 1
		Jam (portion) 2	Syrup 42 ml	Jam (portion) 2		Jam (portion) 1	Syrup 42 ml
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1			
	Milk 8 oz	Ketchup (portion) 2	Milk 8 oz	Ketchup (portion) 2	Milk 8 oz	Ketchup (portion) 2	Ketchup (portion) 2
Beverage Break	Coffee 8 oz	Milk 8 oz	Coffee 8 oz	Milk 8 oz	Coffee 8 oz	Milk 8 oz	Milk 8 oz
	Creamer (pwdr) 1	Coffee 8 oz	Creamer (pwdr) 1	Coffee 8 oz	Creamer (pwdr) 1	Coffee 8 oz	Coffee 8 oz
	Sugar (portion) 1	Creamer (pwdr) 1	Sugar (portion) 1	Creamer (pwdr) 1	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Brown Sugar (ptn) 1	Sugar (portion) 2	Brown Sugar (ptn) 1	Sugar (portion) 2	Brown Sugar (ptn) 1	Sugar (portion) 1	Sugar (portion) 1
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Tomato & Rice Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Barley Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Veggie Weiners 5 ct 7"				Pizza Submarine* (1.5oz each of Marinated or Flavoured Tofu & 1		
Lunch	Pirogies (1oz) 4 ea.	Grilled Cheese & Vegan Salami Sandwich 2	Sloppy Joes (as per Specs) 6 oz	Flavoured Tofu Salad Sandwich. 2		Hummus & Salad Sandwich 2	Vegan Salami Sandwich 2
	Sour Cream 1/2 oz	Carrot Sticks 6x3"	Hamburger Bun 1	Tossed Salad 3oz WT	Cabbage Salad 3oz WT		
	Veggie Sticks 6x3"	Ketchup (portion) 1	Veggie Sticks 6x3"	Dressing (portion) 1	Dressing (portion) 1		Mustard Portion 2
	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz
	Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Tomato & Rice Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Barley Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
Dinner	Rotini (cooked) 8 oz	Marinated Tofu (3oz) Chow Mein 6 oz	Veggie Burger 3 oz	Falafel Nuggets 4 oz	Garden Burger 3 oz	Curry (as per Specs) 6oz	Lime Flavoured Tofu in an Alfredo Sauce 4oz
	Italian Sauce 6 oz	Vegetable Fried Rice 6 oz	Vegetable Gravy 2 oz	Tomato Sauce 2oz	Vegetable Gravy 2 oz	Egg Noodles 8oz	Steamed Rice 6 oz
	Tossed Salad 3oz WT	Broccoli pieces 5 oz	Boiled Potatoes 8 oz	French Fries 8 oz	Mashed Potatoes 8 oz	Mixed Vegetables 5 oz	Broccoli Pieces 5 oz
	Dressing (portion) 1	Bread 3	Peas & Corn Mix 5oz	Green Beans 5 oz	Carrot Coins 2.5oz	Bread (slice) 3	Soya Sauce (portion) 1
	Garlic Toast (slice) 3	Margarine 3	Bread (slice) 3	Coleslaw 3oz	Cauliflower 2.5oz	Margarine (portion) 3	Coleslaw 3 oz
				Ketchup (portion) 1			
	Apple Sauce (canned) 4 oz	Soya Sauce (portion) 1	Margarine (portion) 3	Tea Biscuit (3oz) 1	Bread (slice) 3		Bread/ Margarine 3 ea
		Canned Pineapple 4 oz	Chocolate Pudding 3 oz	Margarine (portion) 1	Margarine (portion) 3	Seasonal Fresh Fruit 1	Marble Cake 3 oz
				Choc. Chip Cookie 3 oz	Caramel Pudding 3 oz	Fruit Drink 8oz	Fruit Drink 8oz
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz
Dinner	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

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BC CORRECTIONS MALE HIGH ACTIVITY VEGETARIAN MENU (NOT VEGAN)

Revised June 2006

WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with 1.5 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with 1.5 cup	Fried Eggs 2	Scrambled Eggs 2
	Toast, (slice) 3	Egg 1	Pancakes (4") 2	Egg 1	Toast, (slice) 3	Grilled Marinated Tofu 2oz	Vegetable "Sausage" Patty 2oz
	Muffin (4oz) 1	Hash Browns 5 oz	Brown Toast, (slice) 3	Hash Browns 5 oz	Muffin (4oz) 1	Hash Browns 5 oz	Pancakes (4") 2
	Margarine (portion) 4	Toast, (slice) 3	Margarine (portion) 3	Toast, (slice) 3	Margarine (portion) 4	Toast, (slice) 2	Margarine (portion) 2
	Jam (portion) 2	Bran Muffin (4oz) 1	Jam (portion) 2	Muffin (4oz) 1	Jam (portion) 2	Jam (portion) 1	Jam (portion) 1
	Peanut Butter (ptn) 3	Margarine (portion) 4	Peanut Butter (ptn) 1	Margarine (portion) 4	Peanut Butter (ptn) 3	Margarine (portion) 2	Syrup 42 ml
		Jam (portion) 2	Syrup 42 ml	Jam (portion) 2			Ketchup (portion) 2
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1		Jam (portion) 1	Ketchup (portion) 2
	Milk 8 oz	Ketchup (portion) 2	Milk 8 oz	Ketchup (portion) 2	Milk 8 oz	Ketchup (portion) 2	Milk 8 oz
	Coffee 8 oz	Milk 8 oz	Coffee 8 oz	Milk 8 oz	Coffee 8 oz	Milk 8 oz	Coffee 8 oz
	Creamer (pwdr) 1	Coffee 8 oz	Creamer (pwdr) 1	Coffee 8 oz	Creamer (pwdr) 1	Coffee 8 oz	Creamer (pwdr) 1
	Sugar (portion) 1	Creamer (pwdr) 1	Sugar (portion) 1	Creamer (pwdr) 1	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Brown Sugar (ptn) 1	Sugar (portion) 2	Brown Sugar (ptn) 1	Sugar (portion) 2	Brown Sugar (ptn) 1	Sugar (portion) 1	Sugar (portion) 1
Beverage Break	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Lunch	Barley Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Tomato & Rice Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Flavoured Tofu & Salad Sandwich 2	Hummus & Tofu Salad (Plate) 3 oz	Veggie Weiner/ w Bun 2	Egg Salad Sandwich 2	Grilled Cheese Sand. 2	Tofu & Salad Sandwich* 2	Vegan Salami Sandwich 2
		Pasta Salad 4oz wt	French Fries 4 oz	Carrot Sticks 6x3"	French Fries 4oz		Mustard portion 2
	Coleslaw 3 oz	Veggie Sticks 6x3"	Mustard (portion) 2		Ketchup 2		
	Fruit Drink 8 oz	Bread (slice) / Marg. 2 ea	Ketchup (portion) 2				
		Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz
Beverage Break	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Dinner	Barley Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Tomato & Rice Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Rotini (cooked) 8 oz	Chili 6 oz	Hot Veggieburger Sand. On 3 oz	Curried Vegetable Ground & Chick Pea 5oz	Vegetarian "Meat" Loaf 5oz	Flavoured Tofu (3oz) & Veg Stir Fry 6oz	Bean & Cheese Burrito 1
	Italian Sauce 6oz	Mashed Potatoes 8 oz	Texas Bread 1	Stew			
	Marinated Veg. Salad 3oz WT		Baked Potato (Lge) 8oz	Egg Noodles 8 oz	Vegetable Gravy 2oz	Steamed Rice 6 oz	Tomato & Basil See 2oz
			Vegetable Gravy 2 oz		Oven Roast Potatoes 8 oz	Lettuce/Tomato Salad 3oz WT	Boiled Potatoes 8oz
		Cauliflower 2.5oz	Sour Cream 1/2 oz	Mixed Vegetables 2.5oz	Carrot Coins 2.5oz	Dressing (portion) 1	Diced Carrot & Turnip 2.5oz
	Garlic Toast (slice) 3	Cabbage 2.5oz	Peas & Corn Mix 5oz	Broccoli Pieces 2.5oz	Green Beans 2.5oz	Bread/ Margarine 3 ea	Peas 2.5oz
		Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	Soya Sauce (portion) 1	Bread (slice) 3
	Seasonal Fresh Fruit 1	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Vanilla Pudding 3 oz	Margarine (portion) 3
			Seasonal Fresh Fruit 1	Caramel Pudding 3 oz	Canned Apple Sauce 4 oz	Fruit Drink 8oz	Fruit Cocktail 3 oz
	Milk 8 oz	Vanilla Ice Cream 3 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Fruit Drink 8oz
	Tea 8 oz	Milk 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Milk 8 oz
	Creamer (pwdr) 1	Tea 8 oz	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Tea 8 oz
	Sugar (portion) 1	Creamer (pwdr) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Creamer (pwdr) 1

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BC CORRECTIONS MALE HIGH ACTIVITY VEGETARIAN MENU (NOT VEGAN)

Revised June 2006

WEEK THREE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 1.5 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with Bran 1.5 cup	Fried Eggs 2	Scrambled Eggs 2
	Toast, (slice) 3	Egg 1	Pancakes (4") 2	Egg 1	Toast, (slice) 3	Grilled Marinaded Tofu 2oz	Vegetable "sausage" Patty 2oz
	Muffin (4oz) 1	Hash Browns 5 oz	Brown Toast, (slice) 3	Hash Browns 5 oz	Muffin (4oz) 1	Hash Browns 5 oz	Pancakes (4") 2
	Margarine (portion) 4	Toast, (slice) 3	Margarine (portion) 3	Toast, (slice) 3	Margarine (portion) 4		Toast, (slice) 2
	Jam (portion) 2	Bran Muffin (4oz) 1	Jam (portion) 2	Muffin (4oz) 1	Jam (portion) 2	Toast, (slice) 2	Margarine (portion) 2
	Peanut Butter (ptn) 3	Margarine (portion) 4	Peanut Butter (ptn) 1	Margarine (portion) 4	Peanut Butter (ptn) 3	Margarine (portion) 2	Jam (portion) 1
		Jam (portion) 2	Syrup 42 ml.	Jam (portion) 2			
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1		Jam (portion) 1	Syrup 42 ml
	Milk 8 oz	Ketchup (portion) 2	Milk 8 oz	Ketchup (portion) 2	Milk 8 oz	Ketchup (portion) 2	Ketchup (portion) 2
Beverage Break	Coffee 8 oz	Milk 8 oz	Coffee 8 oz	Milk 8 oz	Coffee 8 oz	Milk 8 oz	Milk 8 oz
	Creamer (pwdr) 1	Coffee 8 oz	Creamer (pwdr) 1	Coffee 8 oz	Creamer (pwdr) 1	Coffee 8 oz	Coffee 8 oz
	Sugar (portion) 1	Creamer (pwdr) 1	Sugar (portion) 1	Creamer (pwdr) 1	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Brown Sugar (ptn) 1	Sugar (portion) 2	Brown Sugar (ptn) 1	Sugar (portion) 2	Brown Sugar (ptn) 1	Sugar (portion) 1	Sugar (portion) 1
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Lunch	Tomato & Rice Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Barley Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Pizza - Tofu (1.5oz), one vegetable (1oz) & cheese (1.5oz) 6oz	Garden Patty Sandwich on Texas Bread 3 oz 1	Egg & Cheese (Plate) 1	Veggie Burger/ Bun (Lettuce, Tomato, Onion) 3 oz	Sub. Sandwich (1) with Vegan Salami & Cheese (3oz), Lettuce & Tomato 1	Hummus Salad Sandwich 2	Vegan Salami Sandwich 2
		Vegetable Gravy 2oz	Potato Salad (weight) 4oz	French Fries 4 oz			
	Celery Sticks 6x3"	Mashed Potatoes 4 oz	Bread/ Margarine 2 ea	Mustard/Ketchup (ptn) 1 ea	Coleslaw 3oz WT		Mustard (portion) 2
		Cooked Carrots 4 oz				Fruit Drink 8 oz	Fruit Drink 8 oz
	Fruit Drink 8 oz	Bread/ Margarine 1 ea	Fruit Drink 8 oz	Fruit Drink 8 oz	Mustard (portion) 1		
	Seasonal Fresh Fruit 1	Fruit Drink 8 oz	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Fruit Drink 8 oz	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1
Beverage Break	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Dinner	Barley Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Tomato & Rice Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Chili 6 oz	Vegetable Lasagna 8oz	Cabbage Rolls 2	Flavoured Tofu (3oz) /Pepper Stir Fry 6 oz	Tofu (3oz) & Vegetable Pot Pie 6 oz	Felafel Nuggets 4 oz	Curried Vegetable Ground with Chick Peas 5oz
			Tomato Sauce 2oz	Steamed Rice 6 oz		Mustard (portion) 1	
	Oven Roast Potatoes 8 oz	Italian Mixed Veg 5 oz	Mashed Potato 8 oz	Broccoli Pieces 5 oz	Mashed Potatoes 8 oz	Boiled Potatoes 8 oz	Mashed Potatoes 8 oz
	Green Beans 5 oz		Kernel Corn 2.5 oz	Tossed Salad 3 oz wt	Gravy 2 oz	Peas & Corn Mix 5 oz	Carrot Coins 5 oz
	Raisin Coleslaw 3oz WT	Garlic Toast (slice) 3	Peas 2.5oz	Dressing (portion) 1	Boiled Cabbage 5 oz	Bread (slice) 3	Bread (slice) 3
	Bread (slice) 3		Bread (slice) 3	Soya Sauce (portion) 1	Bread (slice) 3	Margarine (portion) 3	Margarine (portion) 3
	Margarine (portion) 3		Margarine (portion) 3	Bread / Margarine 3 ea	Margarine (portion) 3	White cake 3 oz	Canned Apple Sauce 4 oz
	Chocolate Pudding 4 oz	Canned Pineapple 3 oz	Spice Cake 3 oz	Ice Cream 3 oz	O'meal Raisin Cookie 3 oz	Fruit Drink 8oz	Fruit Drink 8oz
Dinner	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

BC CORRECTIONS MALE HIGH ACTIVITY VEGETARIAN MENU (NOT VEGAN)

Revised June 2006

WEEK FOUR	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz
	Oatmeal Cooked with Bran	1.5 cup	Corn Flakes	1 cup	Cr. Of Wheat	1 cup	Raisin Bran	1 cup	Oatmeal Cooked with Bran	1.5 cup	Fried Eggs	2	Scrambled Eggs	2
	Toast, (slice)	3	Egg	1	Pancakes (4")	2	Egg	1	Toast, (slice)	3	Grilled Marinaded Tofu	2oz	Vegetable "sausage" Patty	2oz
	Muffin (4oz)	1	Hash Browns	5 oz	Brown Toast, (slice)	3	Hash Browns	5 oz	Muffin (4oz)	1	Hash Browns	5 oz	Pancakes (4")	2
	Margarine (portion)	4	Toast, (slice)	3	Margarine (portion)	3	Toast, (slice)	3	Margarine (portion)	4	Jam (portion)	2	Toast, (slice)	2
	Jam (portion)	2	Bran Muffin (4oz)	1	Jam (portion)	2	Muffin (4oz)	1	Jam (portion)	2	Toast, (slice)	2	Margarine (portion)	2
	Peanut Butter (ptn)	3	Margarine (portion)	4	Peanut Butter (ptn)	1	Margarine (portion)	4	Peanut Butter (ptn)	3	Margarine (portion)	2	Jam (portion)	1
			Jam (portion)	2	Syrup	42 ml.	Jam (portion)	2			Jam (portion)	1	Syrup	42 ml.
			Peanut Butter (ptn)	1			Peanut Butter (ptn)	1						
	Milk	8 oz	Ketchup (portion)	2	Milk	8 oz	Ketchup (portion)	2	Milk	8 oz	Ketchup (portion)	2	Ketchup (portion)	2
	Coffee	8 oz	Milk	8 oz	Coffee	8 oz	Milk	8 oz	Coffee	8 oz	Milk	8 oz	Milk	8 oz
	Creamer (powdr)	1	Coffee	8 oz	Creamer (powdr)	1	Coffee	8 oz	Creamer (powdr)	1	Coffee	8 oz	Coffee	8 oz
Beverage Break	Sugar (portion)	1	Creamer (powdr)	1	Sugar (portion)	1	Creamer (powdr)	1	Sugar (portion)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Brown Sugar (ptn)	1	Sugar (portion)	2	Brown Sugar (ptn)	1	Sugar (portion)	2	Brown Sugar (ptn)	1	Sugar (portion)	1	Sugar (portion)	1
Lunch	Barley Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Tomato & Rice Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
	Vegan Salami & Cheese Sandwich	2	Macaroni & Cheese Casserole	6 oz	Tofu & Hummus Sandwich	2	Flavoured Tofu 3 oz & Salad in a Pita	1	Cheese/Tofu Salad Sandwich	2	Bean & Vegetable in a 10" Wrap	1	Vegan Salami Sandwich	2
					Pasta Salad (weight)	4oz	Potato Salad (weight)	4oz	Cabbage Salad (weight)	3oz				
	Coleslaw (weight)	3oz			Veggie Sticks	6x3"	Tossed Salad	3oz wt						
			Green Peas	4 oz			Dressing (portion)	1	Veggie Sticks	6x3"			Mustard (portion)	2
			Bread slice	2			Veggie Sticks	6x3"						
			Margarine (portion)	2			Bread/ Margarine	2 ea						
	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz
	Seasonal Fresh Fruit	1					Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1
Beverage Break	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Dinner	Barley Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Tomato & Rice Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
	Vegetable Chick Pea Stew	6 oz	Sauteed Flavoured Tofu in 2oz of Tomato Sauce	5 oz	Chili	6 oz	Vegetable Lasagna	8 oz	Flavoured Tofu	3oz	Tofu (3oz) & Veggie Pot Pie	5oz	Vegetable & Potato Hash	5 oz
	Mashed Potatoes	8 oz	Steamed Rice	6 oz	Oven Baked Potatoes	8 oz			Sweet & Sour Sauce	3oz	Mashed Potatoes	8oz	Scalloped Potatoes	8 oz
	Tea Biscuits (3oz)	2	Kernel Corn	5 oz	Diced Carrots	2.5oz	Kernel Corn	2.5oz	Rice (cooked)	6oz	Green Beans	2.5oz	Cauliflower	2.5oz
	Margarine (portion)	2	Carrot Raisin Salad	3oz WT	Green Beans	2.5oz	Peas	2.5oz	Oriental Mixed Veg	5oz	Carrot Coins	2.5oz	Brussel Sprouts	2.5oz
					Bread (slice)	3	Mixed Vegetable Salad	3oz WT			Bread (slice)	3	Bread (slice)	3
	Lemon Pudding	3 oz	Bread/ Margarine	3 ea	Margarine (portion)	3	Garlic Toast	3	Bread (slice)	3	Margarine (portion)	3	Margarine (portion)	3
			Canned Apple Sauce	4 oz	Canned Pineapple	3 oz	White Cake	3 oz	Margarine (portion)	3	Chocolate Pudding	3 oz	Spice Cake	3 oz
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Ice Cream	3 oz	Fruit Drink	8oz	Fruit Drink	8oz
	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Creamer (powdr)	1	Creamer (powdr)	1	Creamer (powdr)	1

BC CORRECTIONS MALE HIGH ACTIVITY VEGETARIAN MENU SPECIFICATIONS (NOT VEGAN)

Revised May 2006

- 1 Liquids are by volume, solids are by weight except where specified.
- 2 All breakfast hot and cold cereals will be by volume. Oatmeal will consist of 75% oats and 25% edible bran by weight (3/4 bag oats:1/4 bag bran).
- 3 Fruit juice is pure from concentrate; 6 fluid oz. Fruit drink is from crystals or syrup; 8 fluid oz.
- 4 Milk will be 100% powdered skim milk made according to package directions and fortified with vitamins A and D.
- 5 Creamer for coffee will be non-dairy creamer.
- 6 Muffins 4 oz raw batter each; Cookies 3 oz raw batter each; Cake 4 oz raw batter each / 3 oz as served. Applesauce and canned fruit 4 oz weight; Pudding 3 oz weight.
- 7 All toast and "cooked" sandwiches will be made with white medium sliced bread unless otherwise specified.
- 8 Bread for "cold" (uncooked) sandwiches and for evening meal will be 60% wholewheat (thin sliced).
- 9 All sandwiches will contain 2 oz weight of filling: cheese, peanut butter, marinated tofu, egg, chickpea spread, hummus or any other vegetarian protein.
- 10 In sandwiches, each slice of bread is to be spread with margarine or salad dressing. All submarine buns will be 7 inch Beef Dip Bun (white); at least 2.5 oz weight.
- 11 Veggie "meat, marinated tofu, and/or cheese sandwiches and subs will contain 3 grams of shredded lettuce. Subs will contain 11 grams tomato (total lettuce + tomato=1/2 oz / 14 grams).
- 12 Sandwich fillings are to vary from meal to meal with no two consecutive days to have the same filling. Jam may be added to peanut butter sandwich but does not count as the protein filling.
- 13 Vegetable Sticks consist of a seasonal variety unless otherwise stated of 6 sticks 3" long (3/8 cup; 3 fluid oz.)
- 14 Tossed Salad 3 oz weight; Carrot & Raisin Salad 3 oz weight including dressing.
- 15 Grilled Marinated Tofu will be used as a substitute for bacon.
- 16 Vegetarian Pizza will contain 2oz of reconstituted Textured Vegetable Protein OR Tofu in lieu of meat.
- 17 Vegetarian weiners will be 5 ct 7" size.
- 18 Sloppy Joe will be made from "Hot Hucks" Veggie Burger Mix Product code: 308761 and include vegetables and seasonings according to recipe.
- 19 Soup is by volume (8 oz.) and will contain a minimum of 3oz cooked grains, beans, pasta or potatoes per portion, and can be made from leftovers.
- 20 Soup stock must be vegetable stock not meat stock. Cream soups will be non dairy, made with cornstarch or wheat.
- 21 All vegetables will be by cooked weights unless specified. Gravy or mushroom sauce: 1/4 cup = 2 fluid oz measured with 2 oz ladle.
- 22 Mashed Potato & French Fries 1 cup=8 fluid oz; Hash Browns 5 fluid oz; Boiled & Oven Roast Potato 8 oz cooked weight; Rice 6 oz cooked weight; Noodles & Pasta 1 cup=8 fluid oz cooked.
- 23 Italian Sauce will consist of "Hot Hucks" product code # 308772 and contain tomato and seasonings according to recipe.
- 24 All Stir Fries, Pot Pies, Stews and Hashes etc will contain 3oz of marinated tofu or reconstituted Textured Vegetable Protein.
- 25 All tofu dishes will contain "Marinated" Tofu. Marinades can be Sweet and Sour, Barbecue, Teriyaki, Lime and Orange, Savoury, etc.
- 26 Hot Veggieburger or Garden Patty Sandwich will consist of 1 x slice of Texas Bread (Canada Bread spec Texas Toast) with a 3oz cooked vegetarian burger pattie. Vegetarian Burgers will be of the Garden Patty variety.
- 27 Vegetarian "Meat" Loaf will made from "Hot Hucks" Veggie Burger Mix Product code: 308761 plus vegetables and seasonings according to recipe.
- 28 Curry will consist of "Hot Hucks" product code # 308786 and will contain 2oz of fresh diced vegetables.
- 29 Chili will consist of 3 oz of "Hot Hucks" product code # 308784 and will contain vegetables, red kidney beans and seasonings according to recipe.
- 30 Vegetarian Cabbage Rolls will be of the bought variety, code number 594465, and will be accompanied by a meatless Italian sauce containing 2oz of reconstituted textured vegetable protein or grated tofu.
- 31 Lasagna will contain 3oz of Italian sauce (Hot Hucks product code# 308772) with vegetables and 5 oz pasta per serving and be made according to recipe.
- 32 Bean and Cheese Burritos will be of the bought variety code # 534008.
- 33 **Diabetic Snack** will consist of one half sandwich (as per sandwich specifications) three times per day and must rotate between cheese, peanut butter, marinated tofu, vegetarian "meat", hummus, & other variations.
- 34 **Bag Breakfast** will consist of 1 muffin, 2 slices of bread, cereal, 250ml carton of milk, 200ml Tetra Pak fruit juice, 2 jam, 2 peanut butter, sugar, spoon and 2 margarine.
- 35 **Bag (court) Lunches** will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 cookie (3 oz batter) and 1 piece fruit
- 36 **Crew Lunches** will consist of 8 oz soup (bulk), 4 crackers, 2 sandwiches*, 8 oz beverage and 1 piece fruit. Egg Salad and Tuna Salad Mix are NOT to be served in Crew Lunches.
- 37 *** Secure Moderate Activity Centres providing outside Crew Lunches** will contain 3 sandwiches.
- 38 **Condiments will be as follows:**
Peanut Butter: 18 ml; Jam: 9 ml; Creamer Powder: 2 grams; White Sugar: 3.5 grams; Brown Sugar: 3.5 grams; Ketchup: 9 grams; Mustard: 7 grams;
Relish: 9 grams; All Dressings: 16 ml; Soya Sauce: 10 grams; Table Syrup: 42 ml; Margarine: 4.5 grams. The margarine used must be one that provides vitamin E
No Changes are to be made to this menu without authorization from the Corrections Contract Manager.
Unavoidable local substitutions must be reported to the local liaison warden.

BC CORRECTIONS MALE HIGH ACTIVITY VEGAN MENU

Revised September 2005

WEEK ONE	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz
	Oatmeal Cooked with Bran	1.5 cup	Corn Flakes	1 cup	Cr. Of Wheat	1 cup	Raisin Bran	1 cup	Oatmeal Cooked with Bran	1.5 cup			Marinated/Flav. Tofu	2 oz
	Toast, (slice)	3	Marinated/Flav. Tofu	2 oz	Bran Muffin (4oz)	1	Marinated/Flav. Tofu	2 oz	Toast, (slice)	3	Grilled Marinated Tofu	4 oz	Vegetable "sausage" Patty	4oz
	Vegan muffin (4oz)	1	Hash Browns	5 oz	Brown Toast, (slice)	3	Hash Browns	5 oz	Vegan muffin (4oz)	1	Hash Browns	5 oz	Bran Muffin (4oz)	1
	Margarine (portion)	4	Toast, (slice)	3	Margarine (portion)	3	Toast, (slice)	3	Margarine (portion)	4			Toast, (slice)	2
	Jam (portion)	2	Bran Muffin (4oz)	1	Jam (portion)	2	Vegan muffin (4oz)	1	Jam (portion)	2	Toast, (slice)	2	Margarine (portion)	2
	Peanut Butter (ptn)	3	Margarine (portion)	4	Peanut Butter (ptn)	1	Margarine (portion)	4	Peanut Butter (ptn)	3	Margarine (portion)	2	Jam (portion)	1
			Jam (portion)	2			Jam (portion)	2			Jam (portion)	1		
			Peanut Butter (ptn)	1			Peanut Butter (ptn)	1						
	SoGood Milk orig	8 oz	Ketchup (portion)	2	SoGood Milk orig	8 oz	Ketchup (portion)	2	SoGood Milk orig	8 oz	Ketchup (portion)	2	Ketchup (portion)	2
	Coffee	8 oz	SoGood Milk orig	8 oz	Coffee	8 oz	SoGood Milk orig	8 oz	Coffee	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz
	Creamer (pwdr)	1	Coffee	8 oz	Creamer (pwdr)	1	Coffee	8 oz	Creamer (pwdr)	1	Coffee	8 oz	Coffee	8 oz
Beverage Break	Sugar (portion)	1	Creamer (pwdr)	1	Sugar (portion)	1	Creamer (pwdr)	1	Sugar (portion)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Brown Sugar (ptn)	1	Sugar (portion)	2	Brown Sugar (ptn)	1	Sugar (portion)	2	Brown Sugar (ptn)	1	Sugar (portion)	1	Sugar (portion)	1
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
Lunch	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
	Tomato & Rice Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Barley Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
	Veggie Weiners 5 ct 7"	2	Vegan Salami Sandwich	2	Sloppy Joes (as per Specs)	6 oz	Flavoured Tofu Salad Sandwich.	2	Pizza Submarine* (3oz of Marinated or Flavoured Tofu)	1	Hummus & Salad Sandwich	2	Vegan Salami Sandwich	2
	Sauteed tofu	2 oz	Carrot Sticks	6x3"	Hamburger Bun	1	Tossed Salad	3oz WT	Cabbage Salad	3oz WT				
	Veggie Sticks	6x3"	Ketchup	1	Veggie Sticks	6x3"	Dressing (portion)	1	Dressing (portion)	1			Mustard Portion	2
Beverage Break	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz
	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1
	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
Dinner	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
	Tomato & Rice Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Barley Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
	Rotini (cooked)	8 oz	Marinated Tofu (3oz)	6 oz	Veggie Burger	3 oz	Falafel Nuggets	4 oz	Garden Burger	3 oz	Curry (as per Specs)	6oz	Lime flavoured tofu in a tomato sauce	4oz
	Italian Sauce	6 oz	Chow Mein		Vegetable Gravy	2 oz	Tomato Sauce	2oz	Vegetable Gravy	2 oz	Rotini noodles	8oz	Steamed Rice	6 oz
	Tossed Salad	3oz WT	Vegetable Fried Rice	6 oz	Boiled Potatoes	8 oz	French Fries	8 oz	Mashed Potatoes	8 oz	Mixed Vegetables	5 oz	Broccoli Pieces	5 oz
	Dressing (portion)	1	Broccoli pieces	5 oz	Peas & Corn Mix	5oz	Green Beans	5 oz	Carrot Coins	2.5oz	Bread (slice)	3	Soya Sauce (portion)	1
	Garlic Toast (slice)	3	Bread	3	Bread (slice)	3	Coleslaw	3oz WT	Cauliflower	2.5oz	Margarine (portion)	3	Coleslaw	3 oz WT
			Margarine	3			Ketchup (portion)	1						
	Apple Sauce (canned)	4 oz	Canned Pineapple	4 oz	Canned fruit	4 oz	Whole wheat bread	2	Bread (slice)	3	Seasonal Fresh Fruit	1	Bread/ Margarine	3 ea
							Margarine (portion)	1	Margarine (portion)	3			Canned fruit	4 oz
	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	Fresh fruit	4 oz	Canned fruit	4 oz	Fruit Drink	8oz	Fruit Drink	8oz
	Tea	8 oz	Tea	8 oz	Tea	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Sugar (portion)	1	Creamer (pwdr)	1	Sugar (portion)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
			Sugar (portion)	1			Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1

BC CORRECTIONS MALE HIGH ACTIVITY VEGAN MENU

Revised September 2005

WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 1.5 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with Bran 1.5 cup	Grilled Marinated Tofu 4oz	Vegetable "Sausage" Patty 4oz
	Toast, (slice) 3	Marinated/Flav. Tofu 2 oz	Bran Muffin (4oz) 1	Marinated/Flav. Tofu 2 oz	Toast, (slice) 3		
	Vegan muffin (4oz) 1	Hash Browns 5 oz	Brown Toast, (slice) 3	Hash Browns 5 oz	Vegan muffin (4oz) 1		
	Margarine (portion) 4	Toast, (slice) 3	Margarine (portion) 3	Toast, (slice) 3	Margarine (portion) 4	Hash Browns 5 oz	Marinated/Flav. Tofu 2oz
	Jam (portion) 2	Bran Muffin (4oz) 1	Jam (portion) 2	Vegan muffin (4oz) 1	Jam (portion) 2	Toast, (slice) 2	Vegan muffin (4oz) 1
	Peanut Butter (ptn) 3	Margarine (portion) 4	Peanut Butter (ptn) 1	Margarine (portion) 4	Peanut Butter (ptn) 3	Margarine (portion) 2	Toast, (slice) 2
		Jam (portion) 2		Jam (portion) 2			Margarine (portion) 2
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1		Jam (portion) 1	Jam (portion) 1
	SoGood Milk orig 8 oz	Ketchup (portion) 2	SoGood Milk orig 8 oz	Ketchup (portion) 2	SoGood Milk orig 8 oz	Ketchup (portion) 2	Ketchup (portion) 2
Beverage Break	Coffee 8 oz	SoGood Milk orig 8 oz	Coffee 8 oz	SoGood Milk orig 8 oz	Coffee 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz
	Creamer (powdr) 1	Coffee 8 oz	Creamer (powdr) 1	Coffee 8 oz	Creamer (powdr) 1	Coffee 8 oz	Coffee 8 oz
	Sugar (portion) 1	Creamer (powdr) 1	Sugar (portion) 1	Creamer (powdr) 1	Sugar (portion) 1	Creamer (powdr) 1	Creamer (powdr) 1
	Brown Sugar (ptn) 1	Sugar (portion) 2	Brown Sugar (ptn) 1	Sugar (portion) 2	Brown Sugar (ptn) 1	Sugar (portion) 1	Sugar (portion) 1
	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Lunch	Barley Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Tomato & Rice Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Flavoured Tofu & Salad Sandwich 2	Hummus & Tofu Salad (Plate) 3 oz	Veggie Weiner/ w Bun 2	Marinated Tofu Salad Sandwich 2	Hummus & Salad Sand. 2	Tofu & Salad Sandwich 2	Vegan Salami Sandwich 2
		Pasta Salad 4oz WT	French Fries 4 oz	Carrot Sticks 6x3"	French Fries 4oz		
	Coleslaw 3 oz	Veggie Sticks 6x3"	Mustard (portion) 2		Ketchup 2		Mustard portion 2
		Bread (slice) / Marg. 2 ea	Ketchup (portion) 2				
	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz
		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1
Beverage Break	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Dinner	Barley Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Tomato & Rice Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Rotini (cooked) 8 oz	Vegetable chili 6 oz	Hot Veggieburger Sand. 3 oz	Curried Vegetable Ground & Chick Pea Stew 5oz	Vegetarian "Meat" Loaf 5oz	Flavoured Tofu (3oz) & Veg Stir Fry 6oz	Falafel Nuggets 4 oz
		On Texas Toast 1					
	Italian Sauce 6oz	Mashed Potatoes 8 oz	Baked Potato (Lge) 8oz	Rotini noodles 8 oz	Vegetable Gravy 2oz	Steamed Rice 6 oz	Tomato Basil Sauce 2oz
							Boiled Potatoes 8oz
	Marinated Veg. Salad 3oz WT	Cauliflower 2.5oz			Oven Roast Potatoes 8 oz	Lettuce/Tomato Salad 3oz WT	Diced Carrot & Turnip 2.5oz
	Garlic Toast (slice) 3	Cabbage 2.5oz	Vegetable Gravy 4 oz	Mixed Vegetables 2.5oz	Carrot Coins 2.5oz	Dressing (portion) 1	Peas 2.5oz
		Bread (slice) 3	Peas & Corn Mix 5oz	Broccoli Pieces 2.5oz	Green Beans 2.5oz	Bread/ Margarine 3 ea	Bread (slice) 3
	Seasonal Fresh Fruit 1	Margarine (portion) 3	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	Soya Sauce (portion) 1	Margarine (portion) 3
Beverage Break			Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Canned fruit 4 oz	Fruit Cocktail 3 oz
	SoGood Milk orig 8 oz	Pineapple pieces 3 oz	Seasonal Fresh Fruit 1	Canned fruit 4 oz	Canned Apple Sauce 4 oz	Fruit Drink 8oz	Fruit Drink 8oz
	Tea 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz
	Creamer (powdr) 1	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Sugar (portion) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
		Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

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BC CORRECTIONS MALE HIGH ACTIVITY VEGAN MENU

Revised September 2005

WEEK THREE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 1.5 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with Bran 1.5 cup		
	Toast, (slice) 3	Marinated/Flav. Tofu 2 oz	Bran Muffin (4oz) 1	Marinated/Flav. Tofu 2 oz	Toast, (slice) 3	Marinated/Flav. Tofu 4 oz	Vegetable "sausage" Patty 4oz
	Vegan muffin (4oz) 1	Hash Browns 5 oz	Brown Toast, (slice) 3	Hash Browns 5 oz	Vegan muffin (4oz) 1	Hash Browns 5 oz	Marinated/Flav. Tofu 2 oz
	Margarine (portion) 4	Toast, (slice) 3	Margarine (portion) 3	Toast, (slice) 3	Margarine (portion) 4		Vegan muffin (4oz) 1
	Jam (portion) 2	Bran Muffin (4oz) 1	Jam (portion) 2	Vegan muffin (4oz) 1	Jam (portion) 2	Toast, (slice) 2	Toast, (slice) 2
	Peanut Butter (ptn) 3	Margarine (portion) 4	Peanut Butter (ptn) 1	Margarine (portion) 4	Peanut Butter (ptn) 3	Margarine (portion) 2	Margarine (portion) 2
		Jam (portion) 2		Jam (portion) 2		Jam (portion) 1	Jam (portion) 1
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1			
	SoGood Milk orig 8 oz	Ketchup (portion) 2	SoGood Milk orig 8 oz	Ketchup (portion) 2	SoGood Milk orig 8 oz	Ketchup (portion) 2	Ketchup (portion) 2
Beverage Break	Coffee 8 oz	SoGood Milk orig 8 oz	Coffee 8 oz	SoGood Milk orig 8 oz	Coffee 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz
	Creamer (powdr) 1	Coffee 8 oz	Creamer (powdr) 1	Coffee 8 oz	Creamer (powdr) 1	Coffee 8 oz	Coffee 8 oz
	Sugar (portion) 1	Creamer (powdr) 1	Sugar (portion) 1	Creamer (powdr) 1	Sugar (portion) 1	Creamer (powdr) 1	Creamer (powdr) 1
	Brown Sugar (ptn) 1	Sugar (portion) 2	Brown Sugar (ptn) 1	Sugar (portion) 2	Brown Sugar (ptn) 1	Sugar (portion) 1	Sugar (portion) 1
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Lunch	Tomato & Rice Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Barley Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Pizza (Tomato x 3oz, one vegetable x 1oz) 6oz	Garden Patty Sandwich on Texas bread 1	Hummus & Flavoured Tofu (Plate) 1	Veggie Burger/ Bun (Lettuce, Tomato, Onion) 3 oz	Sub Sandwich (1) with Vegan Salami (3oz), Lettuce & Tomato 1	Hummus Salad Sandwich 2	Vegan Salami Sandwich 2
	Celery Sticks 6x3"	Vegetable Gravy 2oz	Potato Salad (weight) 4oz	French Fries 4 oz	Coleslaw (weight) 3oz		Mustard (portion) 2
		Mashed Potatoes 4 oz	Veggie Sticks 6x3"	Mustard/Ketchup (ptn) 1 ea		Fruit Drink 8 oz	Fruit Drink 8 oz
		Cooked Carrots 4 oz	Bread/ Margarine 2 ea				
	Fruit Drink 8 oz	Bread/ Margarine 1 ea	Fruit Drink 8 oz	Fruit Drink 8 oz	Mustard (portion) 1		
	Seasonal Fresh Fruit 1	Fruit Drink 8 oz	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Fruit Drink 8 oz	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1
Beverage Break	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Dinner	Barley Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Tomato & Rice Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Chili 6 oz	Vegetable Lasagna 8oz	Cabbage Rolls 2	Flavoured Tofu (3oz) /Pepper Stir Fry 6 oz	Tofu (3oz) & Vegetable Pot Pie 6 oz	Felafel Nuggets 4 oz	Curried Vegetable Ground with Chick Peas 5oz
			Tomato Sauce 2oz	Steamed Rice 6 oz		Mustard (portion) 1	
	Oven Roast Potatoes 8 oz	Italian Mixed Veg 5 oz	Mashed Potato 8 oz	Broccoli Pieces 5 oz	Mashed Potatoes 8 oz	Boiled Potatoes 8 oz	Mashed Potatoes 8 oz
	Green Beans 5 oz		Kernel Corn 2.5 oz	Tossed Salad 3 oz wt	Gravy 2 oz	Peas & Corn Mix 5 oz	Carrot Coins 5 oz
	Raisin Coleslaw (WT) 3oz	Garlic Toast (slice) 3	Peas 2.5oz	Dressing (portion) 1	Boiled Cabbage 5 oz	Bread (slice) 3	Bread (slice) 3
	Bread (slice) 3		Bread (slice) 3	Soya Sauce (portion) 1	Bread (slice) 3	Margarine (portion) 3	Margarine (portion) 3
	Margarine (portion) 3		Margarine (portion) 3	Bread / Margarine 3 ea	Margarine (portion) 3	Canned fruit 4 oz	Canned Apple Sauce 4 oz
	Canned fruit 4 oz	Canned Pineapple 3 oz	Fruit salad 4 oz	Canned fruit 4 oz	Canned fruit 4 oz	Fruit Drink 8oz	Fruit Drink 8oz
Beverage Break	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz	SoGood Milk orig 8 oz
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1	Creamer (powdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

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BC CORRECTIONS MALE HIGH ACTIVITY VEGAN MENU

Revised September 2005

WEEK FOUR	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz
	Oatmeal Cooked with Bran	1.5 cup	Corn Flakes	1 cup	Cr. Of Wheat	1 cup	Raisin Bran	1 cup	Oatmeal Cooked with Bran	1.5 cup			Marinated/Flav. Tofu	2 oz
	Toast, (slice)	3	Marinated/Flav. Tofu	2 oz	Bran Muffin (4oz)	1	Marinated/Flav. Tofu	2 oz	Toast, (slice)	3	Grilled Marinated Tofu	4oz	Vegetable "sausage" Patty	4oz
	Vegan Muffin (4oz)	1	Hash Browns	5 oz	Brown Toast, (slice)	3	Hash Browns	5 oz	Vegan Muffin (4oz)	1	Hash Browns	5 oz	Vegan muffin	2
	Margarine (portion)	4	Toast, (slice)	3	Margarine (portion)	3	Toast, (slice)	3	Margarine (portion)	4			Toast, (slice)	2
	Jam (portion)	2	Bran Muffin (4oz)	1	Jam (portion)	2	Vegan Muffin (4oz)	1	Jam (portion)	2	Toast, (slice)	2	Margarine (portion)	2
	Peanut Butter (ptn)	3	Margarine (portion)	4	Peanut Butter (ptn)	1	Margarine (portion)	4	Peanut Butter (ptn)	3	Margarine (portion)	2	Jam (portion)	1
			Jam (portion)	2			Jam (portion)	2						
			Peanut Butter (ptn)	1			Peanut Butter (ptn)	1			Jam (portion)	1		
	SoGood Milk orig	8 oz	Ketchup (portion)	2	SoGood Milk orig	8 oz	Ketchup (portion)	2	SoGood Milk orig	8 oz	Ketchup (portion)	2	Ketchup (portion)	2
	Coffee	8 oz	SoGood Milk orig	8 oz	Coffee	8 oz	SoGood Milk orig	8 oz	Coffee	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz
	Creamer (pwdr)	1	Coffee	8 oz	Creamer (pwdr)	1	Coffee	8 oz	Creamer (pwdr)	1	Coffee	8 oz	Coffee	8 oz
Beverage Break	Sugar (portion)	1	Creamer (pwdr)	1	Sugar (portion)	1	Creamer (pwdr)	1	Sugar (portion)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Brown Sugar (ptn)	1	Sugar (portion)	2	Brown Sugar (ptn)	1	Sugar (portion)	2	Brown Sugar (ptn)	1	Sugar (portion)	1	Sugar (portion)	1
Lunch	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
	Barley Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Tomato & Rice Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
	Vegan Salami sandwich	2	Macaroni & nondairy afredo & tofu (3 oz)	6 oz	Tofu & Hummus Sandwich	2	Flavoured Tofu 3 oz & Salad in a Pita	1	Falafel nuggets	6	Bean & Vegetable in a 10" Wrap	1	Vegan Salami Sandwich	2
	Coleslaw (weight)	3oz	Casserole		Pasta Salad (weight)	4oz	Potato Salad (weight)	4oz	Cabbage Salad (WT)	3oz				
			Green Peas	4 oz	Veggie Sticks	6x3"	Tossed Salad (vol)	3oz	Mustard portion	1			Mustard (portion)	2
			Bread slice	2			Dressing (portion)	1	Veggie Sticks	6x3"				
			Margarine (portion)	2			Bread/ Margarine	2 ea						
	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz
	Seasonal Fresh Fruit	1			Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1
Beverage Break	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Dinner	Barley Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Tomato & Rice Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
	Vegetable Chick Pea Stew	6 oz	Sauteed Flavoured Tofu in Tomato Sauce	2oz	Chili	6 oz	Vegetable Lasagna	8 oz	Flavoured Tofu	3oz	Tofu (3oz) & Veggie Pot Pie	5oz	Vegetable, Crumbled Tofu & Potato Hash	5 oz
	Mashed Potatoes	8 oz	Steamed Rice	6 oz	Oven Baked Potatoes	8 oz	Kernel Corn	2.5oz	Sweet & Sour Sauce	3oz	Mashed Potatoes	8oz	Sauteed Potatoes	8 oz
	Brown bread slice	3	Kernel Corn	5 oz	Diced Carrots	2.5oz	Peas	2.5oz	Rice (cooked)	6oz	Green Beans	2.5oz	Cauliflower	2.5oz
	Margarine (portion)	2	Carrot Raisin Salad	3oz WT	Green Beans	2.5oz	Mixed Vegetable Salad	3oz WT	Oriental Mixed Veg	5oz	Carrot Coins	2.5oz	Brussel Sprouts	2.5oz
			Bread/ Margarine	3 ea	Bread/ Margarine	3 ea	Garlic Toast	3	Bread/ Margarine	3 ea	Bread/ Margarine	3 ea	Bread/ Margarine	3 ea
	Canned fruit	4 oz	Canned Apple Sauce	4 oz	Canned Pineapple	3 oz	Canned fruit	4 oz	Canned fruit	4 oz	Canned fruit	4 oz	Canned fruit	4 oz
	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz	SoGood Milk orig	8 oz
	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1

BC CORRECTIONS MALE HIGH ACTIVITY VEGAN MENU SPECIFICATIONS

Revised May 2006

All other specs for non vegetarian menu apply unless specifically stated in the Vegan Specs. A vegan diet contains no eggs, dairy products, gelatin, honey, and no other animal products.

- 1 Liquids are by volume, solids are by weight except where specified.
- 2 All breakfast hot and cold cereals will be by volume. Oatmeal will consist of 75% oats and 25% edible bran by weight (3/4 bag oats:1/4 bag bran).
- 3 Fruit juice is pure from concentrate; 6 fluid oz. Fruit drink is from crystals or syrup; 8 fluid oz.
- 4 Soy milk will be fortified with calcium, vitamins D and B12; it can be So Good or another brand. Creamer for coffee will be non-dairy creamer.
- 5 When other inmates are given cake or cookies, vegan inmates may be given 4 oz canned fruit such as plums, peaches, pears, pineapple or applesauce or a vegan muffin or other vegan baked items without eggs or dairy products.
- 6 Muffins (4 oz raw batter each) must be vegan, such as bran muffin from mix or Quaker oatmeal muffin from mix, and be made without egg or dairy. Applesauce and canned fruit 4 oz weight;
- 7 All toast and "cooked" sandwiches will be made with white medium sliced bread unless otherwise specified.
- 8 Bread for "cold" (uncooked) sandwiches and for evening meal will be 60% wholewheat (thin sliced).
- 9 All sandwiches contain 2oz of (individually or in combination): peanut butter, marinated or flavoured tofu, chickpea spread, hummus, vegan "meats" or any other vegan protein (no animal products).
- 10 In sandwiches, each slice of bread is to be spread with margarine or mustard. All submarine buns will be 7 inch Beef Dip Bun (white); at least 2.5 oz weight.
- 11 Veggie "meat" or marinated tofu, sandwiches and subs will contain 3 grams of shredded lettuce. Subs will contain 11 grams tomato (total lettuce + tomato=1/2 oz / 14 grams).
- 12 Sandwich fillings are to vary from meal to meal with no two consecutive days to have the same filling. Jam may be added to peanut butter sandwich but does not count as the protein filling.
- 13 Vegetable Sticks consist of a seasonal variety unless otherwise stated of 6 sticks 3" long (3/8 cup; 3 fluid oz.)
- 14 Tossed Salad 3 oz weight; Carrot & Raisin Salad 3 oz weight including vegan dressing. Dressings are nondairy. No mayo in coleslaw or potato salad.
- 15 Grilled marinated tofu will be used as a substitute for bacon; marinated or flavoured tofu will be used as a substitute for eggs.
- 16 Vegetarian Pizza will contain 2oz of reconstituted Textured Vegetable Protein OR Tofu in lieu of meat, and no cheese.
- 17 All veggie weiners will be 8 to 11lb
- 18 Sloppy Joe will be made from "Hot Hucks" Veggie Burger Mix Product code: 308761 and include vegetables and seasonings according to recipe.
- 19 Soup is by volume (8 oz.) and will contain a minimum of 3oz cooked grains, beans, pasta or potatoes per portion, and can be made from leftovers.
- 20 Soup stock must be vegetable stock not meat stock. Cream soups will be non dairy, made with cornstarch or wheat.
- 21 All vegetables will be by cooked weights unless specified. Gravy or mushroom sauce: 1/4 cup = 2 fluid oz measured with 2 oz ladle. Noodles are eggless (rotini).
- 22 Mashed Potato & French Fries 1 cup=8 fluid oz; Hash Browns 5 fluid oz; Boiled & Oven Roast Potato 8 oz cooked weight; Rice 6 oz cooked weight; Noodles & Pasta 1 cup=8 fluid oz cooked.
- 23 Italian Sauce will consist of "Hot Hucks" product code # 308772 and contain tomato and seasonings according to recipe. Lentil Loaf will contain 2oz of red or green lentils
- 24 All Stir Fries, Pot Pies, Stews and Hashes etc will contain 3oz of marinated tofu or reconstituted Textured Vegetable Protein. Tofu Chow Mien, stir fries, Tofu Pot Pie will contain 3oz marinated tofu per serving plus vegetables.
- 25 All tofu dishes will contain "Marinated" Tofu. Marinades can be Sweet and Sour, Barbecue, Teriyaki, Lime and Orange, Savoury, etc.
- 26 Hot Veggieburger or Garden Patty Sandwich will consist of 1 x slice of Texas Bread (Canada Bread spec Texas Toast) with a 3oz cooked vegetarian burger patty. Vegetarian Burgers will be of the Garden Patty variety
- 27 Vegetarian "Meat" Loaf will be made from "Hot Hucks" Veggie Burger Mix Product code: 308761 plus vegetables and seasonings according to recipe.
- 28 Curry will consist of "Hot Hucks" product code # 308786 and will contain 2oz of fresh diced vegetables. Curried Chickpeas will contain 3oz of chickpeas
- 29 Chili will consist of 3 oz of "Hot Hucks" product code # 308784 and will contain vegetables, red kidney beans and seasonings according to recipe. Vegetable and Chickpea Stew will contain 3oz of chickpeas.
- 30 Vegetarian Cabbage Rolls will be of the bought variety, code number 594465, and will be accompanied by a meatless Italian sauce containing 2oz of reconstituted textured vegetable protein or grated tofu.
- 31 Lasagna will contain 3oz of Italian sauce (Hot Hucks product code# 308772) with vegetables and 5 oz pasta per serving and be made according to recipe.
- 32 Bean and Cheese Burritos will be replaced by Falafels.
- 33 One additional "pat" of vitamin D enhanced margarine (4.5 grams) will be added to this menu daily, from October 1 to March 31 of each year, as a supplementary source of vitamin D.
- 34 **Diabetic Snack** will consist of one half sandwich (as per sandwich specifications) three times per day and must rotate between peanut butter, marinated tofu, vegetarian "meat", hummus, and other vegan variations.
- 35 **Bag Breakfast** will consist of 1 muffin, 2 slices of bread, cereal, 250ml carton of SoGood milk orig, 200ml Tetra Pak fruit juice, 2 jam, 2 peanut butter, sugar, spoon and 2 margarine.
- 36 **Bag (court) Lunches** will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 muffin or cookie and 1 piece fruit.
- 37 **Crew Lunches will consist of 8 oz soup (bulk), 4 crackers, 2 sandwiches*, 8 oz beverage and 1 piece fruit.**
* Secure Moderate Activity Centres providing outside Crew Lunches will contain 3 sandwiches. Egg Salad and Tuna Salad Mix are NOT to be served in Crew Lunches.
- 38 **Condiments will be as follows:**
Peanut Butter: 18 ml; Jam: 9 ml; Creamer Powder: 2 grams; White Sugar: 3.5 grams; Brown Sugar: 3.5 grams; Ketchup: 9 grams; Mustard: 7 grams;
Relish: 9 grams; All Dressings: 16 ml; Soya Sauce: 10 grams; Margarine: 4.5 grams. The margarine used must be one that provides vitamin E

No changes are to be made to this menu without prior authorization from the Corrections Contract Manager.
Unavoidable local substitutions must be reported to the local liaison Warden.

Easter Menu

Breakfast

Orange Juice	x 6oz
Scrambled Egg	x 2 Eggs
Grilled Bacon	x 2 Slices
Shredded Hash Browns	x 4oz
Ketchup	x 2 Portions
Toast	x 2 Slices
Margarine, Marmalade	x 2 Portions
Coffee, Sugar & Creamer	x 8oz

Lunch

Pasta & Tomato Soup	x 8oz
Crackers	x 4
7" Cold Submarine Sandwich 2oz Meat, 1oz Cheese, Lettuce, Tomato & Onion)	x 1
Seasonal Fresh Fruit	x 1 Piece

Supper

Beef and Barley Soup	x 8oz
Crackers	x 4
Roast Toupie Ham	x 3oz
Grilled Pineapple Ring	x 1 Each
Scallop Potatoes	x 8oz
Broccoli Spears	x 3oz
Medley of Stir Fried Seasonal Vegetables	x 3oz
Strawberry Shortcake	x 3oz slice
Served with Vanilla Ice Cream	x 2oz
Fruit Juice	x 6oz
Coffee, Sugar, Creamer	x 6oz

Thanksgiving Menu

Breakfast

Grapefruit Juice	x 6oz
Poached Eggs	x 2 Eggs
Grilled Breakfast Sausages	x 2
Grilled Pancakes	2 x 4oz
Table Syrup	42 ml. (21 ml. for Females)
Toast	x 2 Slices
Margarine, Marmalade	x 2 Portions
Coffee, Sugar & Creamer	x 8oz

Lunch

Vegetable & Lentil Soup	x 8oz
Crackers	x 4
Sandwich (2oz Meat, 1oz Cheese, Lettuce, Tomato & Onion)	x 2
Water Melon	x 1 Piece

Supper

Cream of Mushroom Soup	x 8oz
Crackers	x 4
Roast Turkey	x 3oz
Sage & Onion Dressing	x 2oz
Cranberry Sauce	x 1 portion
Mashed Potatoes	x 8oz
Fresh Carrot Coins	x 3oz
French Green Beans	x 3oz
Turkey Gravy	x 2oz
Hot Apple Pie	x 4oz
Served with Vanilla and Cinnamon Cream	x 2oz
Fruit Juice	x 6oz
Coffee, Sugar, Creamer	x 6oz

Christmas Menu

Breakfast

Orange Juice	x 6oz
Scrambled Egg	x 2 Eggs
Grilled Bacon	x 2 Slices
Shredded Hash Browns	x 4oz
Ketchup	x 2 Portions
Toast	x 2 Slices
Margarine, Marmalade	x 2 Portions
Coffee, Sugar & Creamer	x 8oz

Lunch

Thick Ham & Pea Soup	x 8oz
Crackers	x 4
7" Cold Submarine Sandwich (2oz Meat, 1oz Cheese, Lettuce, Pickle slice & Onion)	x 1
Seasonal Fresh Fruit	x 1 Piece
Christmas cake	x 1 Piece

Supper

Cream of Tomato Soup	x 8oz
Crackers	x 4
Roast Turkey	x 3oz
Sage and Lemon Dressing	x 3oz
Cranberry Sauce	x 1 Portion
Oven Roast Potatoes	x 8oz
Fresh Carrot Coins	x 3oz
Brussels Sprouts	x 3oz
Turkey Gravy	x 2oz
Steamed Plum Pudding	x 3oz
Served with Whipped Cream	x 2oz
Satsuma Oranges	x 1 Each
Fruit Juice	x 6oz
Coffee, Sugar, Creamer	x 6oz

Male and Female Moderate/High Activity Stat Holiday Menu
(only for use by Centres identified as serving Brunch)

In the event that a statutory holiday falls on a Monday thru Friday the following menu will apply:

Brunch

Apple Juice	6 oz.
French toast made with Texas toast (Code# 1369)	1.5 ("High Activity" x 2)
Table Syrup	42 ml. (21 ml. for Females)
Beef sausages	2 x 2 oz.
Hash Browns	4 oz.
Brown toast	2 slices
Margarine	2 portions
Jam	1 portion
Ketchup	1 portion
Milk	8 oz.
Coffee	8 oz.
Creamer	1 portion
Sugar	1 portion

Afternoon Snack (see definitions)

At the discretion of the Warden, this can be given as a snack in the afternoon or all at once during the morning brunch period.

Soup of the day	8 oz. (6 oz for Females)
Crackers	4
Meat sandwich (as per spec) with mustard portion	1 ("high activity" x 2)
Fresh Fruit	1
Fruit Drink	8 oz.

In the event that the regular lunch meal is not a cold sandwich the menu is to be changed by swapping the regular lunch for an entrée for a cold sandwich from another day in the same week. If the meals are all hot in the week the following week should be chosen to change the entrée.

Morning/Afternoon Break

Coffee (morning) Tea (afternoon)	8 oz.
Creamer	1 portion
Sugar	1 portion

Evening Meal

The evening meal does not change from the regular meal of the day.

Recipes referenced in the Menu Specifications

Sloppy Joes

6 Litres	Water
10 Lb	Italian Hot Hocks mix
5 Lb	Veggie Grind Burger mix
4 stalks	Celery, diced
4 med	Onions, diced
2 table spoons	Basil
2 table spoons	Oregano
2 table spoons	Garlic powder
4 /100 oz cans	Crushed tomato

Method

Place both kinds of veggie mix into water and let sit for 20 minutes then add crushed tomato, spices and Veg. Simmer 2 hrs. Makes 1.5 deep inserts

Chilli

10 Litres	Boiling water
3 lbs	Hot hocks chilli mix
2 lbs	Hot hocks burger mix
4 /100 oz cans	Crushed tomato
6 /100 oz cans	Washed kidney beans
3 stalks	Celery, diced
4 medium	Onions, diced
2 table spoons	Garlic powder
1 table spoon	Paprika
1 cup	Parsley flakes
1 table spoon	Pepper
2 table spoons	Chilli powder

Method

Bring water to boil and add hot hock mix, simmer for 20 minutes. Add washed kidney beans, veggie and spices and simmer for another 35 minutes. Makes 2 deep inserts.

Italian Sauce

6 lbs.	Hot hocks Italian mix
10 lbs.	Veg mix
3 / 100oz	Crushed tomato
2 lbs.	Chicken base mix
2 table spoon	Garlic powder

2 table spoon	Oregano
2 table spoon	Basil
1 table spoon	Pepper
8 Litres	Water

Method

Place all hot hocks mix in water let soak 20 minutes. Add Veg, crushed tomato and spices and simmer for 2 hours. Makes 2 deep inserts.

Lasagne

15lb	Mozza cheese
15lb	Lasagne noodles
	Oregano

Into a 2" insert place 3 alternating layers of Italian Hot hocks sauce and 3 layers lasagne noodles. Top with mozzarella cheese and sprinkle with oregano. Bake with foil on top. Makes 15 pans, 15 servings per pan

Power Muffins

22#	Muffin mix
1#	Soy protein
4 Litres	Water
20	Eggs, whole
2 #	Blueberries

Place water into mixer, add dry ingredients and use paddle to mix for 5 to 8 minutes (do not over mix).

Fill lined muffin tins (115 gr). Bake approximately 25 minutes.

Nutritional value per muffin with eggs:

Carbs., 61g; Calories, 397; Protein 10g; Fat 13 g; Dietary fibre 3 g:

APPENDIX 12

SURREY SCHOOL MEAL PROGRAM

Surrey Pre-trial Services Centre provides use of the licensed area to the Contractor pursuant to the Contractor's agreement with the Surrey School Board as outlined in this Appendix.

The Surrey School Meal cannot be used as a substitution for the regular meal served in the Centre.

February 24th 2009

Jim Reilly
Contract Manager
Health and Food Service
Adult Custody Division
BC Corrections Branch
Ministry of Public Safety and Solicitor General
PO Box 9278 Stn Prov Govt
Victoria, BC V8W 9J7

Surrey School Meal Program – Commission Payment

Jim,

This letter is to confirm our agreement to continue with the meal service to the Surrey School Meal Program which we produce from the Surrey Pretrial Services Centre.

The Surrey School Meal Program has an indigenous catchments area and provides a nutritious meal for as many students as funding and donations will allow. The meal that these students enjoy is sometimes the only meal they will receive in a day. Reductions in funding have reduced the number of meals to students significantly over the last year or so. Parents of these children contribute a \$1.00 or as much as they can afford to help offset the cost of these meals each month. In addition with the help from community donors several schools where funding is not available for a Lunch program, we provide a modest Breakfast program for the hungry children.

Compass will pay a commission of five cents per meal (\$0.05) to BC Corrections during the three year term of our contract for the privilege of using the Surrey Pre-trial Services Centre.

Thank you for your understanding and continued support to this community program.

Sincerely,



Paul Emanuel
Regional Director
Eurest Dining Services
Compass Group Canada

APPENDIX 13

Amortization Schedule for Vending Machine Card Readers

All vending machine card readers have been fully amortized as of the first day of April 2009.

APPENDIX 14

Amortization Schedule for Vending Machines

All vending machines have been fully amortized as of the first day of April 2009.

APPENDIX 15
Food Cart Amortization Schedule
April 1, 2009

Investment Amount

\$ 110,000.00

<u>Week</u>	<u>Amort. Expense</u>	<u>NBV</u>
April 1, 2009	1,527.78	108,472.22
May 1, 2009	1,527.78	106,944.44
June 1, 2009	1,527.78	105,416.67
July 1, 2009	1,527.78	103,888.89
August 1, 2009	1,527.78	102,361.11
September 1, 2009	1,527.78	100,833.33
October 1, 2009	1,527.78	99,305.56
November 1, 2009	1,527.78	97,777.78
December 1, 2009	1,527.78	96,250.00
January 1, 2010	1,527.78	94,722.22
February 1, 2010	1,527.78	93,194.44
March 1, 2010	1,527.78	91,666.67
April 1, 2010	1,527.78	90,138.89
May 1, 2010	1,527.78	88,611.11
June 1, 2010	1,527.78	87,083.33
July 1, 2010	1,527.78	85,555.56
August 1, 2010	1,527.78	84,027.78
September 1, 2010	1,527.78	82,500.00
October 1, 2010	1,527.78	80,972.22
November 1, 2010	1,527.78	79,444.44
December 1, 2010	1,527.78	77,916.67
January 1, 2011	1,527.78	76,388.89
February 1, 2011	1,527.78	74,861.11
March 1, 2011	1,527.78	73,333.33
April 1, 2011	1,527.78	71,805.56
May 1, 2011	1,527.78	70,277.78
June 1, 2011	1,527.78	68,750.00
July 1, 2011	1,527.78	67,222.22
August 1, 2011	1,527.78	65,694.44
September 1, 2011	1,527.78	64,166.67
October 1, 2011	1,527.78	62,638.89
November 1, 2011	1,527.78	61,111.11
December 1, 2011	1,527.78	59,583.33
January 1, 2012	1,527.78	58,055.56
February 1, 2012	1,527.78	56,527.78
March 1, 2012	1,527.78	55,000.00

APPENDIX 15
Food Cart Amortization Schedule
April 1, 2009

April 1, 2012	1,527.78	53,472.22
May 1, 2012	1,527.78	51,944.44
June 1, 2012	1,527.78	50,416.67
July 1, 2012	1,527.78	48,888.89
August 1, 2012	1,527.78	47,361.11
September 1, 2012	1,527.78	45,833.33
October 1, 2012	1,527.78	44,305.56
November 1, 2012	1,527.78	42,777.78
December 1, 2012	1,527.78	41,250.00
January 1, 2013	1,527.78	39,722.22
February 1, 2013	1,527.78	38,194.44
March 1, 2013	1,527.78	36,666.67
April 1, 2013	1,527.78	35,138.89
May 1, 2013	1,527.78	33,611.11
June 1, 2013	1,527.78	32,083.33
July 1, 2013	1,527.78	30,555.56
August 1, 2013	1,527.78	29,027.78
September 1, 2013	1,527.78	27,500.00
October 1, 2013	1,527.78	25,972.22
November 1, 2013	1,527.78	24,444.44
December 1, 2013	1,527.78	22,916.67
January 1, 2014	1,527.78	21,388.89
February 1, 2014	1,527.78	19,861.11
March 1, 2014	1,527.78	18,333.33
April 1, 2014	1,527.78	16,805.56
May 1, 2014	1,527.78	15,277.78
June 1, 2014	1,527.78	13,750.00
July 1, 2014	1,527.78	12,222.22
August 1, 2014	1,527.78	10,694.44
September 1, 2014	1,527.78	9,166.67
October 1, 2014	1,527.78	7,638.89
November 1, 2014	1,527.78	6,111.11
December 1, 2014	1,527.78	4,583.33
January 1, 2015	1,527.78	3,055.56
February 1, 2015	1,527.78	1,527.78
March 1, 2015	1,527.78	-0.00

COMPASS GROUP CANADA LTD
 1907 Oxford Street East
 London, ON Canada N5V 4L9
 Phone (519) 679-2661 Fax (519) 679-7992

BILL TO: VANCOUVER ISLAND REGIONAL CORRECTIONAL CENTRE 4216 WILKINSON ROAD VICTORIA, B.C. V8Z 5B2 58283	ATTENTION: ACCOUNTS PAYABLE
--	--

INV DATE	UNIT # 60701	INVOICE NUMBER:
PERIOD: April 1-30, 2009	PLEASE REMIT PAYMENT TO: 1907 Oxford Street East London, ON N5V 4L9	TERMS:

CONTRACT SALES:

(A) MEALS	<u># Of Meals</u>	<u>Amount</u>	
Total Regular Meals	29,565	58,627.40	
Total Crew Lunch	50	113.60	
Total Bag Lunch	9	15.39	
Total Bag Breakfasts	-	-	
Total Dietetic Snack	88	64.24	
Total Pregnancy Supplements	-	-	
Total Power Muffin	-	-	
			\$ 58,820.63

(B) LABOUR	<u>Rate</u>	<u># of Days</u>	
Total Daily Labour	352.44	30	10,573.20
Overtime			187.12
Plus Mgmt Salary	123.25	21	2,588.33
Plus Mgmt Backfill	-		-
Total Basic Labour			13,348.65
Fringe Benefit	27.40%		3,657.53
			17,006.18

Net: 75,826.81

Pst: 0.00

Gst: 0.00

GST Registration # R88778 3355

Total Due: \$ 75,826.81

Please quote our invoice number on your remittance. Thank you

APPROVED FOR CGC: Emily Guest	INVOICE NO. 0
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**Compass Group Canada Ltd
Correctional Centre Food Service
Daily Labour Calculation Sheet**

UNIT NAME: V.I. REGIONAL CORRECTIONAL CENTRE

UNIT No.: 60701

Recapitulation of daily labour cost billable under contract for the month

April 1-30, 2009

30

Labour Matrix

Position	Wage Rate	Hours / Day	Minimum Days/Week	Maximum Weekly Hours	Weekly Labour Amount	Maximum Yearly Hours	Yearly Labour Amount	Daily Maximum Hours	Daily Labour Amount
Cook (A)	15.7	8.0	5	40.0	628.00	2,085.7	32,745.71	5.7	89.71
Cook (B)	15.7	7.5	2	15.0	235.50	782.1	12,279.64	2.1	33.64
Cook (C)	15.7	8.0	5	40.0	628.00	2,085.7	32,745.71	5.7	89.71
Cook (D)	15.7	7.5	2	15.0	235.50	782.1	12,279.64	2.1	33.64
General Help (A)	11.44	8.0	5	40.0	457.60	2,085.7	23,860.57	5.7	65.37
General Help (B)	11.44	8.0	2	16.0	183.04	834.3	9,544.23	2.3	26.15
General Help (D)				-	-	-	-	-	-
General Help (E)				-	-	-	-	-	-
General Help (F)				-	-	-	-	-	-
General Help (G)				-	-	-	-	-	-
General Help (H)				-	-	-	-	-	-
General Help (I)				-	-	-	-	-	-
General Help (J)				-	-	-	-	-	-
General Help (K)				-	-	-	-	-	-
Subtotal				166.00	2,367.64	8,655.7	123,455.51	23.7	338.23
Stat Holiday @ 4.2%					99.44		5,185.13		14.21
Total				166.00	2,467.08	8,655.7	128,640.65	23.7	352.44

Management Salary

Position	Wage Rate	Hours / Day	Minimum Days/Week	Maximum Weekly Hours	Weekly Labour Amount	Maximum Yearly Hours	Yearly Labour Amount	Daily Maximum Hours	Daily Labour Amount
Manager	20.7	8.0	5	40.0	828.00	2,085.7	43,174.29	5.7	118.29
Subtotal				40.00	828.00	2,085.71	43,174.29	5.71	118.29
Stat Holiday @ 4.2%					34.78		1,813.32		4.97
Total				40.00	862.78	2,085.71	44,987.61	5.71	123.25
Manager Backfill		8.0	5	40.0	-	2,085.7	-	5.7	-
Subtotal				40.00	-	2,085.71	-	5.7	-
Stat Holiday @ 4.2%					-		-		-
Total				40.00	-	2,085.7	-	5.7	-

**Compass Group Canada Ltd
Correctional Centre Food Service
Daily Meal Count Sheet**

UNIT: V.I. REGIONAL CORRECTIONAL CENTRE

60701

Recapitulation of daily meal counts billable under contract for the mc April 1-30, 2009
month/year

Date	Brkfast	Lunch	Dinner	Records Admin	Bag Lunch	Bag Breakfast	Crew Lunch	Other	Total Meals	Dietetic Snack	Power Muffin	Pregnancy Supplements
1	320	306	309	34					969	3		
2	328	322	330	31			10		1021	3		
3	339	337	335	29					1040	3		
4	343	343	340	13					1039	3		
5	342	342	344	6					1034	3		
6	344	330	337	30					1041	3		
7	340	328	320	37					1025	3		
8	337	319	321	21					998	3		
9	330	319	334	30	8		10		1031	3		
10	332	332	321	7					992	3		
11	331	331	330	6					998	3		
12	331	331	321	6					989	3		
13	322	322	322	6					972	3		
14	319	308	316	32					975	3		
15	321	308	308	29					966	3		
16	320	308	311	31			10		980	3		
17	326	318	325	30					999	3		
18	335	335	329	21					1020	3		
19	337	337	338	10					1022	3		
20	341	322	325	29					1017	3		
21	334	323	322	19	1				999	3		
22	321	300	299	29					949	3		
23	312	301	306	30			10		959	3		
24	309	293	300	34					936	3		
25	321	321	312	10					964	3		
26	311	311	312	4					938	3		
27	315	292	303	33					943	3		
28	313	298	278	32					921	3		
29	310	306	325	4					945	2		
30	308	303	303	18			10		942	2		
31									0			
Totals	9792	9546	9576	651	9	0	50	0	29624	88	0	0

Total Regular Meals	29,565	@	1.983	=	58,627.40
Total Crew Lunch	50	@	2.272	=	113.60
Total Bag Lunch	9	@	1.710	=	15.39
Total Bag Breakfasts	-	@		=	-
Total Dietetic Snack	88.0	@	0.730	=	64.24
Total Pregnancy Supplements	-	@		=	-
Total Power Muffin	-	@	0.214	=	-

Total Meals \$ 58,820.63

Please Note:

**Compass Group Canada Ltd
Correctional Centre Food Service
Summary of Overtime Hours**

UNIT NAME V.I. REGIONAL CORRECTIONAL CENTRE

UNIT No.: 60701

Summary Transferred to Labour Sheet

April 1-30, 2009

Date (MM/DD/Y Y)	EE Name	EE #	Reason	OT Rate	# of Hours	Amount	Approval from Client
04-10-09			Good Friday	8.57	8	68.56	
04-10-09			Good Friday	8.57	8	68.56	
04-10-09			Good Friday	6.25	8	50.00	
						-	
						-	
						-	
						-	
						-	
						-	
						-	
						-	
						-	
						-	
						-	
						-	
						-	
						-	
						-	
						-	
						-	
						-	
						-	
						-	
Total						187.12	

APPENDIX 17

Standards of Conduct for Corrections Branch Employees

This booklet outlines standards of conduct for employees of the British Columbia Corrections Branch, Ministry of Public Safety and Solicitor General. These standards satisfy the expectations of employees and management for a code of professional behaviour that is common to all Corrections Branch employees. For the Corrections Branch to provide safe, reliable and consistent service, it is important that public service employees understand and uphold these standards.

The BC Public Service "Standards of Conduct" are incorporated throughout the booklet. Corrections Branch employees serve as officers of the court and/or peace officers, and are entrusted with confidential information related to clients and matters before the courts. To comply with these responsibilities, Corrections Branch employees adhere to special standards of on and off-duty conduct beyond those expected of regular government employees. These special standards are set out in blue text.

In addition to the standards in this booklet, Corrections Branch employees are expected to be familiar with information relevant to their responsibilities as documented in the: "Adult Custody Policy"; "Community Corrections Policy Manual"; "Management Services Policy Manual"; Correction Act Regulation"; and "Master and Component Agreements."

General Standards of Conduct

C o r r e c t i o n s B r a n c h S t a n d a r d s

Our standing as employees within the criminal justice system requires that we maintain principled and honest relationships in our dealings with colleagues in corrections, the courts, police, judiciary, and other agencies, as well as with clients and former clients of the Corrections Branch.

We conduct our responsibilities according to relevant legislation, directives from the assistant deputy minister, local directives, or directives related to our official responsibilities.

We recognize our obligation as Corrections Branch employees to immediately report to the local manager any breach of rules and guidelines established to ensure the safety of clients, employees and the public.

We understand that unprofessional behaviour not specified in the Standards of Conduct for Corrections Branch employees does not mean immunity from discipline.

P u b l i c S e r v i c e S t a n d a r d s

This policy statement applies to all persons and organizations covered by the "Public Service Act." The policy statement supports the core policy objective that "public service employees exhibit the highest standards of conduct."

Employees will exhibit the highest standards of conduct. Their conduct must instil confidence and trust and not bring the BC Public Service into disrepute. The honesty and integrity of the BC Public Service demands the impartiality of employees in the conduct of their duties.

The requirement to comply with these standards of conduct is a condition of employment. Employees who fail to comply with these standards may be subject to disciplinary action up to and including dismissal.

Loyalty

Public Service Standards

Public service employees have a duty of loyalty to the government as their employer. They must act honestly and in good faith and place the interests of the employer ahead of their own private interests. The duty committed to in the "Oath of Employment" requires BC Public Service employees to serve the government of the day to the best of their ability.

Confidentiality

Corrections Branch Standards

We recognize our responsibility to protect the privacy of clients and former clients of the Corrections Branch by:

- Accessing, using or disclosing information we collect only for intended and authorized purposes;
- Informing them of the reasons for collecting personal information;
- Allowing them to correct, within reason, material they believe to be incorrect or incomplete;
- Using a secure method during the disposal of information about clients.

Public Service Standards

Confidential information, in any form, that employees receive through their employment must not be disclosed, released, or transmitted to anyone other than persons who are authorized to receive the information.

Employees with care or control of personal or sensitive information, electronic media, or devices must handle and dispose of these appropriately. Employees who are in doubt as to whether certain information is confidential must ask the appropriate authority before disclosing, releasing, or transmitting it. The proper handling and protection of confidential information inapplicable both within and outside of government and continues to apply after the employment relationship ends.

Confidential information that employees receive through their employment must not be used by an employee for the purpose of furthering any private interest, or as a means of making personal gains. (See the "Conflicts of Interest" section of this policy statement for details.)

Public Comments

Public Service Standards

BC Public Service employees may comment on public issues but must not engage in any activity or speak publicly where this could be perceived as an official act or representation (unless authorized to do so).

Employees must not jeopardize the perception of impartiality in the performance of their duties through making public comments or entering into public debate regarding ministry policies. BC Public Service employees must not use their position in government to lend weight to the public expression of their personal opinions.

Political Activity

Public Service Standards

BC Public Service employees may participate in political activities including membership in a political party, supporting a candidate for elected office, or seeking elected office. Employees' political activities, however, must be clearly separated from activities related to their employment.

If engaging in political activities, employees must remain impartial and retain the perception of impartiality in relation to their duties and responsibilities. Employees must not engage in political activities during working hours or use government facilities, equipment, or resources in support of these activities.

Partisan politics are not to be introduced into the workplace; however, informal private discussions among co-workers are acceptable.

Service to the Public

Public Service Standards

BC Public Service employees must provide service to the public in manner that is courteous, professional, equitable, efficient, and effective. Employees must be sensitive and responsive to the changing needs, expectations, and rights of a diverse public in the proper performance of their duties.

Workplace Behaviour

Corrections Branch Standards

Our behaviour, on and off duty, should reflect positively on the Corrections Branch and the public service. At work, we conduct ourselves in a manner that promotes a professional image through our words and actions. Our dress and appearance while on duty comply with provincial and local policies, and are consistent with employee health and safety.

We do not report for duty while under the influence of alcohol or drugs, nor with the odour of alcohol present. We understand that the abuse of alcohol or use of illegal substances during off-duty hours may compromise our professional credibility and the reputation of the Corrections Branch.

It is understood that supervisors will take prompt action when they become aware of discrimination, harassment or disrespectful treatment of a staff member by other employees.

We do not use government radios and cellular telephones for unauthorized or personal calls, and do not use abusive or profane language during transmission. We use government electronic mainland office equipment according to ministry policy or as authorized by management.

Public Service Standards

Employees are to treat each other with respect and dignity and must not engage in discriminatory conduct prohibited by the "Human Rights Code." The prohibited grounds are race, colour, ancestry, place of origin, religion, family status, marital status, physical disability, mental disability, sex, sexual orientation, age, political belief or conviction of criminal or summary offence unrelated to the individual's employment.

Further, the conduct of BC Public Service employees in the workplace must meet acceptable social standards and must contribute to a positive work environment. An employee's conduct must not compromise the integrity of the BC Public Service.

All employees may expect and have the responsibility to contribute to safe workplace. Violence in the workplace is unacceptable. Violence is any use of physical force on an individual that causes or could cause injury and includes an attempt or threatened use of force.

Employees must report any incident of violence. Any employee who becomes aware of a threat must report that threat if there is reasonable cause to believe that the threat poses a risk of injury. Any incident or threat of violence in the workplace must be addressed immediately.

Employees must report a safety hazard or unsafe condition or act in accordance with the provisions of the WorkSafeBC "Occupational Health and Safety Regulations."

Conflicts of Interest /Professional Conduct with Clients or Former Clients

C o r r e c t i o n s B r a n c h S t a n d a r d s

We use authority to promote honesty, fairness and trust.

We do not allow off-duty activities and conduct to interfere with outwork obligations as employees of the Corrections Branch.

We immediately advise our supervisors if we are arrested or charged with a "Criminal Code" or other federal or provincial statutory offence, with the exception of personal minor motor vehicle violations.

If employed in a capacity that requires us to maintain a valid driver's licence, we immediately advise our supervisors if our driving privileges are suspended.

To protect the branch and ourselves, we will be cautious about relationships or associations with clients and former clients.

NOTE:

1. We understand that any past and current association with clients and former clients of a correctional centre or community corrections office in Canada must be reported and disclosed in writing to the Corrections Branch. Failure to report these associations to the branch will result in discipline, up to and including termination of employment.
2. Following disclosure, the branch determines the extent to which the following definitions of conflicts of interest apply:
 - A "client" is an accused person or a person subject to inactive court order, including bail, probation, conditional sentence, recognizance, conditional release or custody;
 - A "former client" includes, but is not limited to, an individual who:
 - (a) Has been previously subject to a court order, including bail, probation, conditional sentence, conditional release or custody in any correctional facility in Canada within the last seven years;
 - (b) Has ever been in custody in any correctional facility in Canada; or
 - (c) Is considered by the employer to be currently involved in a criminal lifestyle. This includes, but is not limited to, individuals engaging in criminal activity, or associating

With individuals who the employer determines to be involved in a criminal lifestyle. Such associations include, but are not limited to, known gangs, individuals known to the police, and members of the criminal/drug subculture and other similar circumstances.

3. To safeguard our families and ourselves, we avoid circumstances where our relationships with clients or former clients might result in the possibility or perception of becoming:
 - Subject to a conflict of interest;

- Subject to blackmail or bribery;
 - Vulnerable to exploitation;
 - Implicated in the commission of an offence.
4. To safeguard the Corrections Branch, we do not engage impersonal relationships with clients or former clients that might compromise:
 - Our integrity or effectiveness as Corrections Branch employees;
 - The safety and security of co-workers and Corrections Branch employees;
 - The reputation of the Corrections Branch.
 5. We understand that certain relationships or association with clients or former clients may be appropriate or inevitable for employees of the Corrections Branch. Examples include but are not limited to the following circumstances:
 - Incidental or unplanned contacts;
 - While engaged in volunteer work, church groups or school functions;
 - As part of our regular job responsibilities or as authorized by management;
 - With members of our family who were previously involved in a criminal lifestyle.
 6. We understand that certain relationships or associations with clients or former clients are inappropriate for employees of the Corrections Branch. We also understand that our on and off-duty conduct will be subject to disciplinary review by the Corrections Branch if we engage in certain activities with client or former client. These activities include, but are not limited to:
 - Financial agreements, personal or business transactions;
 - Sharing accommodations;
 - Sexual or close personal relations;
 - Using a client's services or contacts for personal gain;
 - Concealing or failing to report a client's illegal activities;
 - Receiving or giving gifts, gratuities, benefits or favours.
 7. When we require clarification or direction to protect the Corrections Branch and ourselves from relationships or associations with clients and former clients, we will discuss the matter in person with our supervisor.
 8. Supervisors and managers are required to advise their warden and regional director if they believe an unprofessional relationship exists or appears to be developing between corrections Branch employee and a client, former client or people who may have an association with these clients.

Public Service Standards

A conflict of interest occurs when an employee's private affairs or financial interests are in conflict, or could result in a perception of conflict, with the employee's duties or responsibilities in such a way that:

- the employee's ability to act in the public interest could be impaired; or
- the employee's actions or conduct could undermine or compromise:
 - the public's confidence in the employee's ability to discharge work responsibilities; or
 - the trust that the public places in the BC Public Service.

While the government recognizes the right of BC Public Service employees to be involved in activities as citizens of the community, conflict must not exist between employees' private interests and the discharge of their Public Service duties. Upon appointment to the BC Public Service, employees must arrange their

private affairs in a manner that will prevent conflicts of interest, or the perception of conflicts of interest, from arising.

Employees who find themselves in an actual, perceived, or potential conflict of interest must disclose the matter to their supervisor, manager, or ethics advisor.

Examples of conflicts of interest include, but are not limited to, the following:

- An employee uses government property or equipment or the employee's position, office, or government affiliation to pursue personal interests or the interests of another organization;
- An employee is in a situation where the employee is under obligation to a person who might benefit from or seek to gain special consideration or favour;
- An employee, in the performance of official duties, gives preferential treatment to an individual, corporation, or organization, including anon-profit organization, in which the employee, or a relative or friend of the employee, has an interest, financial or otherwise;
- An employee benefits from, or is reasonably perceived by the public to have benefited from, the use of information acquired solely by reason of the employee's employment;
- An employee benefits from, or is reasonably perceived by the public to have benefited from, a government transaction over which the employee can influence decisions (for example, investments, sales, purchases, borrowing, grants, contracts, regulatory or discretionary approvals, appointments);
- An employee accepts from an individual, corporation, or organization, directly or indirectly, a personal gift or benefit that arises out of employment in the BC Public Service, other than:
 - the exchange of hospitality between persons doing business together;
 - tokens exchanged as part of protocol;
 - the normal presentation of gifts to persons participating in public functions; or
 - the normal exchange of gifts between friends; or
- An employee accepts gifts, donations, or free services for work related leisure activities other than in situations outlined above.

The following four criteria, when taken together, are intended to guide the judgment of employees who are considering the acceptance of a gift:

- The benefit is of nominal value;
- The exchange creates no obligation;
- Reciprocation is easy; and
- It occurs infrequently.

Employees will not solicit a gift, benefit, or service on behalf of themselves or other employees.

Allegations of Wrongdoing

P u b l i c S e r v i c e S t a n d a r d s

Employees have a duty to report any situation relevant to the BC Public Service that they believe contravenes the law, misuses public funds or assets, or represents a danger to public health and safety or a significant danger to the environment. Employees can expect such matters to be treated in confidence, unless disclosure of information is authorized or required by law (for example, the "Freedom of Information and Protection of Privacy Act"). Employees will not be subject to discipline or reprisal for bringing forward to a Deputy Minister, in good faith, allegations of wrongdoing in accordance with this policy statement.

Employees must report their allegations or concerns as follows:

- Members of the BCGEU must report in accordance with Article 32.13;

- PEA members must report in accordance with Article 36.12; or
- Other employees must report in writing to their Deputy Minister or other executive member of the ministry, who will acknowledge receipt of the submission and have the matter reviewed and responded to in writing within 30 days of receiving the employee's submission. Where an allegation involves a Deputy Minister, the employee must forward the allegation to the Deputy Minister to the Premier.

These reporting requirements are in addition to an employee's obligation to report to the Comptroller General as outlined in Section 33.2 of the "Financial Administration Act".

Where an employee believes that the matter requires a resolution and it has not been reasonably resolved by the ministry, the employee may then refer the allegation to the appropriate authority.

If the employee decides to pursue the matter further then:

- Allegations of criminal activity are to be referred to the police;
- Allegations of a misuse of public funds are to be referred to the Auditor General;
- Allegations of a danger to public health must be brought to the attention of health authorities; and
- Allegations of a significant danger to the environment must be brought to the attention of the Deputy Minister, Ministry of Environment.

Legal Proceedings

C o r r e c t i o n s B r a n c h S t a n d a r d s

We do not provide legal advice to our clients or members of the public, but suggest they discuss problems with the lawyer of their choice.

P u b l i c S e r v i c e S t a n d a r d s

Employees must not sign affidavits relating to facts that have come to their knowledge in the course of their duties for use in court proceedings unless the affidavit has been prepared by a lawyer acting for government in that proceeding or unless it has been approved by a ministry solicitor in the Legal Services Branch, Ministry of Attorney General.

In the case of affidavits required for use in arbitrations or other proceedings related to employee relations, the Labour Relations Branch of the BC Public Service Agency will obtain any necessary approvals. Employees are obliged to cooperate with lawyers defending the Crown's interest during legal proceedings.

A written opinion prepared on behalf of government by any legal counsel is privileged and is, therefore, not to be released without prior approval of the Legal Services branch.

Working Relationships

P u b l i c S e r v i c e S t a n d a r d s

Employees involved in a personal relationship outside work which compromises objectivity, or the perception of objectivity, should avoid being placed in a direct reporting relationship to one another.

For example, employees who are direct relatives or who permanently reside together may not be employed in situations where:

- A reporting relationship exists where one employee has influence, input, or decision-making power over the other employee's performance evaluation, salary, premiums, special permissions, conditions of work, and similar matters; or
- The working relationship affords an opportunity for collusion between the two employees that would have a detrimental effect on the Employer's interest.

The above restriction on working relationships may be waived provided that the Deputy Minister is satisfied that sufficient safeguards are in place to ensure that the Employer's interests are not compromised.

Human Resource Decisions

P u b l i c S e r v i c e S t a n d a r d s

Employees are to disqualify themselves as participants in human resource decisions when their objectivity would be compromised for any reason or a benefit or perceived benefit could accrue to them. For example, employees are not to participate in staffing actions involving direct relatives or persons living in the same household.

Outside Remunerative and Volunteer Work

P u b l i c S e r v i c e S t a n d a r d s

Employees may hold jobs outside government, carry on a business, receive remuneration from public funds for activities outside their position, or engage in volunteer activities provided it does not:

- interfere with the performance of their duties as a BC Public Service employee;
- bring the government into disrepute;
- represent a conflict of interest or create the reasonable perception of a conflict of interest;
- appear to be an official act or to represent government opinion or policy;
- involve the unauthorized use of work time or government premises, services, equipment, or supplies; or
- gain an advantage that is derived from their employment with the BC Public Service.

Employees who are appointed as directors or officers of Crown corporations are not to receive any additional remuneration beyond the reimbursement of appropriate travel expenses except as approved by the Lieutenant Governor in Council.

Use of Reasonable Force

C o r r e c t i o n s B r a n c h S t a n d a r d s

Employees designated as peace officers, and employed as correctional officers or supervisors, are authorized and limited by the "Criminal Code of Canada" and Corrections Branch policy in using reasonable force while on duty to:

- a) Prevent the commission or continuation of an offence;
- b) Maintain or restore order;
- c) Apprehend an offender;
- d) Prevent an offender from an act of self-harm; or
- e) Assist another officer in the case of a, b, c, or d.

Use of Government Resources and Employee Benefits

C o r r e c t i o n s B r a n c h S t a n d a r d s

We exercise care when responsible for government resources and property, and only use them when conducting duties that are authorized by management.

We do not use government vehicles without management approval for purposes other than direct government business, and we operate them according to the rules of the road.

We acknowledge that involvement in stealing government property will result in an immediate discharge from our duties and privileges.

We also understand that the fraudulent use of an employee benefit will lead to disciplinary action up to and including dismissal.

Responsibilities

P u b l i c S e r v i c e S t a n d a r d s

Agency Head

- Provide timely advice to managers and designated contacts respecting the application of this policy statement including guidance on an appropriate employer response to transgressions of the policy statement; and
- Coordinate the development of awareness, training, and communication programs in support of this policy statement. Deputy Ministers
- Advise employees of the required standards of conduct and the consequences of non-compliance;
- Designate a ministry contact for matters related to standards of conduct;
- Promote a work environment that is free of discrimination;
- Deal with breaches of this policy statement in a timely manner, taking the appropriate action based upon the facts and circumstances;
- Waive the provision on working relationships under the circumstances indicated; and
- Delegate authority and responsibility, where applicable, to apply this policy statement within their organization.

Line Managers

- Advise staff on standards of conduct issues;
- Engage the ministry-designated contact as may be appropriate in the circumstances; and
- Contribute to a work environment that is free of discrimination. Employees
- Objectively and loyally fulfill their assigned duties and responsibilities, regardless of the party or persons in power and regardless of their personal opinions;
- Disclose and resolve conflicts of interest or potential conflict of interest situations in which they find themselves;
- Maintain appropriate workplace behaviour;
- Avoid engaging in discriminatory conduct or comment; and
- Check with their supervisor or manager when they are uncertain about any aspect of this policy statement.

Legislative Authorities

C o r r e c t i o n s B r a n c h

Criminal Code
Correction Act
Public Service Act
Human Rights Code
Freedom of Information and Protection of Privacy Act
Workers' Compensation Act
Occupational Health and Safety Regulations
Youth Criminal Justice Act

Other Authorities and References

C o r r e c t i o n s B r a n c h

Adult Custody Policy
Community Corrections Policy Manual
Management Services Policy Manual
ADM Directives
Correction Act Regulation

P u b l i c S e r v i c e

B.C. Government and Service Employees' Union Master and
Component Agreements
Terms of Employment for Excluded Managers
Personnel Management Policy, Human Rights in the Workplace –
Discrimination and Harassment

February 25th 2009

Jim Reilly
Contract Manager
Health and Food Service
Adult Custody Division
BC Corrections Branch
Ministry of Public Safety and Solicitor General
PO Box 9278 Stn Prov Govt
Victoria, BC V8W 9J7

Vancouver Jail Service Agreement

Jim,

This letter is to confirm Compass will continue with it's existing service for the provision of meals for the Vancouver Jail (VPD lock up) produced from the North Fraser Pretrial Centre (NFPC). These meals will be produced at no additional cost in either materials or labour to the Corrections Branch. Compass will be responsible for the delivery of these meals to Vancouver Jail.

In return for the use of the kitchen at NFPC, Compass will pay the Corrections Branch a commission rate of \$0.08 cents per meal. Payment of this commission will continue to be credited monthly on the NFPC invoice from Compass (see attached example).

In addition, effective April 01st 2009, there will be five (5) labour hours a week added to the NFPC labour schedule to be covered by the Vancouver Jail business.

These additional labour hours and commissions will continue as long as there is an agreement in place between Compass Foods and the Vancouver Police Department for the production of meals for the Vancouver Jail or until such time as the Corrections Branch withdraws, upon reasonable notice, the use of its facilities for the purpose of producing these meals.

Sincerely,

Paul Emanuel
Regional Director
Compass Group Canada

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Appendix 18
Sample Transaction

COMPASS GROUP CANADA (BEAVER) LTD

1907 Oxford Street East
London, ON Canada N5V 4L9
Phone (519) 679-2661 Fax (519) 679-7992

BILL TO: NORTH FRASER PRE-TRIAL SERVICES CENTRE 1451 KINGSWAY AVENUE PORT COQUITLAM, B.C. V3C 1S2	ATTENTION: ACCOUNTS PAYABLE
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89586

INV DATE: 10-Feb-09	UNIT # 60717	INVOICE NUMBER: 7758
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PERIOD: January 1-31, 2009	PLEASE REMIT PAYMENT TO: 1907 Oxford Street East London, ON N5V 4L9	TERMS:
--------------------------------------	--	---------------

CONTRACT SALES:

(A) MEAL COST

	<u>Meals</u>	<u>Amount</u>	
Regular Meals	52,855	101,587.31	
Bag Breakfast	1,858	2,575.19	
Bag Court Lunch	794	1,357.74	
Commercial Frozen Meals	-	-	
Healthy Muffins	182	38.95	
Diabetic Snacks	237	173.01	\$ 105,732.20

(B) LABOUR COST

	<u>Rate</u>	<u># of Days</u>	
Total Daily Labour	842.03	31	26,102.85
Plus Approved OT			446.16
Less Labour Credit			
Total Basic Labour			<u>26,549.01</u>
Fringe Benefits 26.42%			<u>7,014.25</u> 33,563.26

(C) VANCOUVER JAIL MEAL CREDIT

Meals for the period January 1-31/08	3,760	(0.08)	(300.80)
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Net: 138,994.66

Pst: 0.00

GST Registration # R887783355 **Gst:** 0.00

Total Due: \$ 138,994.66

Please quote our invoice number on your remittance. Thank you.

APPROVED FOR CGC: Emily Guest	INVOICE NO: 7758
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February 04th 2010

Jim Reilly
Contract Manager
Health and Food Service
Adult Custody Division
BC Corrections Branch
Ministry of Public Safety and Solicitor General
PO Box 9278 Stn Prov Govt
Victoria, BC V8W 9J7

Surrey RCMP Meals – Commission Payment

Jim,

This letter is to confirm our agreement to continue with the RCMP meal service to the Surrey RCMP detachment which we produce from the Surrey Pretrial Services Centre.

Compass will pay a license fee of eight cents per meal (\$0.08) to BC Corrections during the two year term of our contract, for the privilege of using the Surrey Pre-Trial Services Centre kitchen to produce these meals. Compass accounting department will continue to apply a credit for these meals on the SPSC invoicing every month.

Thank you.



Paul Emanuel
Regional Director
Eurest Services
Compass Group Canada

Appendix 20
Compass Group Canada Trans Fat Purchasing Policy

Tuesday, June 23, 2009

Beginning **September 30th, 2009**, all food service establishments in British Columbia must comply with the trans fat regulation under BC's new Public Health Act released by the Ministry of Healthy Living and Sport. The regulation applies to all foods that are prepared, served or offered for sale in a food service establishment.

Eurest Dining Services, a division of Compass Group Canada, will be in compliance of the new trans fat standards as outlined in the regulations. The following is a summary of the activities undertaken and underway in support of this important initiative:

1. Eurest will be compliant with the recommendation* that oils and margarines contain less than 2% trans fat, by July 2009.
 - We made the switch to compliant cooking oils in November 2006.
 - All margarines/spreads were switched by May 2009
2. For all other foods, Eurest will be compliant with the recommendation* that the total trans fat content be limited to 5% of total fat content, by July 2009.
 - We have released our Compass wide Trans Fat Policy to our suppliers in June 2008.
 - We have created a newsletter with more information regarding trans fat.
 - We have reviewed the nutrition information for foods we offer in our food service locations to ensure we are compliant with the new Trans Fat regulations.

We are pleased to offer our support to the government's new legislation. Please do not hesitate to contact me directly for more information.

Sincerely,



Mike Masse
President, Eurest Services
Compass Group Canada
Mike.Masse@compass-canada.com

* Recommendations from the Canadian Trans Fat Task Force. Health Canada. 2006. "TransForming the Food Supply." Health Canada. Ottawa, ON.



Purchasing

Nutrition Standards for Foods Containing Trans Fat

As the leading food and support services company in Canada, nutrition & wellness is a key focus within our sustainability strategy. A key wellness concern is the amount of artificial trans fat found in some of the foods we serve. By March 2009, Compass Group Canada has committed to eliminate as much trans fat as possible from these foods.

Since 2006, we have been switching to "trans fat free" products as they become available from our food supplier partners. We will continue to influence and seek partners that provide foods which meet our corporate nutrition standards regarding trans fat content.

Prior to the completion of any agreement, and on an ongoing basis as determined between a food supplier and Compass, specific nutrition standards will need to be met. Products that fail to meet these standards will not be considered to be used/sold by Compass Group Canada.

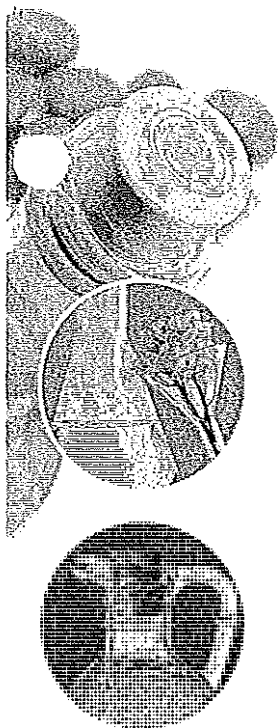
Nutrition Standards for Foods Purchased by Compass Group Canada:

- For all vegetable oils and margarines, the total trans fat content must be less than 2% of total fat content. All partially hydrogenated shortenings, oils, spreads and margarines will be restricted.
- For all other foods purchased, the total trans fat content must be less than 5% of total fat content. This limit does not apply to food products for which the trans fat originates exclusively from ruminant meat (e.g. cow, sheep or goat) or dairy products.
- Any changes made to foods purchased by Compass Group Canada, must be communicated by the food supplier to Compass before the product is in distribution.

Nutrition facts and ingredients of all products are required for review before the completion of any contracts between food supplier and Compass Group Canada.

Note: Above standards are based on the recommendations from the TRANS forming Our Food Supply report released by the Trans Fat Task Force co-chaired by Health Canada and the Heart & Stroke Foundation. This report, was adopted by the Minister of Health in June 2007. For the full report visit:
www.hc-sc.gc.ca/fn-an/nutrition/gras-trans-fats/tf-ge/tf-gt_rep-rap_e.html.

As an organization, we are committed to helping our customers meet their dietary goals by making it easy to make healthier choices. This is another step Compass Group Canada has taken to positively influence the health of Canadians.

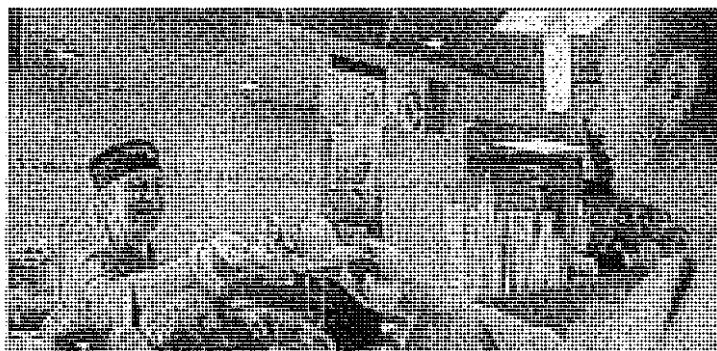


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directions

Compass Group provides food to one million Canadians every day

As the leading food and support services company in Canada, nutrition and wellness is a key focus within our sustainability strategy. A major concern is trans fats.



Compass Group Canada and ESS North America fully support making changes to the foods we offer in order to reduce the harmful effects of artificial trans fat on the health of Canadians. We would like to share with you, the steps we are taking to address this very important health issue.

By March 2009, Compass Group Canada will have eliminated/reduced artificial trans fat from the foods we serve, ahead of the target date put forth by the Federal Government.

Compass Group Canada began the journey to reduce artificial trans fat five years ago. In November 2006, we changed all our frying shortening to trans fat free canola oil. This change alone, eliminates more than 30 metric tonnes of trans fat from the fried foods we serve each year.

In 2003, we began offering our customers a choice of margarine which was non-hydrogenated and low in saturated fat. By December 2008, this margarine will be the only one we serve in our cafes.

This change will reduce the amount of trans fat by a minimum of 42 metric tonnes each year.

These dietary changes will have a great impact on reducing the amount of artificial trans fat from our customers' diets. Please refer to our timeline for more information regarding our corporate plan of action.



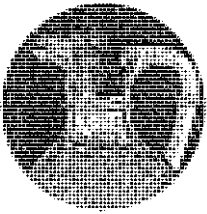
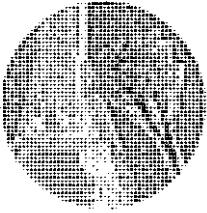
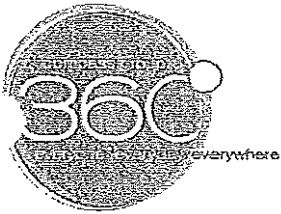
Other changes are legislated as well. Compass Group Canada partners with many food manufacturers and suppliers. We have contacted all of our preferred food partners to ensure they can meet our target dates.

Since 2006, we have been switching to other "trans fat free" products as they become available from our partners. As we continue to move toward our target date of March 2009, our customers will be able to make healthier choices as we change foods products along the way. We will continue to add food ingredients and products that meet our company policy regarding trans fats.

As an organization, we are committed to helping our customers meet their dietary goals by making it easy to make healthier choices. This is another step Compass Group Canada has taken to positively influence the health of Canadians.



www.compass-canada.com



directions



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Like to know more about trans fat?

Here are the Facts

Main sources of trans fat

The majority of trans fats in the Canadian food supply are industrially produced through the process of hydrogenation. These artificial trans fats are found in many margarines, shortenings and in foods prepared with these fats, including baked goods and fried foods.

Trans fats are also produced naturally through the normal action of bacteria in the stomachs of ruminant animals, such as cows, sheep and goats. These fats are found in small amounts in the meat and milk of these animals. Naturally occurring trans



fats have a different chemical structure than artificially produced trans fats and have not been shown to be harmful to the health of those who consume products containing these fats.

Why artificial trans fats are harmful for our health

Metabolic studies have confirmed that artificial trans fat significantly increases the risk of coronary heart disease. Trans fats increase LDL cholesterol (artery clogging), decrease HDL cholesterol (artery cleaning) and promote inflammation in the arterial lining.

How much trans fat is "too much"

Artificial trans fats have no beneficial role in the body. Therefore, it is recommended that we consume "as little as possible while maintaining a nutritionally adequate diet".

The World Health Organization (WHO) recommends that less than 1% of our total energy intake should come from trans fat. For example, an individual who consumes 2000 calories a day should not consume more than 2.2 g of trans fat per day.

How the Canadian government has responded to this public health issue

Nutrition Labelling Regulations: The Canadian Food Inspection Agency (CFIA) now requires that the amount of trans fat be stated on the nutrition facts panel. The CFIA also enforces strict criteria for a product to be labelled "trans fat free". For a product to bare this claim, it must:

1. contain less than 0.2 g of trans fat per serving and
2. not exceed 2 g of saturated and trans fat combined per serving.

Great News... the food industry has responded to this public health issue

Health Canada has recently announced that Canadians' consumption of trans fats has declined by 40% over the past decade, from 8.3 g to 4.9 g per day. This reduction is primarily due to food industry's response to consumer demand. As the food industry continues to remove trans fats from their products, we should continue to see the decline in consumption of trans fats.

Want More Information? Please contact Donna Bottrell RD, Director of Nutrition at 800-465-2203 or donna.bottrell@compass-canada.com

CORRECTIONS BRANCH CONTRACT AMENDMENT # 1

THIS AGREEMENT made in duplicate as of the 28th day of September, 2012.

BETWEEN

HER MAJESTY THE QUEEN IN RIGHT OF THE PROVINCE OF BRITISH COLUMBIA, represented by the Minister of Justice and Attorney General, Responsible for Corrections Branch

the "Province"

AND

Compass Group Canada Ltd.
Unit 100 - 3700 North Fraser Way
Burnaby, BC V5J 5H4

the "Contractor"

BACKGROUND

- A. The parties entered into an agreement dated the 10th day of March, 2012, modified under Operational Protocol #1 dated the 1st day of May 2012, providing for the delivery of food and canteen services to the Ministry of Justice, Corrections Branch of British Columbia.

(the "Agreement")

- B. The parties have agreed to amend the Agreement.

AGREEMENT

The parties agree as follows:

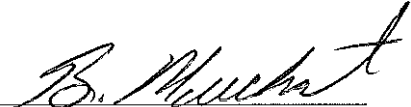
1. That in Appendix 6, Shift Disposition Detail Form (without inmate training), the shift patterns for NFPC and SPSC will be updated to reflect the most current shift hours.
2. That Appendix 6 be removed and replaced with the attached updated Appendix 6 dated September 1, 2012.
3. That in Appendix 7, Shift Disposition Detail Form (with Inmate Training Program) the following changes will occur:
 - a. for ACCW 56 hours of general help will be added to cover increased capacity with an effective date of October 9, 2012;
 - b. for KRCC 2 hours of general help will be added to improve the Contractors ability to deliver services; and
 - c. the shift patterns for FMCC, FRCC, PGRCC and VIRCC will be updated to reflect the most current shift hours.
4. That Appendix 7 dated April 1, 2012 be removed and replaced with the attached updated Appendix 7 dated September 1, 2012, with the exception of the page for ACCW that contains a labour adjustment effective October 9, 2012 and is dated accordingly.
5. That Appendix 8, Staff Working Hours (without inmate training), be updated to include provisions for Revised Labour Rates for DFSD Employees resulting from New Collective Agreements.
6. That Appendix 8 dated April 1, 2012 be removed and replaced with the attached Appendix 8 dated September 1, 2012.

7. That Appendix 9, Staff Working Hours (with inmate training), be updated to include;
 - a. provisions for Revised Labour Rates for DFSD Employees resulting from New Collective Agreements; and
 - b. for ACCW 56 hours of general help will be added to cover increased capacity with an effective date of October 9, 2012; and
 - c. for KRCC 2 hours of general help will be added to improve the Contractors ability to deliver services.
8. That Appendix 9 dated April 1, 2012 be removed and replaced with the attached Appendix 9 dated September 1, 2012, with the exception of the page for ACCW that contains a labour adjustment is effective October 9, 2012 and dated accordingly.
9. That in accordance with paragraph 4 of the Schedule of Payments the Contractor is authorized to commence invoicing the Province at the Revised Labour Costs effective October 1, 2012 (for the September invoice).
10. That in accordance to paragraphs 4 and 5 of the Schedule of Payments the Province shall retroactively pay the Contractor the difference in Labour Cost between the Initial Collective Agreements and the New Collective Agreements for the period from April 1, 2012 to August 31, 2012.
11. The Province agrees, as a result of the introduction of the Family Day statutory holiday, to increase the percentage that the Contractor uses to calculate the statutory holiday portion of its Labour Cost for DFSD Employees from its current 4.2% to 4.6%.
12. That upon execution of this Amendment the Contractor may submit an invoice to each Correctional Centre that is based on the terms defined in Paragraphs 10 and 11 of this Amendment and in the amounts identified on their Statement of Account, dated September 25, 2012, that is attached as Appendix 23 of the Contract. The values of the invoices shall not exceed the following amounts:

ACCW	\$ 643.50	NCC	\$ 1,865.40
FMCC	\$ 378.26	SPSC	\$ 3,839.96
FRCC	\$ 2,296.18	PGRCC	\$ 3,667.83
KRCC	\$ 4,226.42	VIRCC	\$ 1,943.60
NFPC	\$11,378.58		
13. The total amount charged as a result of paragraph 12 of this Amendment shall not exceed, in the aggregate, \$30,239.73
14. That references to Chef Manager contained within the Agreement only apply to staff at FMCC, at all other Centres the title Manager will apply. For administration of the Agreement the roles and responsibilities or references to the role of Chef Manager will be common to both titles.

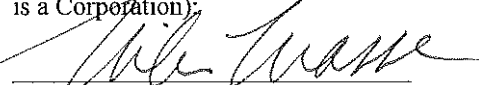
In all other respects, the Agreement is confirmed

SIGNED AND DELIVERED on the 2 day
NOVEMBER, 2012 on behalf of the
Province by its duly authorized representative:


Signature:

BRENT MERCHANT
Print name:

SIGNED AND DELIVERED on the 29 of
day of October, 2012 by or on
behalf of the Contractor (or by its authorized
signatory or signatories if the Contractor
is a Corporation):


Signature:

MICHAEL I. MASSE
Print name: **PRESIDENT**
FOOD SERVICES

APPENDIX 6

SHIFT DISPOSITION DETAIL FORMS

Appendix 6 contains the Shift Disposition Detail Forms (without Inmates) for the following Centres effective on the date stated in the header for each Centre Matrix:

Alouette Correctional Centre for Women
Ford Mountain Correctional Centre
Fraser Regional Correctional Centre
Kamloops Regional Correctional Centre
Nanaimo Correctional Centre
North Fraser Pre-trial Centre
Prince George Regional Correctional Centre
Surrey Pre-trial Correctional Centre
Vancouver Island Regional Correctional Centre

Note: The title Manager denotes a position excluded from union membership, Chef Managers are included positions.

APPENDIX 6
SHIFT DISPOSITION DETAIL FORM
 September 1, 2012

Correctional Centre: Alouette CC - without Inmate work program
 Negotiated Hours per Week: 264
 Approximate Meal Count Level: 12/13 420 meals, 13/14 510 meals and 14/15 510 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Manager A	8	8	8	8	8				8	8	8	8	8			40
Manager B																0
Cook A	12	12	12	12						12	12	12	12			48
Cook B					12	12	12		12					12	12	36
Cook C																0
Cook D																0
Cook E																0
Cook F																0
Cook G																0
General Helper A	12	12	12	12						12	12	12	12			48
General Helper B					12	12	12		12					12	12	36
General Helper C	8	8	8	8						8	8	8	8			32
General Helper D					8	8	8		8					8	8	24
General Helper E																0
General Helper F																0
General Helper G																0
									Total							264

APPENDIX 6
SHIFT DISPOSITION DETAIL FORM
 September 1, 2012

Correctional Centre: Ford Mountain CC - without Inmate work program
 Negotiated Hours per Week: 210
 Approximate Meal Count Level: 12/13 300 meals, 13/14 309 meals and 14/15 309 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A																0
Chef Manager B																0
Cook A	8	8	8	8						8	8	8	8			32
Cook B					8	8	8		8					8	8	24
Cook C	8	8	8	8						8	8	8	8			32
Cook D					8	8	8		8					8	8	24
Cook E																0
Cook F																0
Cook G																0
General Helper A	8	8	8	8						8	8	8	8			32
General Helper B					8	8	8		8					8	8	24
General Helper C	6	6	6	6	6				6	6	6	6	6			30
General Helper D						6	6							6	6	12
General Helper E																0
General Helper F																0
General Helper G																0
									Total							210

Note: Chef Managers at FMCC are included staff and operations require more than one on duty during a given rotation.

APPENDIX 6 **SHIFT DISPOSITION DETAIL FORM**

September 1, 2012

Correctional Centre: Fraser Regional CC - without Inmate work program

Negotiated Hours per Week: 488

Approximate Meal Count Level: 12/13 1,557 meals, 13/14 1,623 meals and 14/15 1,323 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Manager A	8	8	8	8	8				8	8	8	8	8			40
Manager B																0
Cook A	8	8	8			8	8		8	8	8			8	8	40
Cook B			8	8	8	8	8				8	8	8	8	8	40
Cook C	8	8	8	8	8				8	8	8	8	8			40
Cook D	8	8	8			8	8		8	8	8			8	8	40
Cook E						8	8							8	8	16
Cook F				8	8							8	8			16
Cook G	8	8							8	8						16
Cook H				8	8							8	8			16
General Helper A	8	8	8	8	8				8	8	8	8	8			40
General Helper B			8	8	8	8	8				8	8	8	8	8	40
General Helper C	8	8	8	8	8				8	8	8	8	8			40
General Helper D	8	8			8	8	8		8	8			8	8	8	40
General Helper E	8	8	8	8	8				8	8	8	8	8			40
General Helper F					8	8	8						8	8	8	24
General Helper G																0
									Total							488

APPENDIX 6 **SHIFT DISPOSITION DETAIL FORM**

September 1, 2012

Correctional Centre: Kamloops Regional CC - without Inmate training program

Negotiated Hours per Week: 316.5

Approximate Meal Count Level: 12/13 990 meals, 13/14 1,035 meals and 14/15 1,035 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Manager A	8	8	8	8	8				8	8	8	8	8			40
Manager B																0
Cook A	8	8	8	8	8				8	8	8	8	8			40
Cook B			7.5	7.5	7.5	7.5	7.5				7.5	7.5	7.5	7.5	7.5	37.5
Cook C						8	8							8	8	16
Cook D						7.5	7.5							7.5	7.5	15
Cook E																0
Cook F																0
Cook G																0
Cook H																0
General Helper A	8	8	8	8	8				8	8	8	8	8			40
General Helper B	8	8	8	8	8				8	8	8	8	8			40
General Helper C						8	8							8	8	16
General Helper D						8	8							8	8	16
General Helper E	8	8	8	8	8				8	8	8	8	8			40
General Helper F						8	8							8	8	16
General Helper G																0
									Total							316.5

APPENDIX 6
SHIFT DISPOSITION DETAIL FORM
 September 1, 2012

Correctional Centre: Nanaimo C C - without Inmate training program
 Negotiated Hours per Week: 278
 Approximate Meal Count Level: 12/13 570 meals, 13/14 576 meals and 14/15 576 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Manager A	8	8	8	8	8				8	8	8	8	8			40
Manager B																0
Cook A	8	8			8	8	8		8	8			8	8	8	40
Cook B						7	7							7	7	14
Cook C	8	8	8	8			8		8	8	8	8			8	40
Cook D				8	8	8	8					8	8	8	8	32
Cook E	8	8	8	8	8				8	8	8	8	8			40
Cook F						8	8							8	8	16
Cook G																0
Cook H																0
General Helper A	7	7	7	7	7				7	7	7	7	7			35
General Helper B							7								7	7
General Helper C						7	7							7	7	14
General Helper D																0
General Helper E																0
General Helper F																0
General Helper G																0
									Total							278

APPENDIX 6
SHIFT DISPOSITION DETAIL FORM
 September 1, 2012

Correctional Centre: North Fraser Pre-trial C C - without Inmate training program

Negotiated Hours per Week: 547.5

Approximate Meal Count Level: 12/13 1,563 meals, 13/14 1,605 meals and 14/15 1,305 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Manager A	8	8	8	8	8				8	8	8	8	8			40
Manager B																0
Lead Cook	8	8	8	8	8				8	8	8	8	8			40
Cook A	8	8	8	8			8		8	8	8	8			8	40
Cook B		8	8	8	8	8				8	8	8	8	8		40
Cook C	8				8	8	8		8				8	8	8	32
Cook D																0
Cook E																0
General Helper A	8	8	8	8	8				8	8	8	8	8			40
General Helper B		8	8	8	8	8				8	8	8	8	8		40
General Helper C			8	8	8	8	7.5				8	8	8	8	7.5	39.5
General Helper D	8	8	8	8			7		8	8	8	8			7	39
General Helper E	8	8			8	8	8		8	8			8	8	8	40
General Helper F		8	8	8	8	8				8	8	8	8	8		40
General Helper G	7	7	7			8	8		7	7	7			8	8	37
General Helper H			8	8	8	8	8				8	8	8	8	8	40
General Helper I	8	8				8	8		8	8				8	8	32
General Helper J	8								8							8
General Helper K																0
General Helper L																0
General Helper M																0
															Total	547.5

APPENDIX 6

SHIFT DISPOSITION DETAIL FORM

September 1, 2012

Correctional Centre: Prince George C C - without Inmate training program

Negotiated Hours per Week: 424

Approximate Meal Count Level: 12/13 897 meals, 13/14 915 meals and 14/15 915 meals.

Position	Days of the Week								Days of the Week							Weekly Hours
	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	
Manager A	8	8	8	8	8				8	8	8	8	8			40
Manager B																0
Cook A		8	8	8	8	8				8	8	8	8			40
Cook B			6	6		6	6				6	6		6	6	24
Cook C	8			8	8	8	8		8			8	8	8	8	40
Cook D	8	8	8				8		8	8	8				8	32
Cook E	8	8	8	8	8				8	8	8	8				40
Cook F																0
Cook G	8	8			8	8	8		8	8			8	8	8	40
Cook H																0
General Helper A	8	8	8	8	8				8	8	8	8	8			40
General Helper B	8	8	8	8	8				8	8	8	8	8			40
General Helper C						8	8							8	8	16
General Helper D						8	8							8	8	16
General Helper E	8	8	8	8	8				8	8	8	8	8			40
General Helper F						8	8							8	8	16
General Helper G																0
General Helper H																0
General Helper I																0
General Helper J																0
									Total							424

APPENDIX 6 **SHIFT DISPOSITION DETAIL FORM**

September 1, 2012

Correctional Centre: Surrey Pre-trial C C - without Inmate training program
 Negotiated Hours per Week: 315
 Approximate Meal Count Level: 12/13 768 meals, 13/14 795 meals and 14/15 1,587 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Manager A	8	8	8	8	8				8	8	8	8	8			40
Manager B																0
Cook A	8	8	8	8			8		8	8	8	8			8	40
Cook B		8	8	8	8	8				8	8	8	8	8		40
Cook C	8						8		8						8	16
Cook D					8	8							8	8		16
Cook E																0
Cook F																0
Cook G																0
Cook H																0
General Helper A	8	8	8	8			8		8	8	8	8			8	40
General Helper B		8	8	8	8	8				8	8	8	8	8		40
General Helper C			8		8	8	8				8		8	8	8	32
General Helper D	7.5	7.5			7.5	7.5			7.5	7.5			7.5	7.5		30
General Helper E	7			7			7		7			7			7	21
General Helper F																0
General Helper G																0
General Helper H																0
General Helper I																0
General Helper J																0
															Total	315

APPENDIX 6
SHIFT DISPOSITION DETAIL FORM
 September 1, 2012

Correctional Centre: Vancouver Island Correctional Centre (without Inmates)

Negotiated Hours per Week: 320

Approximate Meal Count Level: 12/13 1,011 meals, 13/14 1,020 meals and 14/15 1,020 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Manager A	8	8	8	8	8				8	8	8	8	8			40
Manager B																0
Cook A	8	8	8	8	8				8	8	8	8	8			40
Cook B						8	8							8	8	16
Cook C						8	8							8	8	16
Cook D	8	8	8	8	8				8	8	8	8	8			40
Cook E																0
Cook F																0
Cook G																0
General Helper A	8	8	8	8	8				8	8	8	8	8			40
General Helper B	8	8	8	8	8				8	8	8	8	8			40
General Helper C	8	8	8	8	8				8	8	8	8	8			40
General Helper D						8	8							8	8	16
General Helper E						8	8							8	8	16
General Helper F						8	8							8	8	16
General Helper G																0
									Total							320

APPENDIX 7

SHIFT DISPOSITION DETAIL FORMS

Appendix 7 contains the Shift Disposition Detail Forms (with Inmates) for the following Centres effective on the date stated in the header for each Centre Matrix:

Alouette Correctional Centre for Women
Ford Mountain Correctional Centre
Fraser Regional Correctional Centre
Kamloops Regional Correctional Centre
Nanaimo Correctional Centre
Prince George Regional Correctional Centre
Vancouver Island Regional Correctional Centre

Note: The title Manager denotes a position excluded from union membership, Chef Managers are included positions.

APPENDIX 7
SHIFT DISPOSITION DETAIL FORM
 October 7, 2012

Correctional Centre: Alouette C C for Women- with Inmate training program

Negotiated Hours per Week: 173

Approximate Meal Count Level: 12/13 420 meals, 13/14 510 meals and 14/15 510 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Manager A	8	8	8	8	8				8	8	8	8	8			40
Manager B																0
Cook A	11	11	11						11	11	11					33
Cook B				11	11							11	11			22
Cook C						11	11							11	11	22
Cook D																0
Cook E																0
Cook F																0
Cook G																0
Cook H																0
General Helper A	8	8	8	8						8	8	8	8			32
General Helper B					8	8	8		8					8	8	24
General Helper C																0
General Helper D																0
General Helper E																0
General Helper F																0
General Helper G																0
General Helper H																0
General Helper I																0
General Helper J																0
															Total	173

APPENDIX 7
SHIFT DISPOSITION DETAIL FORM
 September 1, 2012

Correctional Centre: Ford Mountain C C - with Inmate training program
 Negotiated Hours per Week: 80
 Approximate Meal Count Level: 12/13 300 meals, 13/14 309 meals and 14/15 309 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Chef Manager A																0
Chef Manager B																0
Cook A	12	12	12	12					12	12	12	12				48
Cook B					12	10	10						12	10	10	32
Cook C																0
Cook D																0
Cook E																0
Cook F																0
Cook G																0
Cook H																0
General Helper A																0
General Helper B																0
General Helper C																0
General Helper D																0
General Helper E																0
General Helper F																0
General Helper G																0
General Helper H																0
General Helper I																0
General Helper J																0
															Total	80

Note: Chef Managers at FMCC are included staff and operations require more than one on duty during a given rotation.

September 1, 2012

Approximate Meal Count Level: 12/13 1,557 meals, 13/14 1,623 meals and 14/15 1,323 meals.

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APPENDIX 7
SHIFT DISPOSITION DETAIL FORM
September 1, 2012

Correctional Centre: Kamloops Regional C C - with Inmate training program

Negotiated Hours per Week: 206

Approximate Meal Count Level: 12/13 990 meals, 13/14 1,035 meals and 14/15 1,035 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Manager A	8	8	8	8	8				8	8	8	8	8			40
Manager B																0
Cook A	8	8	8			8	8		8	8	8			8	8	40
Cook B	8			8	8		7		8			8	8		7	31
Cook C		8	8	8	8	7				8	8	8	8	7		39
Cook D																0
Cook E																0
Cook F																0
Cook G																0
Cook H																0
General Helper A			8	8	8	8					8	8	8	8		32
General Helper B	8	8					8		8	8					8	24
General Helper C																0
General Helper D																0
General Helper E																0
General Helper F																0
General Helper G																0
General Helper H																0
General Helper I																0
General Helper J																0
									Total							206

September 1, 2012

Approximate Meal Count Level: 12/13 570 meals, 13/14 576 meals and 14/15 576 meals.

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APPENDIX 7
SHIFT DISPOSITION DETAIL FORM
September 1, 2012

Correctional Centre: Prince George Regional C C - with Inmate training program

Negotiated Hours per Week: 206

Approximate Meal Count Level: 12/13 897 meals, 13/14 915 meals and 14/15 915 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Manager A	8	8	8	8	8				8	8	8	8	8			40
Manager B																0
Cook A	8	8	8	8			8		8	8	8	8			8	40
Cook B		8	8	8	8	8				8	8	8	8	8		40
Cook C	8				8	8	8		8				8	8	8	32
Cook D																0
Cook E																0
Cook F																0
Cook G																0
Cook H																0
General Helper A	8	8				7	7		8	8				7	7	30
General Helper B			8	8	8						8	8	8			24
General Helper C																0
General Helper D																0
General Helper E																0
General Helper F																0
General Helper G																0
General Helper H																0
General Helper I																0
General Helper J																0
									Total							206

APPENDIX 7
SHIFT DISPOSITION DETAIL FORM
September 1, 2012

Correctional Centre: Vancouver Island Regional C C - with Inmate training program

Negotiated Hours per Week: 206

Approximate Meal Count Level: 12/13 1,011 meals, 13/14 1,020 meals and 14/15 1,020 meals.

Position	Mon	Tue	Wed	Thurs	Fri	Sat	Sun		Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Hours
Manager A	8	8	8	8	8				8	8	8	8	8			40
Manager B																0
Cook A	8	8	8			8	8		8	8	8			8	8	40
Cook B	8			8	8		8		8			8	8		8	32
Cook C		8	8	8	8	8				8	8	8	8	8		40
Cook D																0
Cook E																0
Cook F																0
Cook G																0
Cook H																0
General Helper A				8	8	7						8	8	7		23
General Helper B	8	8	8				7		8	8	8				7	31
General Helper C																0
General Helper D																0
General Helper E																0
General Helper F																0
General Helper G																0
General Helper H																0
General Helper I																0
General Helper J																0
									Total							206

APPENDIX 8 STAFF WORKING HOURS

Appendix 8 contains the Staff Working Hours (without Inmates) for each Centre effective on the date stated in the header for each Centre Matrix and the wage rates effective on April 1 of each year during the term of the Agreement.

Alouette Correctional Centre for Women
Ford Mountain Correctional Centre
Fraser Regional Correctional Centre
Kamloops Regional Correctional Centre
Nanaimo Correctional Centre
North Fraser Pre-trial Centre
Prince George Regional Correctional Centre
Surrey Pre-trial Correctional Centre
Vancouver Island Regional Correctional Centre

Note: The title Manager denotes a position excluded from union membership, Chef Managers are included positions.

APPENDIX 8
STAFF WORKING HOURS
September 1, 2012

Correctional Centre: ACCW Medium Security - without Innate training program
 Hours of Operation: 06:00-17:30 7 days/week
 Hours per Week: 264
 Meal Count Level: For all counts

Position	Wage Rate April 1, 2012	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$23.64	09:00	17:30	8	5	40
Manager B						0
Cook A	\$16.67	06:00	17:30	12	4	48
Cook B	\$16.67	06:00	17:30	12	3	36
Cook C						0
Cook D						0
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$13.26	06:00	17:30	12	4	48
General Helper B	\$13.26	06:00	17:30	12	3	36
General Helper C	\$13.26	08:00	17:30	8	4	32
General Helper D	\$13.26	08:00	17:30	8	3	24
General Helper E						0
General Helper F						0
Total Hours						264

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2013:

Cook \$17.09
 General Helper \$13.53

Wage Rates for unionized positions effective April 1, 2014:

Cook \$17.51
 General Helper \$13.80

Wage Rates for Excluded Manager:

Effective January 1, 2012 \$23.64
 Effective January 1, 2013 \$24.35
 Effective January 1, 2014 \$25.08

APPENDIX 8
STAFF WORKING HOURS
September 1, 2012

Correctional Centre: Ford Mountain C C- without Inmate training program
 Hours of Operation: 06:00-17:30 M-F; 08:00-17:30 Sat, Sun & Stats
 Hours per Week: 210
 Meal Count Level: For all counts

Position	Wage Rate April 1, 2012	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Chef Manager A	\$20.44	05:30	14:00	8	4	32
Chef Manager B	\$20.44	05:30	14:00	8	3	24
Chef Manager C	\$20.44	10:00	18:30	8	4	32
Chef Manager D	\$20.44	10:00	18:30	8	3	24
Cook A						0
Cook B						0
Cook C						0
Cook D						0
General Helper A	\$13.27	09:00	17:30	8	4	32
General Helper B	\$13.27	09:00	17:30	8	3	24
General Helper C	\$13.27	12:00	18:30	6	5	30
General Helper D	\$13.27	12:00	18:30	6	2	12
General Helper E						0
General Helper F						0
Total Hours						210

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2013:

Chef Manager \$20.85
 Cook \$19.43
 General Helper \$13.54

Wage Rates for unionized positions effective April 1, 2014:

Chef Manager \$21.27
 Cook \$19.82
 General Helper \$13.81

Note: Chef Managers at FMCC are included staff and operations require more than one on duty during a given rotation.

APPENDIX 8
STAFF WORKING HOURS
September 1, 2012

Correctional Centre: Fraser Regional C C - without Inmate training program
 Hours of Operation: 05:00-18:30 M-F; 05:30-18:30 Sat, Sun & Stats
 Hours per Week: 488
 Meal Count Level: For all counts

Position	Wage Rate April 1, 2012	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$23.58	08:00	16:30	8	5	40
Cook A	\$19.05	05:00	13:30	8	5	40
Cook B	\$19.05	11:00	18:30	8	5	40
Cook C	\$19.05	05:00	13:30	8	5	40
Cook D	\$19.05	11:00	18:30	8	5	40
Cook E	\$19.05	05:00	13:30	8	2	16
Cook F	\$19.05	11:00	18:30	8	2	16
Cook G	\$19.05	05:00	13:30	8	2	16
Cook H	\$19.05	10:45	18:15	8	2	16
General Helper A	\$13.27	05:00	13:30	8	5	40
General Helper B	\$13.27	05:00	13:30	8	5	40
General Helper C	\$13.27	11:00	18:30	8	5	40
General Helper D	\$13.27	11:00	18:30	8	5	40
General Helper E	\$13.27	05:00	13:30	8	5	40
General Helper F	\$13.27	11:00	18:30	8	3	24
Total Hours						488

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2013:

Cook \$19.43
 General Helper \$13.54

Wage Rates for unionized positions effective April 1, 2014:

Cook \$19.82
 General Helper \$13.81

Wage Rates for Excluded Manager:

Effective January 1, 2012 \$23.58
 Effective January 1, 2013 \$24.29
 Effective January 1, 2014 \$25.02

APPENDIX 8
STAFF WORKING HOURS
September 1, 2012

Correctional Centre: Kamloops Regional C C - without Inmate training program
 Hours of Operation: 04:30-18:00 M-F; 0700-1800 Sat, Sun & Stats
 Hours per Week: 316.5
 Meal Count Level: For all counts

Position	Wage Rate April 1, 2012	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$22.22	09:00	17:30	8	5	40
Manager B						0
Cook A	\$16.67	04:30	13:00	8	5	40
Cook B	\$16.67	09:30	18:00	7.5	5	37.5
Cook C	\$16.67	07:00	15:30	8	2	16
Cook D	\$16.67	09:30	18:00	7.5	2	15
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$13.26	04:30	13:00	8	5	40
General Helper B	\$13.26	09:30	18:00	8	5	40
General Helper C	\$13.26	07:00	15:30	8	2	16
General Helper D	\$13.26	09:30	18:00	8	2	16
General Helper E	\$13.26	09:30	18:00	8	5	40
General Helper F	\$13.26	09:30	18:00	8	2	16
General Helper G						0
Total Hours						316.5

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2013:

Cook \$17.09
 General Helper \$13.53

Wage Rates for unionized positions effective April 1, 2014:

Cook \$17.51
 General Helper \$13.80

Wage Rates for Excluded Manager:

Effective January 1, 2012 \$22.22
 Effective January 1, 2013 \$22.89
 Effective January 1, 2014 \$23.57

APPENDIX 8
STAFF WORKING HOURS
September 1, 2012

Correctional Centre: Nanaimo C C - without Inmate training program
 Hours of Operation: 06:00-18:00 7 days/week
 Hours per Week: 278
 Meal Count Level: For all counts

Position	Wage Rate April 1, 2012	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$22.23	09:00	17:30	8	5	40
Manager B						0
Cook A	\$19.05	06:00	14:30	8	5	40
Cook B	\$19.05	06:00	13:00	7	2	14
Cook C	\$19.05	09:30	18:00	8	5	40
Cook D	\$19.05	09:30	18:00	8	4	32
Cook E	\$19.05	09:00	17:30	8	5	40
Cook F	\$19.05	09:30	18:00	8	2	16
Cook G						0
Cook H						0
General Helper A	\$13.27	09:00	17:30	7	5	35
General Helper B	\$13.27	10:00	18:00	7	1	7
General Helper C	\$13.27	07:00	14:30	7	2	14
General Helper D						0
General Helper E						0
Total Hours						278

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2013:

Cook \$19.43
 General Helper \$13.54

Wage Rates for unionized positions effective April 1, 2014:

Cook \$19.82
 General Helper \$13.81

Wage Rates for Excluded Manager:

Effective January 1, 2012 \$22.23
 Effective January 1, 2013 \$22.90
 Effective January 1, 2014 \$23.58

APPENDIX 8
STAFF WORKING HOURS
September 1, 2012

Correctional Centre: North Fraser Pre-trial C C - without Inmate training program
 Hours of Operation: 22:30-19:00 M-F; 05:30-19:00 Sat, Sun & Stats
 Hours per Week: 547.5 Meal Count I For all counts

Position	Wage Rate		Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
	April 1, 2012						
Manager	\$25.84		09:00	17:30	8	5	40
Cook A	\$16.59		09:00	17:30	8	5	40
Cook B	\$16.59		05:00	13:30	8	5	40
Cook C	\$16.59		11:00	19:30	8	5	40
Cook D	\$16.59		05:30	14:30	8	2	16
Cook E	\$16.59		11:00	19:30	8	2	16
General Helper A	\$13.26		05:00	13:30	8	4	32
General Helper B	\$13.26		05:00	13:30	8	4	32
General Helper C	\$13.26		05:00	13:30	8	4	32
General Helper D	\$13.26		05:00	13:30	8	2	16
General Helper E	\$13.26		11:00	19:30	8	4	32
General Helper F	\$13.26		11:00	19:30	8	5	40
General Helper G	\$13.26		11:00	19:30	8	5	40
General Helper H	\$13.26		05:00	13:30	8	5	40
General Helper I	\$13.26		05:00	13:30	8	2	16
General Helper J	\$13.26		11:00	19:30	8	5	40
General Helper K	\$13.26		11:00	19:30	7	1	7
General Helper L	\$13.26		11:00	19:00	7.5	1	7.5
General Helper M	\$13.26		11:30	19:00	7	3	21
Total Hours							547.5

If Vancouver jail is not included, the hours of operation will be 05:30-19:00 hours.

Hours to be added for Vancouver jail are: 40 hrs for a cook and 56 hours for a general help.

Note to Readers: Minimum Hours/Day = Paid Hours

Lead Cook at NFPC receives a 60 cent per hour shift premium for added responsibilities.

Wage Rates for unionized positions effective:	<u>April 1, 2013</u>	<u>April 1, 2014</u>
Cook	\$16.92	\$17.26
General Helper	\$13.53	\$13.80

Wage Rates for Excluded Manager:

Effective January 1, 2012	\$25.84
Effective January 1, 2013	\$26.62
Effective January 1, 2014	\$27.15

APPENDIX 8
STAFF WORKING HOURS
September 1, 2012

Correctional Centre: Prince George Regional C C - without Inmate training program
 Hours of Operation: 05:30-18:00 M-F; 07:00-18:00 Sat, Sun & Stats
 Hours per Week: 424
 Meal Count Level: For all counts

Position	Wage Rate April 1, 2012	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$22.22	09:00	17:30	8	5	40
Manager B						0
Cook A	\$16.67	05:30	14:00	8	5	40
Cook B	\$16.67	07:00	14:00	6	4	24
Cook C	\$16.67	11:30	17:30	8	5	40
Cook D	\$16.67	11:30	17:30	8	4	32
Cook E	\$16.67	05:00	13:30	8	5	40
Cook F	\$16.67	11:30	17:30	8	5	40
Cook G						0
General Helper A	\$13.26	05:00	13:30	8	5	40
General Helper B	\$13.26	09:30	18:00	8	5	40
General Helper C	\$13.26	05:00	13:30	8	2	16
General Helper D	\$13.26	09:30	18:00	8	2	16
General Helper E	\$13.26	09:00	17:30	8	5	40
General Helper F	\$13.26	09:00	17:30	8	2	16
Total Hours						424

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2013:

Cook \$17.09
 General Helper \$13.53

Wage Rates for unionized positions effective April 1, 2014:

Cook \$17.51
 General Helper \$13.80

Wage Rates for Excluded Manager:

Effective January 1, 2012 \$22.22
 Effective January 1, 2013 \$22.89
 Effective January 1, 2014 \$23.57

APPENDIX 8
STAFF WORKING HOURS
September 1, 2012

Correctional Centre: Surrey Pre-trial Services Centre- without Inmate training program
 Hours of Operation: 04:30-18:00 M-F; 05:30-18:00 Sat, Sun & Stats
 Hours per Week: 315
 Meal Count Level: For all counts

Position	Wage Rate April 1, 2012	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$27.50	09:00	17:30	8	5	40
Manager B						0
Cook A	\$17.91	04:30	13:00	8	5	40
Cook B	\$17.91	09:30	18:00	8	5	40
Cook C	\$17.91	04:30	13:00	8	2	16
Cook D	\$17.91	09:30	18:00	8	2	16
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$12.11	05:00	13:30	8	5	40
General Helper B	\$12.11	10:00	18:30	8	5	40
General Helper C	\$12.11	09:00	17:30	8	4	32
General Helper D	\$12.11	09:00	17:00	7.5	4	30
General Helper E	\$12.11	10:00	17:30	7	3	21
General Helper F						0
Total Hours						315

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2013:

Cook \$18.45
 General Helper \$12.71

Wage Rates for unionized positions effective April 1, 2014:

Cook \$19.15
 General Helper \$13.35

Wage Rates for Excluded Manager:

Effective January 1, 2012 \$27.50
 Effective January 1, 2013 \$28.33
 Effective January 1, 2014 \$29.17

APPENDIX 8
STAFF WORKING HOURS
September 1, 2012

Correctional Centre: Vancouver Island Regional C C - without Inmate training program
 Hours of Operation: 05:30-18:30 M-F; 06:00-18:30 Sat, Sun & Stats
 Hours per Week: 320
 Meal Count Level: For all counts

Position	Wage Rate April 1, 2012	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$22.84	09:00	17:30	8	5	40
Manager B						0
Cook A	\$19.05	05:00	13:30	8	5	40
Cook B	\$19.05	06:00	13:30	8	2	16
Cook C	\$19.05	10:00	18:30	8	2	16
Cook D	\$19.05	10:00	18:30	8	5	40
Cook E						0
Cook F						0
General Helper A	\$13.26	06:00	13:30	8	5	40
General Helper B	\$13.26	10:00	18:30	8	5	40
General Helper C	\$13.26	09:00	17:30	8	5	40
General Helper D	\$13.26	06:00	13:30	8	2	16
General Helper E	\$13.26	10:00	18:30	8	2	16
General Helper F	\$13.26	09:00	17:30	8	2	16
General Helper G						0
Total Hours						320

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective July 1, 2013:

Cook \$19.43
 General Helper \$13.54

Wage Rates for unionized positions effective July 1, 2014:

Cook \$19.82
 General Helper \$13.81

Wage Rates for Excluded Manager:

Effective January 1, 2012 \$22.84
 Effective January 1, 2013 \$23.53
 Effective January 1, 2014 \$24.23

APPENDIX 9 STAFF WORKING HOURS

Appendix 9 contains the Staff Working Hours (without Inmates) for each Centre effective on the date stated in the header for each Centre Matrix and the wage rates effective on April 1 of each year during the term of the Agreement.

Alouette Correctional Centre for Women
Ford Mountain Correctional Centre
Fraser Regional Correctional Centre
Kamloops Regional Correctional Centre
Nanaimo Correctional Centre
Prince George Regional Correctional Centre
Vancouver Island Regional Correctional Centre

Note: The title Manager denotes a position excluded from union membership, Chef Managers are included positions.

APPENDIX 9
STAFF WORKING HOURS
October 9, 2012

Correctional Centre: ACCW Medium Security - with Inmate training program
 Hours of Operation: 06:00-17:30 7 days/week
 Hours per Week: 173
 Meal Count Level: For all counts

Position	Wage Rate April 1, 2012	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$23.64	09:00	17:30	8	5	40
Manager B						0
Cook A	\$16.67	06:00	18:00	11	3	33
Cook B	\$16.67	06:00	18:00	11	2	22
Cook C	\$16.67	07:00	18:00	11	2	22
Cook D						0
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$13.26	09:00	17:30	8	4	32
General Helper B	\$13.26	09:00	17:30	8	3	24
General Helper C						0
General Helper D						0
General Helper E						0
General Helper F						0
General Helper G						0
Total Hours						173

Wage Rates for unionized positions effective April 1, 2013:

Cook \$17.09
 General Helper \$13.53

Wage Rates for unionized positions effective April 1, 2014:

Cook \$17.51
 General Helper \$13.80

Wage Rates for Excluded Manager:

Effective January 1, 2012 \$23.64
 Effective January 1, 2013 \$24.35
 Effective January 1, 2014 \$25.08

NOTE: General Helper A and B positions do not become active until October 9, 2012

APPENDIX 9
STAFF WORKING HOURS
September 1, 2012

Correctional Centre: Ford Mountain CC - with Inmate training program
 Hours of Operation: 06:00-17:30 M-F; 08:00-17:30 Sat, Sun & Stats
 Hours per Week: 80
 Meal Count Level: For all counts

Position	Wage Rate April 1, 2012	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Chef Manager A	\$20.44	05:30	18:30	12	3	36
Chef Manager B	\$20.44	05:30	17:30	12	2	24
Chef Manager B	\$20.44	07:00	18:00	10	2	20
Cook A						0
Cook B						0
Cook C						0
Cook E						0
Cook F						0
General Helper A						0
General Helper B						0
General Helper C						0
General Helper D						0
Total Hours						80

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2012:

Chef Manager \$20.44
 Cook \$19.05
 General Helper \$13.27

Wage Rates for unionized positions effective April 1, 2013:

Chef Manager \$20.85
 Cook \$19.43
 General Helper \$13.54

Wage Rates for unionized positions effective April 1, 2014:

Chef Manager \$21.27
 Cook \$19.82
 General Helper \$13.81

Note: Chef Managers at FMCC are included staff and operations require more than one on duty during a given rotation.

APPENDIX 9
STAFF WORKING HOURS
September 1, 2012

Correctional Centre: Fraser Regional C C - with Inmate training program
 Hours of Operation: 05:00-19:00 M-F; 05:00-19:00 Sat, Sun & Stats
 Hours per Week: 256
 Meal Count Level: For all counts

Position	Wage Rate April 1, 2012	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$23.58	09:00	17:30	8	5	40
Manager B						0
Cook A	\$19.05	05:00	13:30	8	5	40
Cook B	\$19.05	10:30	19:00	8	5	40
Cook C	\$19.05	06:00	13:30	7	2	14
Cook D	\$19.05	11:30	19:00	7	2	14
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$13.27	05:00	13:30	8	5	40
General Helper B	\$13.27	10:30	19:00	8	5	40
General Helper C	\$13.27	06:00	13:30	7	2	14
General Helper D	\$13.27	11:30	19:00	7	2	14
General Helper E						0
General Helper F						0
General Helper G						0
Total Hours						256

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2013:

Cook \$19.43
 General Helper \$13.54

Wage Rates for unionized positions effective April 1, 2014:

Cook \$19.82
 General Helper \$13.81

Wage Rates for Excluded Chef Manager:

Effective January 1, 2012 \$23.58
 Effective January 1, 2013 \$24.29
 Effective January 1, 2014 \$25.02

APPENDIX 9
STAFF WORKING HOURS
September 1, 2012

Correctional Centre: Kamloops Regional CC - with Inmate training program
 Hours of Operation: 04:30-18:00 M-F; 0700-1800 Sat, Sun & Stats
 Hours per Week: 206
 Meal Count Level: For all counts

Position	Wage Rate April 1, 2012	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$22.22	09:00	17:30	8	5	40
Manager B						0
Cook A	\$16.67	05:00	13:30	8	5	40
Cook B	\$16.67	10:00	18:30	8	5	40
Cook C	\$16.67	05:00	13:30	8	2	16
Cook D	\$16.67	11:00	18:30	7	2	14
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$13.26	09:00	17:30	8	5	40
General Helper B	\$13.26	09:00	17:30	8	2	16
General Helper C						0
General Helper D						0
Total Hours						206

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2013:

Cook \$17.09
 General Helper \$13.53

Wage Rates for unionized positions effective April 1, 2014:

Cook \$17.51
 General Helper \$13.80

Wage Rates for Excluded Manager:

Effective January 1, 2012 \$22.22
 Effective January 1, 2013 \$22.89
 Effective January 1, 2014 \$23.57

APPENDIX 9
STAFF WORKING HOURS
September 1, 2012

Correctional Centre: Nanaimo CC - with Inmate training program
 Hours of Operation: 06:00-17:30 7 days/week
 Hours per Week: 185
 Meal Count Level: For all counts

Position	Wage Rate April 1, 2012	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$22.23	09:00	17:30	8	5	40
Manager B						
Cook A	\$19.05	06:30	18:00	11	3	33
Cook B	\$19.05	06:30	18:00	11	3	33
Cook C	\$19.05	06:00	17:30	11	2	22
Cook D	\$19.05	09:00	17:30	8.5	4	34
Cook E	\$19.05	06:00	14:00	7.5	2	15
Cook F	\$19.05	14:30	18:00	4	2	8
Cook G						0
General Helper A						0
General Helper B						0
General Helper C						0
General Helper D						0
General Helper E						0
General Helper F						0
Total Hours						185

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2013:

Cook \$19.43
 General Helper \$13.54

Wage Rates for unionized positions effective April 1, 2014:

Cook \$19.82
 General Helper \$13.81

Wage Rates for Excluded Manager:

Effective January 1, 2012 \$22.23
 Effective January 1, 2013 \$22.90
 Effective January 1, 2014 \$23.58

APPENDIX 9
STAFF WORKING HOURS
September 1, 2012

Correctional Centre: Prince George Regional CC - with Innate training program
 Hours of Operation: 05:30-18:00 M-F; 07:00-18:00 Sat, Sun & Stats
 Hours per Week: 206
 Meal Count Level: For all counts

Position	Wage Rate April 1, 2012	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$22.22	09:00	17:30	8	5	40
Manager B						0
Cook A	\$16.67	05:00	13:30	8	5	40
Cook B	\$16.67	10:00	18:30	8	5	40
Cook C	\$16.67	05:00	13:30	8	2	16
Cook D	\$16.67	10:00	18:30	8	2	16
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$13.26	09:00	17:30	8	5	40
General Helper B	\$13.26	10:00	17:30	7	2	14
General Helper C						0
General Helper D						0
General Helper E						0
General Helper F						0
General Helper G						0
Total Hours						206

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective April 1, 2013:

Cook \$17.09
 General Helper \$13.53

Wage Rates for unionized positions effective April 1, 2014:

Cook \$17.51
 General Helper \$13.80

Wage Rates for Excluded Manager:

Effective January 1, 2012 \$22.22
 Effective January 1, 2013 \$22.89
 Effective January 1, 2014 \$23.57

APPENDIX 9
STAFF WORKING HOURS
September 1, 2012

Correctional Centre: Vancouver Island Regional CC - with Inmate training program
 Hours of Operation: 05:30-18:30 M-F; 06:00-18:30 Sat, Sun & Stats
 Hours per Week: 206
 Meal Count Level: For all counts

Position	Wage Rate April 1, 2012	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$22.84	09:00	17:30	8	5	40
Manager B						0
Cook A	\$19.05	05:00	13:30	8	5	40
Cook B	\$19.05	10:00	18:30	8	5	40
Cook C	\$19.05	06:00	14:30	8	2	16
Cook D	\$19.05	10:00	18:30	8	2	16
Cook E						0
Cook F						0
General Helper A	\$13.26	09:00	17:30	8	5	40
General Helper B	\$13.26	10:00	17:30	7	2	14
General Helper C						0
General Helper D						0
General Helper E						0
Total Hours						206

Note to Reader: Minimum Hours/Day = Paid Hours

Wage Rates for unionized positions effective July 1, 2013:

Cook \$19.43
 General Helper \$13.54

Wage Rates for unionized positions effective July 1, 2014:

Cook \$19.82
 General Helper \$13.81

Wage Rates for Excluded Manager:

Effective January 1, 2012 \$22.84
 Effective January 1, 2013 \$23.53
 Effective January 1, 2014 \$24.23

APPENDIX 23

Compass Group Canada Ltd

Statement of Account

Retroactive Calculation for the Period of April 1, 2012 to August 31, 2012

September 25, 2012

		Ford									
		Surrey Pretrial	Kamloops CC	Van Island Regional CC	Nanaimo CC	Alouette CC	Fraser Regional CC	Mountain CC	Prince George Regional CC	North Fraser Pretrial	
ACTUAL		60614	60682	60701	60702	60704	60708	60711	60713	60717	
	Rate/Days	727.4	496.8	546.44	530.22	320.79	644.55	243.41	502.58	1203.47	5215.66
April	30	21822	14904	16393.2	15906.6	9623.7	19336.5	7159.5	15077.4	36104.09	156326.99
May	31	22549.4	15400.8	16939.64	16436.82	9944.49	19981.05	7545.71	15579.98	37307.56	161685.45
June	30	21822	14904	16393.2	15906.6	9623.7	19336.5	7302.3	15077.4	36104.09	156469.79
July	31	22549.4	15400.8	16939.64	16436.82	9944.49	19981.05	7545.71	15579.98	37307.56	161685.45
Aug	31	22549.4	15400.8	16939.64	16436.82	9944.49	19981.05	7545.71	15579.98	37307.56	161685.45
REVISED		60614	60682	60701	60702	60704	60708	60711	60713	60717	
	Rate/Days	747.1	511.94	556.33	539.79	321.91	656.33	244.35	512.96	1235.66	5326.37
April	30	22413	15358.2	16689.9	16193.7	9657.3	19689.9	7330.5	15388.8	37069.8	159791.1
May	31	23160.1	15870.14	17246.23	16733.49	9979.21	20346.23	7574.85	15901.76	38305.46	165117.47
June	30	22413	15358.2	16689.9	16193.7	9657.3	19689.9	7330.5	15388.8	37069.8	159791.1
July	31	23160.1	15870.14	17246.23	16733.49	9979.21	20346.23	7574.85	15901.76	38305.46	165117.47
Aug	31	23160.1	15870.14	17246.23	16733.49	9944.49	20346.23	7574.85	15901.76	38305.46	165082.75
Adjustment		60614	60682	60701	60702	60704	60708	60711	60713	60717	
April		591	454.2	296.7	287.1	33.6	353.4	171	311.4	965.71	3464.11
May		610.7	469.34	306.59	296.67	34.72	365.18	29.14	321.78	997.9	3432.02
June		591	454.2	296.7	287.1	33.6	353.4	28.2	311.4	965.71	3321.31
July		610.7	469.34	306.59	296.67	34.72	365.18	29.14	321.78	997.9	3432.02
Aug		610.7	469.34	306.59	296.67	0	365.18	29.14	321.78	997.9	3397.3
SubTotal		3014.1	2316.42	1513.17	1464.21	136.64	1802.34	286.62	1588.14	4925.12	17046.76
FRINGE	27.4	825.86	634.7	414.61	401.19	37.44	493.84	78.53	435.15	1349.48	4670.8
Total		3839.96	2951.12	1927.78	1865.4	174.08	2296.18	365.15	2023.29	6274.6	21717.56
Overtime		60614	60682	60701	60702	60704	60708	60711	60713	60717	
All Months		0	7.00	11.87	-	2.26	0	9.84	9.08	30.08	70.13

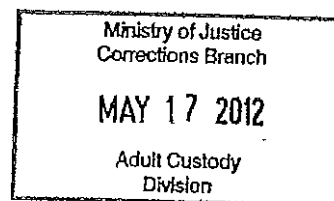
Stat	4.6	0	0.32	0.55	0	0.1	0	0.45	0.42	1.38	3.22
SubTotal		0	7.32	12.42	0	2.36	0	10.29	9.5	31.46	73.35
FRINGE	27.4	0	2.01	3.4	0	0.65	0	2.82	2.6	8.62	20.1
Total		0	9.33	15.82	0	3.01	0	13.11	12.1	40.08	93.45

Signing Bonus		60614	60682	60701	60702	60704	60708	60711	60713	60717	
All Months		0	950.00	-	-	350.00	0	0	1225	3800	6325
Stat	4.6	0	43.7	0	0	16.1	0	0	56.35	174.8	290.95
SubTotal		0	993.7	0	0	366.1	0	0	1281.35	3974.8	6615.95
FRINGE???	27.4	0	272.27	0	0	100.31	0	0	351.09	1089.1	1812.77
Total		0	1265.97	0	0	466.41	0	0	1632.44	5063.9	8428.72

		60614	60682	60701	60702	60704	60708	60711	60713	60717	
Total Bill		3839.96	4226.42	1943.6	1865.4	643.5	2296.18	378.26	3667.83	11378.58	\$30,239.73
		#142415	#142410	#142416	#142417	#142418	#142419	#142420	#142421	#142433	
		9/11/2012	9/11/2012	9/11/2012	9/11/2012	9/11/2012	9/11/2012	9/11/2012	9/11/2012	9/11/2012	

Accrued for P11:

Revised B#



May 1, 2012

Mr. Bill McSeveny
Regional Manager
Eurest Dining Services
Unit 100 - 3700 North Fraser Way
Burnaby, V5J 5H4


**RE: OPERATIONAL PROTOCOL #1 TO THE PROVINCIAL FOOD SERVICES
AGREEMENT; APRIL 1, 2012 – MARCH 31, 2015**

The parties entered into an agreement dated March 10, 2012 for food and canteen services to Provincial Correctional Centres from April 1, 2012 to March 31, 2015.

The parties agree to remove Appendix 3, the Corrections Provincial Canteen List dated April 1, 2011, from the Agreement and to replace it with the attached Appendix 3 dated May 1, 2012. This update identifies product and prices changes for items sold by the Contractor to Inmates via its onsite canteen operations. The revised pricing is effective as of May 1, 2012.

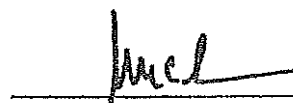
In all other respects the Agreement remains unchanged.

Signed on behalf of Her Majesty the Queen in right of the Province of British Columbia by the Assistant Deputy Minister of Corrections or a duly authorized representative:



Rob Davies
Adult Custody Division, Corrections Branch
Food Services Agreement, Contract Manager

SIGNED AND DELIVERED by or on behalf of the Contractor (or by its Authorized Signatory):



Bill McSeveny
Regional Manager
Eurest Dining Services

CC: Peter Saunders; Debbie Hawboldt; Chris Gilbey

Protect Communities, Reduce Reoffending

Ministry of Justice
Corrections Branch
Adult Custody Division

Mailing Address:
PO BOX 9278 STN PROV GOVT
Victoria BC V8W 8J7

Location Address:
7th Floor, 1001 Douglas Street
Telephone: 250 387-5098
Facsimile: 250 952-6883

Appendix 3

CORRECTIONS PROVINCIAL CORE CANTEEN LIST
CANTEEN ORDER GUIDE
Effective Date May 1, 2012

Product	Pack Size	NEW Selling Price to Inmates Including Tax
Beverages Hot/Cold		
Pepsi	591ml bottle	\$1.95
Diet Pepsi	591ml bottle	\$1.95
7 Up	591ml bottle	\$1.95
Rootbeer / Orange	591ml bottle	\$1.95
Bottled Water	591ml bottle	\$1.95
Gatorade	591ml bottle	\$2.15
Cans of Pop (NCC Only)	355ml can	\$1.16
Hot Chocolate 23gr	Sachet	\$0.40
Instant Coffee	Sachet	\$0.21
Premium Ground Columbian Coffee (Roasters)	2.25 oz	\$2.12
Folgers Traditional Ground Coffee	320gr	\$7.95
Milk UHT 2%	1lr	\$3.02
Coffee Creamer (Coffee mate)	Sachet	\$0.10
Sugar Twin Diet Sugar	50 Sachet	\$1.39
Flavoured coffee Vanilla Hazelnut Irish cream (New)	2.25 oz	\$2.05
Crystal Light Strawb/ Kiwi /Raspberry (New)	3 gr	\$0.49
Tang Crystals (Orange)	3x92gr	\$2.12
Tang Crystals (Grape)	3x92gr	\$2.12
Camomile Tea	28 per box	\$4.92
Lipton Green Tea	28 bag box	\$4.92
Potato Chips		
Pack Size		
BIG GRAB All Dressed	60 gr.	\$1.46
Plain / BBQ Chips	40 gr.	\$0.96
Nacho Cheese	70gr	\$1.15
Jalepeno Chips	40 gr.	\$0.99
Salt & Vinegar	40 gr.	\$0.99
Sour Cream & Onion Chip	40 gr.	\$0.99
Ketchup Chip	40 gr.	\$0.99
Cheetoes Snack Cheese Puffs	40gr	\$0.99
Microwave Popcorn	99gr	\$1.04
Chocolate		
Pack Size		
Aero	Each	\$1.36
Bounty Bar	Each	\$1.36
Caramilk Bar	Each	\$1.36
Coffee Crisp Bar	Each	\$1.36
Crunchie	Each	\$1.36
Kit Kat Bar	Each	\$1.36
Mars Bars	Each	\$1.36
Mr. Big Bar	Each	\$1.36
Reeses Peanut Butter Cups	Each	\$1.36
41		
Oh Henry	Each	\$1.36

Appendix 3

**CORRECTIONS PROVINCIAL CORE CANTEEN LIST
CANTEEN ORDER GUIDE
Effective Date May 1, 2012**

Product	Pack Size	NEW Selling Price to Inmates Including Tax
Snickers	Each	\$1.36
Candy Confectionery	Pack Size	
Dare Jelly Beans	250gr	\$2.65
Werthers Original (Bag)	180gr	\$3.01
Jolly Ranchers Asst. & Tropical	Pkt	\$0.91
Life Savers	Pkt	\$0.99
Certs Fruit/Winter	Each	\$1.01
Twizzler Licorice RED	227gr Bar	\$2.25
Ju Jubes	225gr/bag	\$2.34
Licorice Nibs Red/Black	75gr	\$1.55
Scotch Mints	225gr	\$2.56
Non Food Items	Pack Size	
Batteries AA 1.5v	Pkg. of 2's	\$4.63
Batteries AAA 1.5v	Pkg. of 2's	\$5.37
Playing Cards	Deck	\$4.27
Juice/Water Bottle	Each	\$5.23
Rice Cookers	Each	\$8.53
Shower Thongs	Pair	\$8.37
Soap Dish	Each	\$1.04
Misc. Foods	Pack Size	
BBQ Sauce	455ml	\$3.01
Black Bean Sauce	350ml	\$3.40
Chocolate Oreo Cookies	350gr Pkt	\$4.79
Fugee O' Cookies	350gr Pkt	\$4.74
Ritz Bits Crackers	50gr	\$1.07
Crunch & Munch	200gr	\$3.23
Dare Choc Chip Cookies	250gr	\$2.11
Ritz Crackers	250 gr.	\$3.79
Graham Crackers	400gr.	\$4.77
Dainty Rice	907gr	\$2.87
English Bay Oatmeal Raisin / Dble Choc Cookie	100gr	\$1.42
Garlic Powder / Curry Powder	58gr	\$2.51
Honey	250gr	\$4.44
Pepperoni Slick	40 gr	\$2.32
Hot Sauce	9gr	\$0.09
Ketchup Individual portions	Each	\$0.09
Ketchup	1Lt.	\$5.10
J/L Kipperd Beef Teriyaki	28gr	\$1.98
Kellogg Pop Tarts (Strawberry)	Box of 8's	\$3.98

Froot Loops	275gr	\$5.64
Honey Nut Cheerios	330gr	\$4.74

Appendix 3

CORRECTIONS PROVINCIAL CORE CANTEEN LIST
CANTEEN ORDER GUIDE
 Effective Date May 1, 2012

Product	Pack Size	NEW Selling Price to Inmates Including Tax
Harvest Crunch	800gr	\$5.10
Macaroni & Cheese	225gr	\$1.84
Oriental Noodles Beef	85gr	\$0.60
Oriental Noodles Chicken Reg. & Spicy	85gr	\$0.60
Oriental Noodles Oriental	85gr	\$0.60
Mr Noodle Vegetable Cup of noodle NFPC	64 G	\$1.14
Lipton Mushroom/Alfredo Side Kick	136gr.	\$2.48
Lipton Noodles Herb & Butter /3 cheese	136gr.	\$2.48
Lipton Noodles Fettuccini Alfredo/ Harvest Chick	135gr.	\$2.51
Peanut Butter (Large)	500gr	\$5.55
Soya Sauce	483ml	\$4.01
Soya Sauce Individual Portions	Each	\$0.07
Stir Fry Sauce	350ml	\$3.48
Sweet & Sour Sauce	350ml	\$3.48
Hellmanns Mayonnaise individual portions	12ml	\$0.21
Honey Mustard individual portions	28gr	\$0.19
Burritos (Bean & Cheese)	Each	\$1.27
Cheddar Cheese Med and Old	200gr	\$5.49
Pizza Pops	Each	\$1.14
Canned Meat / Fish		
	Pack Size	
Tuna (Rip & Ready)	85gr	\$2.05
Hygiene Products		
	Pack Size	
After Shave Balm	75ml	\$5.24
Alberto Hair Gel	150ml.	\$5.47
Emery Board (ACCW & Surrey ONLY)	Pkt 12	\$0.74
Deoderant Lady Speed Stick (ACCW & Surrey only)	45gr	\$4.61
Mennen Speedstick	55gr	\$5.48
Gillette Deodorant (Clear Gel)	90gr	\$4.86
Baby Powder	113gr	\$3.51
Comb	Each	\$0.25
Tweezers (slant tipped) (ACCW & Surrey only)	Each	\$1.99
Crest Toothpaste	100ml Tube	\$2.29
Denture Cleaner	Tablets 40's	\$6.29
Denture Adhesive	50gr	\$7.78
Ivory Soap	127gr Bar	\$1.19
Dove Beauty Bar	120gr	\$2.65
Lipstick (Accw & Surrey only)	Each	\$3.08
Mascara (Accw & Surrey Only)	Each	\$12.23
Foundation (ACCW & Surrey Only)	Each	\$14.97
43		
Powder Puff (ACCW & Surrey Only)	Each	\$9.62
Dental Picks	Pkg 50's	\$4.11
Noxzema	70ml.	\$3.40

Appendix 3

CORRECTIONS PROVINCIAL CORE CANTEEN LIST
CANTEEN ORDER GUIDE
Effective Date May 1, 2012

Product	Pack Size	NEW Selling Price to Inmates Including Tax
Finesse Conditioner	300ml	\$4.38
Finesse Shampoo	300ml	\$4.38
Sensodyne Toothpaste	Tube	\$7.82
Brushless Shave Cream	125ml	\$3.62
Reach Medium Tooth Brush	Each	\$2.67
Herbisin moisturising lotion	250ml	\$4.96
Q -Tips	Pkg. 30's	\$3.01
Clearasil (Acne Cream)	18gr Tube	\$5.23
Foot Powder (Zeasorb)	50gr	\$8.04
Nail Clippers	Each	\$1.29
Lip Balm	4gr	\$1.08
Vaseline Petroleum Jelly	50gr	\$2.97
Old Spice After Hours Bodywash	355gr	\$5.51
Softsoap Citrus Body Wash	532ml	\$6.58
Coin Vending Laundry Detergent	3x51gr	\$1.81
Gillette Mach 3 Razor NCC / FMCC Only	Each	\$14.94
Gillette Mach 3 blades NCC / FMCC Only	Pack of 5	\$22.55
Gillette Excel Sensor Razor NCC / FMCC Only	Each	\$12.21
Gillette Excel Sensor Blades NCC / FMCC Only	Pack of 5	\$17.82
Gillette Disposable Razor ACCW Only	Each	\$2.60
Paper Goods & Stationery		
Pack Size		
Pen (2'S)	2'S	\$1.24
Christmas Card	Each	\$1.04
Greetings Cards (Blank)	Each	\$0.75
Large Envelope 9 x 12	Each	\$0.49
Lined Writing Paper	Pad	\$2.19
Pencil	Each	\$0.47
Pencil Crayons	Pkg.	\$8.50
Plain Envelopes	each	\$0.10
Plain Paper	Pad	\$2.95
Stamped Envelopes	Each	\$1.19
Over the Counter Medication		
Halls Cherry/Honey Lemon/reg	Each	\$1.46
Fisherman's Friends	Bag	\$2.75
Saline Solution (Contact Lens Cleaner)	240ml. Bottle	\$13.82
Nasal Spray	15ml	\$7.48
TumsAntacid Tablets	Roll	\$0.77
Tylenol (20 per Pack)	Pack	\$2.12

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A535 Rub	Tube	\$8.72
Allenbury Soap	100gr bar	\$2.62
Motrin,Ibuprofen (12 per pack)	Pack	\$1.76
Multi Vitamins	Card of 30	\$2.84

Appendix 3

CORRECTIONS PROVINCIAL CORE CANTEEN LIST
CANTEEN ORDER GUIDE
Effective Date May 1, 2012

Product	Pack Size	NEW Selling Price to Inmates Including Tax
Vitamin C	Card of 30	\$2.52
Polisporin Ointment	15gr	\$10.56
Metamucil	425gr	\$14.05
Preparation H	25gr	\$10.94
Head and Shoulders Shampoo	420ml	\$8.02
Selsun Blue Shampoo	300ml.	\$12.88
Buckleys Cough Mixture	100ml	\$6.54
Healthy Choices		
Salted Peanuts	60gr	\$1.19
BBQ Peanuts	60gr	\$1.19
Stone Wheat Thins	300 gr. Box	\$3.93
Nestle Instant Breakfast (Chocolate)	Sachet	\$1.05
Carnation Instant Breakfast (Strawberry)	Sachet	\$1.05
Granola Bar	Each	\$0.84
Oatmeal Indiv Pkt Various Flavours	380gr Sachet	\$0.45
Ensure Various Flavours	235ml	\$2.73
All Flavours Protein Bar	63gr	\$2.20
Premium Whey Protein Powder	1 Lb	\$13.67
Omega Whey Protein Drink	30gr	\$2.16
Myoplex Life Bars Various Flavours	60gr	\$2.35
Myoplex Carb Control Bar Various Flavours	60gr	\$3.23
Nutritel Meal Replacement Bar Various Flavours	60gr	\$2.10
Munchy Mix Trail Mix	170gr	\$2.21
Unsalted Deluxe Nut Mix	170gr	\$3.36
Commonwealth Trail Mix	170gr	\$2.98
Expo Rainbow Mix	170gr	\$2.51
Raw Energy Mix	170gr	\$2.98
Texas Ranger Mix	170gr	\$2.51

Appendix 3

CORRECTIONS PROVINCIAL CORE CANTEEN LIST CANTEEN ORDER GUIDE Effective Date May 1, 2012

Product	Pack Size	NEW Selling Price to Inmates Including Tax
Beverages Hot/Cold		
Pepsi	591ml bottle	\$1.95
Diet Pepsi	591ml bottle	\$1.95
7 Up	591ml bottle	\$1.95
Rootbeer / Orange	591ml bottle	\$1.95
Bottled Water	591ml bottle	\$1.95
Gatorade	591ml bottle	\$2.15
Cans of Pop (NCC Only)	355ml can	\$1.16
Hot Chocolate 23gr	Sachet	\$0.40
Instant Coffee	Sachet	\$0.21
Premium Ground Columbian Coffee (Roasters)	2.25 oz	\$2.12
Folgers Traditional Ground Coffee	320gr	\$7.95
Milk UHT 2%	Ltr	\$3.02
Coffee Creamer (Coffee mate)	Sachet	\$0.10
Sugar Twin Diet Sugar	50 Sachet	\$1.39
Flavoured coffee Vanilla Hazelnut Irish cream (New)	2.25 oz	\$2.05
Crystal Light Strawb/ Kiwi /Raspberry (New)	3 gr	\$0.49
Tang Crystals (Orange)	3x92gr	\$2.12
Tang Crystals (Grape)	3x92gr	\$2.12
Camomile Tea	28 per box	\$4.92
Lipton Green Tea	28 bag box	\$4.92
Potato Chips		
Pack Size		
BIG GRAB All Dressed	60 gr.	\$1.46
Plain / BBQ Chips	40 gr.	\$0.96
Nacho Cheese	70gr	\$1.15
Jalepeno Chips	40 gr.	\$0.99
Salt & Vinegar	40 gr.	\$0.99
Sour Cream & Onion Chip	40 gr.	\$0.99
Ketchup Chip	40 gr.	\$0.99
Cheetoes Snack Cheese Puffs	40gr	\$0.99
Microwave Popcorn	99gr	\$1.04
Chocolate		
Pack Size		
Aero	Each	\$1.36
Bounty Bar	Each	\$1.36
Caramilk Bar	Each	\$1.36
Coffee Crisp Bar	Each	\$1.36
Crunchie	Each	\$1.36
Kit Kat Bar	Each	\$1.36
Mars Bars	Each	\$1.36
Mr. Big Bar	Each	\$1.36
Reeses Peanut Butter Cups	Each	\$1.36

Oh Henry	Each	\$1.36
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CORRECTIONS PROVINCIAL CORE CANTEEN LIST CANTEEN ORDER GUIDE Effective Date May 1, 2012

Product	Pack Size	NEW Selling Price to Inmates Including Tax
Snickers	Each	\$1.36
Candy Confectionery		
Dare Jelly Beans	250gr	\$2.65
Werthers Original (Bag)	180gr	\$3.01
Jolly Ranchers Asst. & Tropical	Pkt	\$0.91
Life Savers	Pkt	\$0.99
Certs Fruit/Winter	Each	\$1.01
Twizzler Licorice RED	227gr Bar	\$2.25
Ju Jubes	225gr/bag	\$2.34
Licorice Nibs Red/Black	75gr	\$1.55
Scotch Mints	225gr	\$2.56
Non Food Items		
Batteries AA 1.5v	Pkg. of 2's	\$4.63
Batteries AAA 1.5v	Pkg. of 2's	\$5.37
Playing Cards	Deck	\$4.27
Juice/Water Bottle	Each	\$5.23
Rice Cookers	Each	\$8.53
Shower Thongs	Pair	\$8.37
Soap Dish	Each	\$1.04
Misc. Foods		
BBQ Sauce	455ml	\$3.01
Black Bean Sauce	350ml	\$3.40
Chocolate Oreo Cookies	350gr Pkt	\$4.79
Fugee O' Cookies	350gr Pkt	\$4.74
Ritz Bits Crackers	50gr	\$1.07
Crunch & Munch	200gr	\$3.23
Dare Choc Chip Cookies	250gr	\$2.11
Ritz Crackers	250 gr.	\$3.79
Graham Crackers	400gr.	\$4.77
Dainty Rice	907gr	\$2.87
English Bay Oatmeal Raisin / Dble Choc Cookie	100gr	\$1.42
Garlic Powder / Curry Powder	58gr	\$2.51
Honey	250gr	\$4.44
Pepperoni Stick	40 gr	\$2.32
Hot Sauce	9gr	\$0.09
Ketchup Individual portions	Each	\$0.09
Ketchup	1Lt.	\$5.10
J/L Kippered Beef Teriyaki	28gr	\$1.98
Kellogg Pop Tarts (Strawberry)	Box of 8's	\$3.98

Froot Loops	275gr	\$5.64
Honey Nut Cheerios	330gr	\$4.74

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CORRECTIONS PROVINCIAL CORE CANTEEN LIST CANTEEN ORDER GUIDE Effective Date May 1, 2012

Product	Pack Size	NEW Selling Price to Inmates Including Tax
Harvest Crunch	800gr	\$5.10
Macaroni & Cheese	225gr	\$1.84
Oriental Noodles Beef	85gr	\$0.60
Oriental Noodles Chicken Reg. & Spicy	85gr	\$0.60
Oriental Noodles Oriental	85gr	\$0.60
Mr Noodle Vegetable Cup of noodle NFPC	64 G	\$1.14
Lipton Mushroom/Alfredo Side Kick	136gr.	\$2.48
Lipton Noodles Herb & Butter /3 cheese	136gr.	\$2.48
Lipton Noodles Fettuccini Alfredo/ Harvest Chick	135gr.	\$2.51
Peanut Butter (Large)	500gr	\$5.55
Soya Sauce	483ml	\$4.01
Soya Sauce Individual Portions	Each	\$0.07
Stir Fry Sauce	350ml	\$3.48
Sweet & Sour Sauce	350ml	\$3.48
Hellmanns Mayonnaise individual portions	12ml	\$0.21
Honey Mustard individual portions	28gr	\$0.19
Burritos (Bean & Cheese)	Each	\$1.27
Cheddar Cheese Med and Old	200gr	\$5.49
Pizza Pops	Each	\$1.14
Canned Meat / Fish	Pack Size	
Tuna (Rip & Ready)	85gr	\$2.05
Hygiene Products	Pack Size	
After Shave Balm	75ml	\$5.24
Alberto Hair Gel	150ml.	\$5.47
Emery Board (ACCW & Surrey ONLY)	Pkt 12	\$0.74
Deoderant Lady Speed Stick (ACCW & Surrey only)	45gr	\$4.61
Mennen Speedstick	55gr	\$5.48
Gillette Deodorant (Clear Gel)	90gr	\$4.86
Baby Powder	113gr	\$3.51
Comb	Each	\$0.25
Tweezers (slant tipped) (ACCW & Surrey only)	Each	\$1.99
Crest Toothpaste	100ml Tube	\$2.29
Denture Cleaner	Tablets 40's	\$6.29
Denture Adhesive	50gr	\$7.78
Ivory Soap	127gr Bar	\$1.19
Dove Beauty Bar	120gr	\$2.65
Lipstick (Accw & Surrey only)	Each	\$3.08
Mascara (Accw & Surrey Only)	Each	\$12.23
Foundation (ACCW & Surrey Only)	Each	\$14.97
43		
Powder Puff (ACCW & Surrey Only)	Each	\$9.62
Dental Picks	Pkg 50's	\$4.11
Noxzema	70ml.	\$3.40

Appendix 3

CORRECTIONS PROVINCIAL CORE CANTEEN LIST CANTEEN ORDER GUIDE Effective Date May 1, 2012

Product	Pack Size	NEW Selling Price to Inmates Including Tax
Finesse Conditioner	300ml	\$4.38
Finesse Shampoo	300ml	\$4.38
Sensodyne Toothpaste	Tube	\$7.82
Brushless Shave Cream	125ml	\$3.62
Reach Medium Tooth Brush	Each	\$2.67
Herbisin moisturising lotion	250ml	\$4.96
Q -Tips	Pkg. 30's	\$3.01
Clearasil (Acne Cream)	18gr Tube	\$5.23
Foot Powder (Zeasorb)	50gr	\$8.04
Nail Clippers	Each	\$1.29
Lip Balm	4gr	\$1.08
Vaseline Petroleum Jelly	50gr	\$2.97
Old Spice After Hours Bodywash	355gr	\$5.51
Softsoap Citrus Body Wash	532ml	\$6.58
Coin Vending Laundry Detergent	3x51gr	\$1.81
Gillette Mach 3 Razor NCC / FMCC Only	Each	\$14.94
Gillette Mach 3 blades NCC / FMCC Only	Pack of 5	\$22.55
Gillette Excel Sensor Razor NCC / FMCC Only	Each	\$12.21
Gillette Excel Sensor Blades NCC / FMCC Only	Pack of 5	\$17.82
Gillette Disposable Razor ACCW Only	Each	\$2.60
Paper Goods & Stationery		
Pen (2'S)	2'S	\$1.24
Christmas Card	Each	\$1.04
Greetings Cards (Blank)	Each	\$0.75
Large Envelope 9 x 12	Each	\$0.49
Lined Writing Paper	Pad	\$2.19
Pencil	Each	\$0.47
Pencil Crayons	Pkg.	\$8.50
Plain Envelopes	each	\$0.10
Plain Paper	Pad	\$2.95
Stamped Envelopes	Each	\$1.19
Over the Counter Medication		
Halls Cherry/Honey Lemon/reg	Each	\$1.46
Fisherman's Friends	Bag	\$2.75
Saline Solution (Contact Lens Cleaner)	240ml. Bottle	\$13.82
Nasal Spray	15ml	\$7.48
TumsAntacid Tablets	Roll	\$0.77
Tylenol (20 per Pack)	Pack	\$2.12

A535 Rub	Tube	\$8.72
Allenbury Soap	100gr bar	\$2.62
Motrin,Ibuprofen (12 per pack)	Pack	\$1.76
Multi Vitamins	Card of 30	\$2.84

Appendix 3

CORRECTIONS PROVINCIAL CORE CANTEEN LIST CANTEEN ORDER GUIDE Effective Date May 1, 2012

Product	Pack Size	NEW Selling Price to Inmates Including Tax
Vitamin C	Card of 30	\$2.52
Polisporin Ointment	15gr	\$10.56
Metamucil	425gr	\$14.05
Preparation H	25gr	\$10.94
Head and Shoulders Shampoo	420ml	\$8.02
Selsun Blue Shampoo	300ml.	\$12.88
Buckleys Cough Mixture	100ml	\$6.54
Healthy Choices		
Salted Peanuts	60gr	\$1.19
BBQ Peanuts	60gr	\$1.19
Stone Wheat Thins	300 gr. Box	\$3.93
Nestle Instant Breakfast (Chocolate)	Sachet	\$1.05
Carnation Instant Breakfast (Strawberry)	Sachet	\$1.05
Granola Bar	Each	\$0.84
Oatmeal Indiv Pkt Various Flavours	380gr Sachet	\$0.45
Ensure Various Flavours	235ml	\$2.73
All Flavours Protein Bar	63gr	\$2.20
Premium Whey Protein Powder	1 Lb	\$13.67
Omega Whey Protien Drink	30gr	\$2.16
Myoplex Lite Bars Various Flavours	60gr	\$2.35
Myoplex Carb Control Bar Various Flavours	60gr	\$3.23
Nutritel Meal Replacement Bar Various Flavours	60gr	\$2.10
Munchy Mix Trail Mix	170gr	\$2.21
Unsalted Deluxe Nut Mix	170gr	\$3.36
Commonwealth Trail Mix	170gr	\$2.98
Expo Rainbow Mix	170gr	\$2.51
Raw Energy Mix	170gr	\$2.98
Texas Ranger Mix	170gr	\$2.51