

B.C Corrections Male High Activity Menus

I. Comparison with the current requirements of Canada's Food Guide, and

II. Nutritional Analysis.

I. Comparison with the 2014 requirements of Canada's Food Guide

B.C Corrections Male High Activity Menus meet or exceed requirements for all food groups (Vegetables and Fruits, Grain Products, Milk and Alternatives, and Meat and Alternatives).

Note: Health Canada's minimum requirements from each food group are identical for moderate and for high activity males; the latter require more calories and the high activity menus meet this requirement.

A. Vegetables and Fruits

In 2011, the required amounts of **Vegetables and Fruits** in **Canada's Food Guide** were increased. According to Canada's Food Guide (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php> and http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/view_eatwell_vue_bienmang-eng.pdf) nutritionally adequate menus for adult males, aged 19 to 50, **must provide a minimum of 8 servings of fruits and vegetables daily, on average.** A half cup of raw or cooked vegetables, a cup of leafy greens, 4 oz of fresh or canned fruit or real fruit juice, or a piece of fruit (such as an orange, apple, or banana) each count as one serving.

This is how these male menus meet and exceed this requirement:

Meal	Note	Servings
Breakfast Fruit juice, (made from concentrate), 6 oz	The juice at breakfast cannot be replaced by fruit drink. Once a week there is a serving of potato (hash browns on Saturdays)	1 ½
Lunch 1/2 cup of raw or cooked vegetables per inmate in soup 1/2 cup of raw or cooked vegetables or 1 cup leafy greens in salad Fresh fruit every 2 nd day	Soup must provide at least ½ cup raw or cooked vegetables per inmate. This can include raw onion, potato, or other vegetables. This includes vegetable sticks, coleslaw, vegetables in sandwiches and on salad plates, and French fries. ½ serving daily on average	1 1 ½
Dinner	Dinner must provide an average of 4 servings of fruits and vegetables daily. This can include a total of 2 cups (4 x ½ cup) of onion, potato, tomato (in sauce), other vegetables, and fresh or canned fruit. To meet the average it may be necessary to replace	4

	one pudding or baked dessert item by canned or fresh fruit.	
Total Vegetables and Fruits	Can be averaged over the week	8 servings per day

B. Grain Products

According to Canada's Food Guide, nutritionally adequate menus for adult males, aged 19 to 50, **must provide a minimum of 8 servings of Grain Products daily**, on average. A half cup of cooked grains (such as oatmeal, pasta, rice), a slice of bread, or one ounce of dry cereal, a pancake, or a half cup of cooked noodles each count as one serving. A muffin is over 1 serving.

This is how current menus meet and exceed this requirement:

Meal	Note	Servings
Breakfast Toast (2-3) Cereal (weekdays) Muffin (weekdays)	5.5 servings on weekdays 4 on weekends Averages just over 5 servings daily	5
Lunch -combination of: Crackers, bread in sandwiches, macaroni, pasta or rice in soup	Averages 4 serving daily	4
Dinner Bread Pasta or rice	Averages 4 serving daily	4
Total	Can be averaged over the week	13 or more servings

C. Milk and Alternatives

According to Canada's Food Guide, nutritionally adequate menus for adult males, aged 19 to 50, **must provide a minimum of 2 servings of Milk and Alternatives (such as fortified soymilk) daily**, on average. Eight oz. of vitamin D-fortified cow's milk or soymilk counts as one serving. Here is how current menus meet this requirement:

Meal	Note	Servings
Breakfast 8 oz milk	May be replaced by 8 oz. fortified soymilk	1
Dinner 8 oz milk	May be replaced by 8 oz. fortified soymilk	1
Total		2 servings

D. Meat and Alternatives

According to Canada's Food Guide, nutritionally adequate menus for adult males, aged 19 to 50, must provide a minimum of **3 servings of Meat and Alternatives daily, on average**. 2 ½ oz. of

cooked fish, poultry, meat, or $\frac{3}{4}$ cup of beans, lentils, or tofu, or 2 eggs, or 2 tablespoons of peanut butter each count as one serving.

Here is how current menus meet and exceed this requirement:

Meal	Note	Servings
Breakfast 18 ml peanut butter x 1-3 portions or 1-2 eggs		2
Lunch Sandwich filling	Sandwich filling is 2 ounces meat, peanut butter, egg, etc. Beans, peas or lentils in soup. Averages over 1 serving	2
Dinner Meat, fish, poultry, or soy protein	3 ounces meat, fish, poultry, or soy protein Beans, peas or lentils in some soups.	1+
Total		5+ servings

E. Specifications

Note. Soup is by volume (8 oz.) and must be made from a minimum of $\frac{1}{2}$ cup raw vegetables (such as onion, potato, or other vegetables) per inmate. In addition they can include 3 oz of cooked grains, pasta, beans, or lentils.

The margarine must be one that provides vitamins E and D. Check labels.

F. In Summary

Current menus meet or exceed requirements for the above food groups in Canada's Food Guide.

II. Nutritional analysis of Male High Activity Menus: Summary

Average of 7 days: 5 weekdays & 2 weekend days, randomly selected.

Includes 3 meals plus 1 coffee break and 1 tea break per day.

Comparison is made for a "reference male in custody"; height 5'10", weight 166 lb. These menus also meet recommended intakes for larger (eg 190 lb) inmates. Higher caloric requirements could be met with additional whole wheat bread and margarine.

Nutrient	Amount Provided by Menu	Recommended Intake	Comment
Calories	3724 calories	3443	Adequate. The male high activity menu provides 8 percent more calories than are required by the average (reference) male in custody; and exceeds this amount to meet the needs of larger males.
Protein <i>(Recommendation based on</i>	128 grams <i>(high activity)</i>	60 grams (up to 80 g protein for larger inmates)	More than adequate. Menus provide 213 percent of the recommended protein intake, and thus exceed the protein requirement of even the largest males in custody.

<i>0.8 g protein per kg body weight)</i>			
Dietary Fibre	34 grams (<i>high activity</i>)	48 grams	Adequate. Menu is short of the most recent recommendations for dietary fibre, which were revised after the current menus were put in place. The analysis assumes intakes of some white bread and some brown bread. Fibre is present in whole grains, legumes, vegetables and fruit (i.e. plant foods).
Fat	154 grams	114 grams or less	High. Menu provides more than the recommended fat intake. Note that typical Canadian diets are high in fat. To reduce fat intake, less margarine can be consumed.
Choles- terol	432 mg (<i>high activity</i>)	300 mg or less	Above Recommended Range. Menus are above the healthy range for cholesterol (i.e. ideally below 300 g/day). (They were below until we added an egg to weekend breakfasts. One egg provides about 200 mg cholesterol.) These intakes are typical for the Canadian diet.
Vitamins	Meet recommen- dations		Menus provide adequate intakes of all vitamins. High activity menus meet recommended intakes of vitamin D daily for those who consume milk or soymilk plus margarine that are fortified with vitamin D. (Check labels)
Minerals			Adequate. Menus meet or exceed recommendations for these and other minerals.
Calcium	1513 mg	1000 mg	
Iron	23 mg	8 mg	
Zinc	16 mg	11 mg	

High Activity Menu review was completed by
Vesanto Melina, MS, Registered Dietitian
Date: November 9, 2017

Summary of Nutritional Analysis of Menu

Moderate Activity Male Menu

November 29, 2015

Average of 7 days: 5 weekdays & 2 weekend days, randomly selected

Includes 3 meals plus 1 coffee and 1 tea break per day

Nutrient	Amount Provided by Menu	Recommendation	Comment
Calories	3314 calories	2965	Adequate. These menus provide 11 percent more calories than are required by the average male in custody.
Protein	119 grams	60 grams	More than adequate. Menu provides 193 percent of the recommended protein intake (almost double).
Dietary Fibre	35 grams	38 grams	Slightly low (but higher than average Canadian intake). Fibre is present in whole grains, legumes, vegetables and fruit (i.e. plant foods). Fiber could be increased by replacing the white bread with brown or whole wheat bread.
Fat	125 grams	99 grams or less	Slightly high. Provides 27% more than the recommended fat intake. Note that typical Canadian diets are similarly high in fat. Those who want lower fat intake may consume less of the margarine provided.
Cholesterol	332 grams	Approximately 300 g or less	Slightly high. Provides 10% more than the former maximum recommended cholesterol intake. However this guideline has been relaxed. (No need to increase portions of meat, eggs, dairy and cheese on menus!)
Vitamins	See Bar Graph	See Rec. Daily Nutrients Chart	Menus provide adequate intakes or higher.
Minerals:			Adequate or higher.
Calcium	1661 mg	1000 mg	
Iron	23 mg	8 mg	
Zinc	14 mg	11 mg	
Other		See Rec. Daily Nutrients Chart	
Omega-3 fatty acids	6.8 grams	2.97 grams	More than adequate. People require about 0.5% of daily caloric intake from omega-3 fatty acids (essential fat) which works out to (about 3 grams per day for these menus).
Distribution of Calories between Protein, Fat and Carbohydrate	14% of Calories from Protein	10-15% of Calories from Protein	Typical of Current North American Pattern. These Moderate Activity Men's Menus are nutritionally adequate and within healthy guidelines.
	33.7% of Calories from Fat	15-30% of Calories from Fat	
	52% of Calories from Carbohydrate	50-75% of Calories from Carbohydrate	

Summary

The Regular, Vegetarian, and Vegan Menus for Females in custody meet female requirements for **Vegetables and Fruits, Grain Products, Milk or Alternatives, and Meat or Alternatives** and also for specific nutrients.

Nutritional analysis of Female, Female Vegetarian, & Female Vegan Menus: Summary

Nutritional analysis is based on an average of 7 days: 5 weekdays & 2 weekend days, randomly selected from the menu. Each day includes 3 meals plus 1 coffee break and 1 tea break per day. Comparison is made for a “reference female in custody”; height 5’4”, weight 132 lb with allowance for larger females in custody.

Nutrient	Amount Provided by Menu	Recommendation	Comment
Calories	2411 calories (female menu) 2408 calories (vegetarian) 2279 calories (vegan)	2281	More than adequate. The female and female vegetarian menus provide 5 percent more calories than are required by the average or reference female in custody with a moderate activity level, and significantly more than calories needed by a female who is mainly sedentary. The vegan menus also provide sufficient calories. Women who need fewer calories are advised to omit some menu items.
Protein (Based on 0.8 g protein per kg body weight)	89 grams (female menu) 84 grams (vegetarian) 82 grams (vegan)	48 grams (larger inmates may need up to 80 g protein)	More than adequate. The recommended protein intake is 0.8 g protein per kg body weight (based on their healthy body weight). Menus provide 175 percent of the recommended protein intake for many inmates and thus more than enough for those who are larger.
Vitamins	Meet recommendations	Adequate	Menus provide adequate intakes of vitamins
Minerals Calcium	1360 mg (female menu), 1437 mg (vegetarian) 1253 mg (vegan)	1000 mg	Adequate. Menus meet or exceed recommendations for these and other minerals.
Iron	18.3 mg (female menu) 19.8 mg (vegetarian) 24 mg (vegan)	18 mg*	

Zinc	11 mg (female menu) 9.9 mg (vegetarian) 11 mg (vegan)	8 mg	
Distribution of Calories between Protein, Fat and Carbohydrate	14-16% of Calories from Protein	10-15% of Calories from Protein	Good Distribution of Calories. The Female Menus each have a good balance of calories from protein, fat, and carbohydrates within international guidelines.
	26-30% of Calories from Fat	15-30% of Calories from Fat	
	54-59% of Calories from Carbohydrate	50-75% of Calories from Carbohydrate	

Summary by
Vesanto Melina, MS, Registered Dietitian
Date: July 7, 2015

SERVICES AGREEMENT

between

**HER MAJESTY THE QUEEN IN RIGHT OF THE
PROVINCE OF BRITISH COLUMBIA, AS REPRESENTED
BY THE MINISTER OF JUSTICE**

and

COMPASS GROUP CANADA LTD.

as of April 1, 2015



THIS SERVICES AGREEMENT is entered into as of April 1, 2015 between **Compass Group Canada Ltd.** (the “**Service Provider**”), a Canada company, and **Her Majesty the Queen in Right of the Province of British Columbia** (the “**Province**”), as represented by the **Minister of Justice**.

WHEREAS the Province has selected the Service Provider to provide certain services to or on behalf of the Province, subject to and in accordance with the terms of this Agreement.

IN CONSIDERATION of the foregoing and the mutual covenants and agreements contained in this Agreement, the Parties covenant and agree as follows:

ARTICLE 1 - DEFINITIONS AND SCHEDULES

1.01 In this Agreement and its schedules:

- (a) “Arbitration Act” means the *Arbitration Act*, R.S.B.C. 1996, c. 55, as amended;
- (b) “Assistant Deputy Minister” means the Assistant Deputy Minister, Corrections Branch, Ministry of Justice, or such other official as the Province may specify by written notice to the Service Provider, and includes any person designated by him or her to act for or on his or her behalf with respect to any provision of this Agreement;
- (c) “Business Day” means any day other than a Saturday, Sunday or statutory holiday in British Columbia;
- (d) “Canteen Services” means the services described in Part 3 of Schedule B;
- (e) “Correction Act” means the *Correction Act*, S.B.C. 2004, c. 46, as amended;
- (f) “Correction Act Regulation” means the *Correction Act Regulation*, B.C. Reg. 58/2005, as amended;
- (g) “Corrections Branch” means Corrections Branch, Ministry of Justice, or such other organizational part of the government of the Province as the Province may specify by written notice to the Service Provider;
- (h) “Correctional Centre” means a correctional centre for adults located in the Province of British Columbia and identified in Schedule A;
- (i) “Criminal Records Review Act” or “CRRA” means the *Criminal Records Review Act*, R.S.B.C. 1996, c. 86, as amended;
- (j) “Critical Incident” means an incident that may have a significant impact on a Correctional Centre and/or that may affect the operations of Corrections Branch;
- (k) “Dispute” means a dispute, claim, question, difference or disagreement between the Parties arising out of or related to the Services or this Agreement;
- (l) “Division Contract Manager” means the Corrections Branch representative responsible for the overall administration, monitoring, amending and evaluation of the Agreement;
- (m) “Effective Date” means April 1, 2015;
- (n) “Financial Administration Act” means the *Financial Administration Act*, R.S.B.C. 1996, c.138, as amended;
- (o) “Food Services” means the services described in Part 1 of Schedule B;
- (p) “Incorporated Material” means any material in existence prior to the start of the Term or developed independently of this Agreement, and that is incorporated or embedded in the Produced Material by the Service Provider (or by a subcontractor of the Service Provider);
- (q) “Inmate” has the same meaning as in the Correction Act and is generally an individual incarcerated in a Correctional Centre according to conditions imposed by a court;
- (r) “Inmate Worker” means an Inmate selected and employed by the Correctional Centre, who has been classified as appropriate for the security setting of the kitchen; Inmate Workers are paid by the Correctional Centre;
- (s) “Inmate Worker Orientation Program Services” means the services described in Part 2 of Schedule B;
- (t) “Inventory” means the furnishings, equipment, supplies and other property of the Province, if any,



described in Schedule D;

- (u) "Material" means the Produced Material and the Received Material;
- (v) "Medically Prescribed Meal" means a meal supplement or variant prescribed by a physician to treat a medical condition;
- (w) "Parties" means the Service Provider and the Province, and "Party" means either one of them, as applicable;
- (x) "Produced Material" means records, software and other material, whether complete or not, that, as a result of this Agreement, are produced by the Service Provider (or by a subcontractor of the Service Provider), and includes the Incorporated Material;
- (y) "Received Material" means records, software and other material, whether complete or not, that, as a result of this Agreement, are received by the Service Provider (or by a subcontractor of the Service Provider) from the Province or any other person;
- (z) "Regular Meal" means a meal that is provided at Breakfast, Lunch, Dinner, or Brunch and that is based on any of the "Approved Menus" described in Appendix B1-5, with the exception of the following: Bag Breakfast, Bag Transfer Lunch and Work Crew Lunch;
- (aa) "Renewal Term" has the meaning given to it in section 3.03;
- (bb) "Security Procedures" means such procedures as are established by the Assistant Deputy Minister with respect to the delivery of the Services, the conduct and supervision of persons assigned to the Correctional Centres, and includes any amendments thereto;
- (cc) "Services" means the services described in Schedule B;
- (dd) "Standards" means those standards, including any amendments thereto, established or adopted by the Province that are listed in Schedule C;
- (ee) "Term" means the term of this Agreement as specified in section 3.02, and includes the Renewal Term, if applicable;
- (ff) "Treasury Board" means the board continued under the *Financial Administration Act*;
- (gg) "Warden" with respect to each Correctional Centre means the warden, deputy warden or assistant deputy warden of the Correctional Centre; and
- (hh) "Workers Compensation Act" means the *Workers Compensation Act*, R.S.B.C. 1996, c. 492, as amended.

1.02 The following are the schedules to this Agreement, which are deemed to be an integral part of this Agreement:

- (a) Schedule A – List of Correctional Centres
- (b) Schedule B - Schedule of Services;
- (c) Schedule C - Schedule of Standards;
- (d) Schedule D - Schedule of Licences;
- (e) Schedule E - Schedule of Payments; and
- (f) Schedule F - Privacy Protection Schedule.

1.03 The schedules referred to in section 1.02 contain additional definitions which are incorporated into this Agreement as if they were set out in section 1.01.

ARTICLE 2 – REPRESENTATIONS AND WARRANTIES

2.01 As of the date this Agreement is executed and delivered by, or on behalf of, the Parties, the Service Provider represents and warrants to the Province as follows:

- (a) except to the extent the Service Provider has previously disclosed otherwise in writing to the Province, all information, statements, documents and reports furnished or submitted by the Service Provider to the Province in connection with this Agreement (including as part of any competitive process resulting in this Agreement being entered into) are in all material respects true and correct,

- (b) the Service Provider has sufficient trained staff, facilities and materials in place and available to enable the Service Provider to fully perform the Services under this Agreement;
 - (c) the Service Provider holds all permits, licenses, approvals and statutory authorities issued by any government or government agency that are necessary for the performance of the Service Provider's obligations under this Agreement;
 - (d) the Service Provider has the power and capacity to enter into this Agreement and to observe, perform and comply with the terms of this Agreement and all necessary corporate or other proceedings have been taken and done to authorize the execution and delivery of this Agreement by, or on behalf of, the Service Provider; and
 - (e) this Agreement has been legally and properly executed by, or on behalf of, the Service Provider and is legally binding upon and enforceable against the Service Provider in accordance with its terms except as enforcement may be limited by bankruptcy, insolvency or other laws affecting the rights of creditors generally and except that equitable remedies may be granted only in the discretion of a court of competent jurisdiction.
- 2.02 All representations and warranties made herein and all documents, proposals, submissions, and information provided by the Service Provider are material and will be deemed to have been relied upon by the Province, and will 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 Upon request from the Province from time to time, the Service Provider will provide evidence satisfactory to the Province that the representations and warranties set forth in section 2.01 are true and correct.

ARTICLE 3 - APPOINTMENT AND TERM

- 3.01 During the Term, the Service Provider will provide to the Province, and the Province will obtain from the Service Provider, the Services, upon the terms and conditions set forth in this Agreement. The Service Provider must not subcontract any of the Service Provider's obligations under this Agreement to any person without the Province's prior written consent.
- 3.02 The term of this Agreement (the "**Term**") will commence on April 1, 2015 and will continue until the earlier of: the date upon which this Agreement is terminated in accordance with the provisions of this Agreement; and March 31, 2020, unless extended in accordance with section 3.03.
- 3.03 The Province, at its sole option and acting in its discretion, may elect to renew the Term of this Agreement for one (1) renewal term of up to three (3) years (the "**Renewal Term**"). The Province may elect to renew this Agreement for the Renewal Term (which, for clarity, may be any term up to three years in duration) by delivering written notice of such renewal to the Service Provider, in the manner specified in section 16.01, provided that such notice may be given no earlier than nine (9) months prior to the end of the Term and no later than six (6) months prior to the end of the Term. No such renewal of the Term will prevent either Party from exercising its rights to terminate this Agreement in accordance with its terms.
- 3.04 The terms and conditions of this Agreement will apply during the Renewal Term except for Appendix E-1 of Schedule E, which appendix will be subject to renegotiation and agreement by the Parties acting in good faith (which renegotiations will commence as soon as practicable following receipt of a renewal notice by the Service Provider).
- 3.05 If the Parties are able to successfully conclude an agreement upon the foregoing within ninety (90) days after the Service Provider's receipt of the Province's renewal notice pursuant to section 3.03, then they will execute a renewal agreement (the "**Renewal Agreement**") on or before the expiry of such period setting forth the negotiated terms of Appendix E-1 of Schedule E that will apply to the Renewal Term, which terms will be

effective from and after April 1, 2020, being the first calendar day following the expiry of the Term. If the Parties fail to agree upon the foregoing terms and fail to execute the Renewal Agreement within 90 days after the Service Provider's receipt of the Province's renewal notice pursuant to section 3.03, or such other date as may be agreed to in writing by the Parties, then the matter will be fully and finally resolved by binding arbitration under the *Arbitration Act*.

ARTICLE 4 - CERTIFICATIONS, QUALIFICATIONS AND SECURITY CLEARANCES

- 4.01 The Service Provider will ensure that it and all personnel engaged by it hold or have been issued all required licenses, certificates and memberships and that they are valid and subsisting and in good standing, and upon request from the Province from time to time, will provide evidence satisfactory to the Province that the Service Provider has complied with this requirement.
- 4.02 All Service Provider staff are subject to criminal records checks and security clearance prior to working on-site at any Correctional Centre, and thereafter every three years during the Term. Criminal records checks are to be undertaken by the Service Provider in accordance with such Corrections Branch policies and procedures as are in effect from time to time.
- 4.03 Costs associated with all Canadian Police Information Centre, CRRRA and police record checks will be the responsibility of the Service Provider, and may not be billed to the Ministry.
- 4.04 The Service Provider will comply with the annual security clearance check that the Ministry will conduct at its own expense at each Correctional Centre.
- 4.05 Only Service Provider employees who have been granted security clearance by the Assistant Deputy Minister will be permitted to provide services on-site within any Correctional Centre. Notwithstanding any other provision of this Agreement, the Assistant Deputy Minister has the right, acting in his/her sole discretion and without explanation to the Service Provider, to require the Service Provider to bar any Service Provider employee from providing any services on-site within any Correctional Centre. The Assistant Deputy Minister will have the sole and absolute discretion to grant, refuse or withdraw security clearance.
- 4.06 The Service Provider will be responsible to provide the Division Contract Manager with written confirmation, by no later than March 31 of each year during the Term, that all of the requirements of sections 4.02 to 4.05 have been met and that appropriate records have been kept.

ARTICLE 5 - GENERAL STANDARDS OF PERFORMANCE

- 5.01 The Service Provider will:
- (a) perform the Services to the reasonable satisfaction of the Province;
 - (b) perform the Services to the standard of care, skill and diligence maintained by persons providing, on a commercial basis, services similar to the Services;
 - (d) observe, perform and comply with the Standards and the Security Procedures;
 - (e) unless otherwise provided in any of the schedules attached hereto, report to the Division Contract Manager any breaches or imminent or potential breaches of Security Procedures of which the Service Provider becomes aware, and will include in its report all related information available to the Service Provider.



ARTICLE 6 - PAYMENT

- 6.01 If the Service Provider complies with this Agreement, then the Province will pay to the Service Provider, at the times and on the conditions set out in Schedule E, the fees and other compensation described therein.
- 6.02 Any amounts owed to the Province:
- (a) by the Service Provider under this Agreement or otherwise in respect of the Services; or
- by the Service Provider under any other agreement entered into now or in the future between the Service Provider and the Province that is not related to this Agreement, but excluding amounts in dispute thereunder in accordance with its terms,
- may be set-off by the Province against the fees and other compensation payable by the Province to the Service Provider under this Agreement, or may be deducted from any sum due or which at any time may become due to the Service Provider under this Agreement.
- 6.03 All references to money are to Canadian dollars.

ARTICLE 7 - ENVIRONMENTAL PRACTICES

- 7.01 The Service Provider will take all reasonable steps to 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 Services; and
 - (b) wherever possible, using products which are environmentally safe.

ARTICLE 8 - RECORDS AND REPORTS

- 8.01 Unless otherwise specified in Schedule B, the Service Provider will:
- (a) keep a record of all dates and hours during which the Services are 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, their classification, and the wages and benefits provided to employees.
- The Province will have free access at all reasonable times to such records, invoices, receipts, vouchers, books of account, and supporting documents for the purposes of copying or auditing the same.
- 8.02 In addition to any information or reports required pursuant to this Agreement, the Service Provider will, upon request:
- (a) fully inform the Province of work that has been done and that remains to be done by or for the Service Provider 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 inventory and facilities, if any) used by the Service Provider in connection with the provision of 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 the Services.

- 8.03 In addition to any other rights of inspection the Province may have under this Agreement, under statute or otherwise, the Province may at any reasonable time and on reasonable notice to the Service Provider, enter on the Service Provider's premises to inspect and, at the Province's discretion, copy any of the Material, and the Service Provider must permit, and provide reasonable assistance to, the exercise by the Province of the Province's rights under this section.
- 8.04 The Service Provider shall purchase inventory and services from various sellers and vendors selected by the Service Provider at its sole discretion (collectively the "Vendors". Purchases from Vendors shall be made under terms the Service Provider deems in its sole discretion as acceptable (the "Vendor Terms"). Notwithstanding anything to the contrary contained in this Agreement, all Vendor Terms are the exclusive obligation and property of the Service Provider and the Province does not have any right to any Vendor Terms.

ARTICLE 9 –INDEPENDENT CONTRACTOR

- 9.01 The Service Provider is an independent contractor and not the servant, employee, agent or partner of the Province.
- 9.02 Unless provided by the Province pursuant to this Agreement, the Service Provider will supply all material, labour, equipment and supplies necessary to perform the Services.
- 9.03 The Service Provider will not in any manner whatsoever commit the Province to the payment of any money to any person, firm or corporation.
- 9.04 All personnel engaged by the Service Provider for the purposes of this Agreement will, throughout the Term, be the responsibility of the Service Provider and not of the Province, and without limiting the generality of the foregoing, the Service Provider will:
- (a) ensure that all personnel observe, perform and comply with every provision of this Agreement that is applicable to any of the Services;
 - (b) be solely responsible for the supervision and discipline of its personnel and the payment of all remuneration to its personnel;
 - (c) comply with all applicable occupational health and safety laws in relation to the performance of the Service Provider's obligations under this Agreement, including the *Workers Compensation Act*, and, within 10 business days of being requested to do so by the Province, the Service Provider must provide the Province with evidence of the Service Provider's compliance with this subsection;
 - (d) pay any taxes, employment insurance premiums, Canada Pension Plan premiums or contributions, workers compensation assessments and any other assessments, fees, or charges 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 government by virtue of the relationship between the Service Provider and its employees or its subcontractors; and
 - (e) not do anything that would result in personnel hired by the Service Provider being considered employees of the Province.

ARTICLE 10 - INSURANCE AND INDEMNITY

- 10.01 The Service Provider must indemnify and save harmless the Province and the Province's employees and agents from any loss, claim (including any claim of infringement of third-party intellectual property rights), damage award, action, cause of action, cost or expense that the Province or any of the Province's employees or agents may sustain, incur, suffer or be put to at any time, either before or after this Agreement ends (each a "Loss"), to the extent the Loss is directly or indirectly caused or contributed to by:

- (a) any act or omission by the Service Provider or by any of the Service Provider's agents, employees, officers, directors or subcontractors in connection with this Agreement, or
 - (b) any representation or warranty of the Service Provider being or becoming untrue or incorrect.
- 10.02 The Service Provider must, without limiting the Service Provider's obligations or liabilities, and at the Service Provider's own expense, purchase and maintain throughout the Term, with an insurer licensed in Canada and in forms and amounts acceptable to the Province, Commercial General Liability in an amount not less than \$10,000,000.00 inclusive per occurrence against bodily injury, personal injury and property damage and including liability assumed under this Agreement, and this insurance must
- (a) include the Province as an additional insured,
 - (b) be endorsed to provide the Province with 30 days advance written notice of cancellation or material change, and
 - (c) include a cross liability clause.
- 10.03 All insurance described in section 10.02 must:
- (a) be primary; and
 - (b) not require the sharing of any loss by any insurer of the Province.
- 10.04 The Service Provider must provide the Province with evidence of all required insurance as follows:
- (a) within 10 Business Days of commencement of the Services, and within 10 Business Days of a policy's expiration, the Service Provider must provide to the Province evidence of all required insurance in the form of a completed Province of British Columbia Certificate of Insurance; and
 - (b) despite section (a) above, if requested by the Province at any time, the Service Provider must provide to the Province certified copies of the required insurance policies.
- 10.05 The Service Provider must in the Service Provider's sole discretion obtain, maintain and pay for any additional insurance which the Service Provider is required by law to carry, or which the Service Provider considers necessary to cover risks not otherwise covered by insurance specified in this Article 10.
- 10.06 The Service Provider hereby waives all rights of recourse against the Province in relation to any damage to the Service Provider's property.

ARTICLE 11 - OWNERSHIP

- 11.01 The Province will own all property rights in the Material which are not intellectual property rights. The Service Provider will deliver any Material to the Province immediately upon the Province's request.
- 11.02 The Province will exclusively own all intellectual property rights, including copyright, in
- (a) Received Material that the Service Provider receives from the Province, and
 - (b) Produced Material, other than any Incorporated Material.
- Upon the Province's request, the Service Provider will deliver to the Province documents satisfactory to the Province that irrevocably waive in the Province's favour any moral rights which the Service Provider or its employees, or a subcontractor or its employees, may have in the Produced Material and that confirm the vesting in the Province of the copyright in the Produced Material, other than any Incorporated Material.
- 11.03 Upon any Incorporated Material being embedded or incorporated in the Produced Material, and to the extent that it remains so embedded or incorporated, the Service Provider grants to the Province a non-exclusive, perpetual,

irrevocable, royalty-free, worldwide licence to use, reproduce, modify and distribute that Incorporated Material, and the right to sub-licence third parties the right to use, reproduce, modify and distribute that Incorporated Material.

ARTICLE 12 - ASSIGNMENT AND SUBCONTRACTING

- 12.01 The Service Provider will not, without the prior written consent of the Province:
- (a) assign, either directly or indirectly, this Agreement or any right of the Service Provider under this Agreement; or
 - (b) subcontract any obligation of the Service Provider under this Agreement.
- 12.02 Upon providing written notice to the Service Provider, the Province may assign to any person any of the Province's rights under this Agreement. Further, the Province may assign this Agreement, or any of the Province's obligations under this Agreement, to any "government corporation", as defined in the *Financial Administration Act*.

ARTICLE 13 - CONFIDENTIALITY AND SECURITY

- 13.01 The Service Provider will treat as confidential and will not, without the prior written consent of the Province, publish, release or disclose or permit to be published, released or disclosed at any time, whether before, upon or after the expiration or sooner termination of this Agreement, any material or information supplied to, obtained by, or which comes to the knowledge of the Service Provider as a result of this Agreement, except insofar as such publication, release or disclosure is necessary for the Service Provider to fulfil its obligations under this Agreement or to comply with the law of the Province or Canada.

Appendix E-1 of Schedule E (Schedule of Payments) is expressly deemed to be Compass confidential information. Compass expressly advises the Province that the Schedule of Payments contains commercial information the disclosure of which would harm significantly the competitive position of Compass and provide an unfair competitive advantage to its competitors.

- 13.02 The Service Provider will comply with all of the provisions of Schedule F as well as all directions given by the Province thereunder.
- 13.03 The Service Provider must make reasonable security arrangements to protect the Material from unauthorized access, collection, use, disclosure, alteration or disposal.
- 13.04 During the Term, all media inquiries received by the Service Provider in relation to the Services are to be immediately directed to the Division Contract Manager, and the Service Provider will make no comment to any media personnel or organizations without the prior written consent of the Province.

ARTICLE 14 - CONFLICT OF INTEREST

- 14.01 During the Term, the Service Provider 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 does or may, in the reasonable opinion of the Province, give rise to a conflict of interest between the Service Provider's duties to that person and the Service Provider's duties to the Province under this Agreement.

ARTICLE 15 - DEFAULT AND TERMINATION

15.01 In this section and in sections 15.02 to 15.04:

- (a) “Event of Default” means any of the following:
 - (i) an Insolvency Event,
 - (ii) the Service Provider fails to perform any of the Service Provider’s obligations under this Agreement, or
 - (iii) any representation or warranty made by the Service Provider in this Agreement is untrue or incorrect; and
- (b) “Insolvency Event” means any of the following:
 - (i) an order is made, a resolution is passed or a petition is filed, for the Service Provider’s liquidation or winding up,
 - (ii) the Service Provider commits an act of bankruptcy, makes an assignment for the benefit of the Service Provider’s creditors or otherwise acknowledges the Service Provider’s insolvency,
 - (iii) a bankruptcy petition is filed or presented against the Service Provider or a proposal under the *Bankruptcy and Insolvency Act* (Canada) is made by the Service Provider,
 - (iv) a compromise or arrangement is proposed in respect of the Service Provider under the *Companies’ Creditors Arrangement Act* (Canada),
 - (v) a receiver or receiver-manager is appointed for any of the Service Provider’s property, or
 - (vi) the Service Provider ceases, in the Province’s reasonable opinion, to carry on business as a going concern.

15.02 On the happening of an Event of Default, or at any time thereafter, the Province may, at its option, elect to do any one or more of the following:

- (a) by written notice to the Service Provider, require that the Event of Default be remedied within a reasonable time period specified in the notice pursue any remedy or take any other action available to it at law or in equity; or
- (b) by written notice to the Service Provider, terminate this Agreement with immediate effect or on a future date specified in the notice, subject to the expiration of any time period specified under section 15.02(a).

15.03 No failure or delay on the part of the Province to exercise its rights in relation to an Event of Default will constitute a waiver by the Province of such rights.

15.04 In addition to the Province’s right to terminate this Agreement under section 15.02(c) on the happening of an Event of Default, the Province may terminate this Agreement for any reason by giving at least 180 days’ written notice of termination to the Service Provider.

15.05 If the Province terminates this Agreement under section 15.04:

- (a) the Province must, within 30 days of such termination, pay to the Service Provider any unpaid portion of the fees and other compensation described in Schedule E which corresponds with the portion of the Services that was completed to the Province’s satisfaction before termination of this Agreement; and
- (b) the Service Provider must, within 30 days of such termination, repay to the Province any paid portion of the fees and other compensation described in Schedule E which corresponds with the portion of the Services that the Province has notified the Service Provider in writing was not completed to the Province’s satisfaction before termination of this Agreement.

15.06 The payment by the Province of the amount described in section 15.05(a) discharges the Province from all liability to make payments to the Service Provider under this Agreement.

- 15.07 If the Service Provider becomes aware that an Event of Default has occurred or anticipates that an Event of Default is likely to occur, the Service Provider must promptly notify the Province of the particulars of the Event of Default or anticipated Event of Default. A notice under this section as to the occurrence of an Event of Default must also specify the steps the Service Provider proposes to take to address, or prevent recurrence of, the Event of Default. A notice under this section as to an anticipated Event of Default must specify the steps the Service Provider proposes to take to prevent the occurrence of the anticipated Event of Default.

ARTICLE 16 - NOTICES

- 16.01 Any notice contemplated by this Agreement, to be effective, must be in writing and delivered as follows:
- (a) by fax to the addressee's fax number specified in this section 16.01, in which case it will be deemed to be received on the day of transmittal unless transmitted after the normal business hours of the addressee or on a day that is not a business day, in which cases it will be deemed to be received on the next following business day;
 - (b) by hand to the addressee's address specified in this section 16.01, in which case it will be deemed to be received on the day of its delivery; or
 - (c) by prepaid post to the addressee's address specified in this section 16.01, in which case if mailed during any period when normal postal services prevail, it will be deemed to be received on the fifth business day after its mailing.

In the case of the Province:

Ministry of Justice, Corrections Branch, Adult Custody Division
7th Floor, 1001 Douglas Street
Victoria BC V8W 9J7
Attention: Division Contract Manager
Fax: (250) 952-6883

In the case of the Service Provider:

Compass Group Canada Ltd.
5560 Explorer Drive, Suite 400
Mississauga, ON L4W 5M2
Attention: Chris Bitonti, General Counsel
Fax: (905) 568-8945

- 16.02 Either Party may from time to time give notice to the other Party of a substitute address or fax number, which from the date such notice is given will supersede for purposes of section 16.01 any previous address or fax number specified for the Party giving the notice.

ARTICLE 17 - NON-WAIVER

- 17.01 No provision of this Agreement and no breach by the Service Provider of any such provision will be deemed to have been waived by the Province unless such waiver is in writing.
- 17.02 The Province's written waiver of any breach of any provision of this Agreement by the Service Provider will not be deemed a waiver of any subsequent breach of the same or any other provision of this Agreement.

ARTICLE 18 - APPROPRIATION

- 18.01 Notwithstanding any other provision of this Agreement, the payment of money by the Province to the Service Provider pursuant to this Agreement will be subject to:
- (a) sufficient monies being 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 Service Provider falls due pursuant to this Agreement, to make that payment; and

- (b) Treasury Board not having controlled or limited expenditure under any appropriation referred to in subsection (a), pursuant to the *Financial Administration Act*.

ARTICLE 19 - PROVINCE OBLIGATIONS

19.01 Without limiting the obligations of the Province as set out in any schedule to this Agreement, the Province will:

- (a) assist the Service Provider by providing all relevant information the Assistant Deputy Minister deems pertinent to the Services, including any amendments to the Standards or Security Procedures that are applicable to the Services;
- (b) give the Service Provider 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 Corrections Branch, assign a Division Contract Manager for the purposes of contract management and liaison between Corrections Branch and the Service Provider; and
- (d) assist the Service Provider in the implementation of the Security Procedures.

19.02 If any license is to be granted by the Province to the Service Provider to use any parts of the Correctional Centres or the Inventory, then any such license will be subject to and upon the terms and conditions set out in Schedule D.

ARTICLE 20 - LABOUR DISPUTES

20.01 The Service Provider will 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 Service Provider, the Province or Corrections Branch, and, if necessary, the Service Provider will use its managerial and supervisory staff to ensure the continuity of the Services without interruption.

ARTICLE 21 - DISPUTE RESOLUTION

21.01 In the event of any Dispute, the Parties will use reasonable efforts to settle such Dispute internally, and will consult and negotiate with each other in good faith in an effort to reach a fair and equitable solution satisfactory to the Parties. Prior to the initiation of formal dispute resolution procedures, the Parties will first attempt to informally resolve any dispute, controversy or claim arising under or in connection with this Agreement as follows:

- (a) at the local level the deputy warden of the Correctional Centre and the Service Provider's Chef Manager;
- (b) at the local level the warden of the Correctional Centre and the Service Provider's District Manager;
- (c) if these parties cannot resolve the Dispute it will be advanced to the Division Contract Manager and the Service Provider's Regional Director; and
- (d) if these parties cannot resolve the matter it will be advanced to the Corrections Branch Deputy Provincial Director, Adult Custody Division and the Service Provider's Regional Vice President.

21.02 The Parties agree that certain Disputes may be of an urgent nature, and that it may be appropriate to bypass one or more of steps set forth in subsections 21.01 (a) to (d); or that one or more of those steps are not appropriate in the specific circumstances of the Dispute.

21.03 If the Dispute is not resolved through these informal steps within 15 Business Days of the Dispute arising, the Parties may jointly elect to attempt to resolve the dispute through mediation under the rules of the British Columbia Mediator Roster Society. If the Parties do not jointly so elect, or if the Dispute is not resolved through

mediation within 30 Business Days of the commencement of mediation, the Dispute must be referred to and finally resolved by arbitration under the *Arbitration Act*.

ARTICLE 22 - INTERPRETATION

- 22.01 This Agreement will be governed by and construed in accordance with the laws of the Province of British Columbia.
- 22.02 The schedules to this Agreement are an integral part of this Agreement as if set out at length in the body of this Agreement.
- 22.03 If there is any conflict between any provision in the body of this Agreement and any provision of any schedule attached hereto, then the provision in the schedule will be inoperative to the extent of the conflict unless it states that it operates despite a conflicting provision of this Agreement.
- 22.04 If any question arises regarding the applicability or interpretation of any Standards or Security Procedures that pertain to the Services, then the question will be referred to the Assistant Deputy Minister for determination and his or her determination will be final.
- 22.05 This Agreement does not operate as a permit, licence, approval or other statutory authority which the Service Provider may be required to obtain from the Province or any of its agencies in order to provide the Services. Nothing in this Agreement will be construed as interfering with the exercise by the Province or its agencies of any statutory power or duty.
- 22.06 The headings appearing in this Agreement have been inserted for reference as a matter of convenience and do not define, limit or enlarge the scope of any provision of this Agreement.
- 22.07 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.
- 22.08 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.
- 22.09 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.
- 22.10 Every reference in this Agreement to an act, whether or not defined, will include all regulations made pursuant to that act and any act passed in substitution for, replacement of, or amendment of that act.
- 22.11 Nothing in this Agreement will be construed or deemed to derogate from or limit the rights and privileges of the Province under any statutes of the Province or Canada which pertain to the Services.



22.12 If any provision of this Agreement is found to be invalid, illegal or unenforceable, it will be severable and severed from this Agreement, and the remaining provisions will not be affected thereby and will be valid, legal and enforceable.

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

Her Majesty the Queen in right of the Province of British Columbia, by the Minister of Justice and Attorney General or the Minister's authorized representative	Compass Group Canada Ltd.
	Authorized Signatory:
Print Name:	Print Name and Title:
Date:	Date:



SCHEDULE A

LIST OF CORRECTIONAL CENTRES

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

Okanagan Correctional Centre is a centre that is under construction and slated to open in 2017. The Okanagan Correctional Centre will house both male and female Inmates and will be a state-of-the-art Correctional Centre comprising of 378 high-security Inmate cells. These cells will be organized within ten living units, each containing 36 cells, and an additional living unit containing 18 cells. The count will be incrementally increased commencing on opening and is expected to house 270 Inmates in 2017.

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



SCHEDULE B

SCHEDULE OF SERVICES

Overview of Services and parts to this Schedule B

The Service Provider will provide Services consisting of the following three components: Food Services; Inmate Worker Orientation Program Services; and Canteen Services. Each component is dealt with in its own part of this Schedule B.

Part 1 Food Services

Food Services are comprehensive food services to the Correctional Centres.

Part 1 also consists of the following appendixes:

Appendix B1-1 – Shift Disposition Details – Without Inmate Participation

Appendix B1-2 – Shift Disposition Details – With Inmate Participation

Appendix B1-3 – Staff Working Hours – Without Inmate Participation

Appendix B1-4 - Staff Working Hours – With Inmate Participation

Appendix B1-5 – Menus and Menu Requirements (“Approved Menu” descriptions)

Part 2 Inmate Worker Orientation Program Services

The purpose of these services is to ensure that, when Inmates are involved with food preparation and plating as part of the Food Services, they are properly oriented and instructed how to do so.

Part 2 also consists of the following appendixes:

Appendix B2-1 – Rules for Kitchen Work Programs

Appendix B2-2 – Expectations for Inmate Kitchen Workers

Part 3 Canteen Services

Canteen Services consists of the services required to operate, stock and manage the canteens within the Correctional Centres.

Part 3 also consists of the following appendixes:

Appendix B3-1 – Core Canteen List and Pricing

Part 4 Additional Provisions Applicable to the Services

This part consists of additional obligations of the Parties.

PART 1 – FOOD SERVICES

The Service Provider will provide comprehensive Food Services to all of the Correctional Centres. The exact number of weekly labour hours that the Service Provider must provide at each Centre to staff the kitchen for Food Services, and the operating hours that the kitchen is open and staffed, is provided in Appendix B1-1 to B1-4. The Service Provider will provide these weekly labour hours during the stipulated operating hours. The Service Provider will provide Food Service to all Correctional Centres seven days per week, 52 weeks per year.

As part of the Food Services, the Service Provider will provide the following:

- Compliance with all applicable security precautions and procedures required by a Correctional Centre;
- Employment, training and supervision of all Service Provider staff required to provide the Food Services;
- Purchasing of all food and other materials as required for the preparation and plating of meals at the Correctional Centres;
- Transportation of all food and materials to and from the Correctional Centres. This also includes delivery by suppliers;
- Loading of trays of plated meals into food carts in preparation for pick up by Corrections Branch staff for distribution to living units;
- Storage of all food and materials in proper locations, as approved by Corrections Branch, in each Correctional Centre;
- Preparation and plating of meals;
- Preparation and plating of Special Occasion Meals for the Easter, Thanksgiving and Christmas holidays;
- Proper freezing and storage of Dinner Regular Meals, for consumption by Inmates who arrive outside of normal kitchen hours (e.g. for late court intakes);
- Ensuring that prepared frozen meals, from that day's menu plated on serving dishes for microwave cooking are available at each applicable Correctional Centre on a daily basis. These meals are used to feed late intakes at the Correctional Centres and will be re-thermalized by Correctional Centre staff on an as and when needed basis;
- Washing of pots, pans, trays, tools, utensils, and small-ware used in preparation, serving and consumption of meals;
- While Corrections Branch owns and is responsible for the costs of maintenance of equipment, the Service Provider is responsible for the cleaning and identifying the required maintenance of each Correctional Centre's facilities and equipment used during the provision of Food Services;
- The development and submission of an annual report to the Division Contract Manager on equipment condition, lifecycle and recommending standards of food preparation/cooking equipment to meet community, industry and/or health standards;
- As part of the regular food evaluation process, and with the participation of Corrections Correctional Centre staff, conduct random weekly audits to the quality, temperature and quantity of the products

produced as specified in the “Approved Menu” and the sanitation practices employed by the Service Provider’s staff at each Correctional Centre and documenting and maintaining records of results;

- Where Corrections Branch identifies any reduction in quality, temperature or quantity of food in the random sample meals and/or test meals at any Correctional Centre, the Service Provider will receive notice of a performance shortfall from the Division Contract Manager. Upon receipt of a notice the Service Provider will be expected to take all necessary measures to ensure the quality, temperature and quantity of food contained in all future meals meets the requirements stated within the Schedule of Standards;
- Should the quality, temperature or quantity of food in any plated meals not meet the standards prescribed in the Schedule of Standards, the Deputy Warden or Warden of the Correctional Centre will inform the Service Provider within 24 hours of the exact number of meals that were not acceptable. The Province will not pay for these meals and their costs will be deducted from the monthly invoice;
- Package and freeze a sample of each meal served at the Correctional Centres each day, comprising all food items found on the “Approved Menus”, and retain them for a period not less than 72 hours. Such testing samples will be provided without cost. A test meal will be provided when requested by the Warden or designate. After 72 hours the meal(s) are to be destroyed;
- Provide Medically Prescribed Meals upon prescription authorized by the physician in charge of the Inmate patients and as stated by the authorizing physician;
- Provide appropriate Religious Diet Meals upon authorization of the chaplain of a Correctional Centre (for Halal and Kosher meals, the Correctional Centre Chaplain consults with the appropriate rabbi or imam);
- Each meal prepared will be from the Approved Menus and will be synchronized so that the same meal is delivered at all Correctional Centres on the same day;
- Maintaining a 72-hour emergency supply of food and beverages (not water) on site at each Correctional Centre to be utilized in the event of an earthquake or other disaster;
- Prepare and retain a contingency plan for situations where there may be a sudden and significant rise in Inmate count (for example, the arrival of Asian immigration detainees in 2000, and Sri Lankan immigration detainees in 2009 which resulted in the rapid rise and subsequent gradual decreases of approximately 400 equivalent Inmates of a Correctional Centre);
- Report separately on the monthly invoice the actual number and surcharges of Medically Prescribed Meals and Religious Diet Meals prepared for each Correctional Centre. Surcharges in excess of a standard menu meal will be identified separately in the monthly invoice;
- Comply with any local government or provincial regulations or requirements of the Correctional Centre or Province regarding proper separation, preparation (as necessary to meet the regulations or requirements) of any and/or all waste materials (e.g. compostable organic food waste, plastic containers, metal cans, clean paper, etc.) generated by the Service Provider in performing the Services, and placing these into the appropriate containers provided by the Province for each separated waste material as required;
- On request of the Province, refine, realign, or modify the Approved Menus in order to better meet the dietary requirements of the Inmate population and/or to reduce costs;
- Invoice the Province monthly using the sample monthly invoice template provided in Appendix E-2;



- The Service Provider will provide the following Key Positions for the provision of Food Services: Chef Manager, Cook, and General Helper.

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.
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 Correctional Centre's kitchen are to be supervised by a member of the Service Provider's staff at all times, unless otherwise authorized by the Warden.

PART 2 – INMATE WORKER ORIENTATION PROGRAM SERVICES

1. The Province will from time to time assign Inmates to work in the food preparation facilities of 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; and
 Vancouver Island Regional Correctional Centre
2. The purpose of this program is to ensure that, where Inmates are involved with food preparation and plating as part of the Food Services, they are properly oriented and instructed how to do so.
3. The Province may, in its sole discretion, discontinue an existing Inmate Worker Orientation Program at any Correctional Centre which has one in place, and may require the establishment of a new Inmate Worker Orientation Program at any Correctional Centre which does not yet have one in place.
4. Inmate Worker Orientation Program Services consist of the following:
 - (a) orientation of participating Inmates in food preparation and plating;
 - (b) placement of participating Inmates to prepare and plate food in positions for which they are qualified through the orientation provided by the Service Provider and/or previous experience;
 - (c) FoodSafe minimum requirements will be met wherever Inmate Workers are handling or preparing food items.
 - (d) on-site Service Provider staff supervision and direction of participating Inmate Workers at all times. In emergency or unusual circumstances, the Warden may temporarily relieve the Service Provider of direct Inmate Worker supervision responsibilities.
5. Inmates will not be assigned to supervisory positions.
6. The Warden and the Service Provider will agree on the number of Inmate assistants to be assigned to work in each of the food preparation facilities.
7. The orientation program will include the following:



- (a) under the supervision of the Service Provider's Cook and/or General Helper, 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 Service Provider 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.
8. In the event of a security or other problem arising in respect to an Inmate while engaged in work under the program, the Service Provider will immediately notify the Warden of the Correctional Centre or his or her designate.
 9. The Province will ensure that all Inmates assigned the program have undertaken such health examinations as required.
 10. Appendix B2-1 provides the Rules for Kitchen Work Program.
 11. Appendix B2-1 provides the Expectations for Inmate Kitchen Workers.

PART 3 – CANTEEN SERVICES

1. **The scope of the Canteen Services does not include the Kamloops Regional Correctional Centre (KRCC) and Prince George Regional Correctional Centre (PGRCC). The Service Provider has no obligation whatsoever in respect of the provision of Canteen Services to these Correctional Centres, and all references to "Correctional Centres" in the context of Canteen Services is a reference to the Correctional Centres other than KRCC and PGRCC.**
2. The Service Provider will provide staffed canteen services to the Correctional Centres.
3. The Service Provider will allow Inmates to purchase the items listed in the "Core Canteen List" set out in Appendix B3-1, and will sell these items to Inmates at the selling price shown in that Appendix. All selling prices will include applicable taxes.
4. The provision of Canteen Services includes, but is not limited to:
 - (a) employment and supervision of staff to provide canteen services to Inmates;
 - (b) purchasing of canteen items;
 - (c) transportation of all materials to and from the Correctional Centres, and transportation of orders to the living units in some Correctional Centres;
 - (d) storage, security and control of inventory;
 - (e) filling, bagging and invoicing of canteen orders;
 - (f) carrying out financial transactions necessary in conjunction with the applicable Correctional Centres;
 - (g) supplying all equipment, materials, inventory, and supplies required to perform the Canteen Services, unless stipulated elsewhere in this Agreement as being supplied by the Province;
 - (h) filling canteen orders once per week, but may be distributed to different units on different days in each Correctional Centre;
 - (i) cleaning and maintenance of the Correctional Centres' facilities used for the Canteen Services;
 - (j) where stock cannot be made immediately available upon purchase, redeeming Inmate's proof-of-purchase with the applicable products;
 - (k) reviewing the Core Canteen List with the Division Contract Manager on an ongoing basis for additions or deletions of products;
 - (l) in the case of items that are not on the Core Canteen List, ensuring that all items sold as part of the Canteen Services are approved by the Division Contract Manager; and



5. The Service Provider may add a surcharge to special order items requested by an Inmate if this is approved by the Warden. This surcharge is intended to compensate the Service Provider for any additional cost associated with the acquisition of such items.
6. The Service Provider and the Division Contract Manager will, once every six months during the Term, review the prices associated with each of the items on the Core Canteen List. Canteen list prices will reflect standard retail prices within the local community.
7. The Schedule of Payments contains provisions respecting the Service Provider's obligation to make contributions to the Inmate Benefit Fund.

PART 4 – ADDITIONAL PROVISIONS APPLICABLE TO THE SERVICES

1. The Parties acknowledge that there are functions or tasks not specifically listed or described in this Agreement that are customarily required for the proper performance and provision of the Services (as the same may be improved, changed or transformed as contemplated under this Agreement). Without limiting the foregoing and subject to the provisions of this paragraph, such functions or tasks will be deemed to be implied or included in the scope of the Services to the same extent and in the same manner as if those functions or tasks had been specifically described in this Agreement. Notwithstanding the foregoing, this paragraph is not intended to expand the scope of the Services beyond the Services described in this Agreement, or to require a higher standard of service delivery than that which is otherwise described in this Agreement.
2. During the Term, the Province will:
 - (a) assist the Service Provider by providing all relevant information the Province deems pertinent to the Services;
 - (b) give the Service Provider reasonable notice of changes in priorities or programs likely to materially affect the Services during the Term;
 - (c) assign a Division Contract Manager for the purposes of Agreement management and liaison between Corrections Branch and the Service Provider;
 - (d) instruct the Service Provider regarding all applicable Security Procedures;
 - (e) assist the Service Provider in the implementation of the Security Procedures; and
 - (f) conduct ongoing audits of all documentation provided by the Service Provider regarding numbers and types of meals served.
3. The Province will, at its expense, with respect to each Correctional Centre,
 - (a) provide heat, power, water and telephone (for calls related to the Services only);
 - (b) provide the use of one computer work station in each Correctional Centre for use in the delivery of Food Services (but this computer is not to be used for the delivery of Canteen Services; and the Service Provider acknowledges that the computer may or may not be located within the kitchen facilities);
 - (c) provide all furniture and equipment required for food preparation and serving;
 - (d) provide shelving and storage space for the Canteen Services; and
 - (e) provide carts 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.
5. The Service Provider will:
 - (a) provide time for each new staff member to attend an initial orientation program provided by Correctional Centre staff at each Correctional Centre (this requirement shall be met at no cost to the Province);



- (b) ensure that its employees comply with the Standards of Conduct set out in the Schedule of Standards;
 - (c) report any and all Critical Incidents immediately to the Warden or delegate, who will follow standard Ministry procedures and provide further instruction to the Service Provider's staff;
 - (d) ensure that appropriate uniform clothing (as approved by the Warden) is available for all its employees, and is laundered regularly, and supply all hair nets for its employees (the Branch supplies hair nets for all Inmate workers);
 - (e) ensure that the Province has the Service Provider's current and complete contact information in order to directly contact the Service Provider at any time of the day or night, on any day of the week; and
 - (f) as necessary, maintain or repair [equipment if such maintenance or repair is due to lack of care, or lack of instruction or supervision, by the Service Provider.
6. The Service Provider will not discuss the Services, the Correctional Centres, Inmates, Ministry staff, or any other Ministry business with the media. All media inquiries received by the Service Provider are to be immediately directed to the Division Contract Manager.
 7. All Service Provider staff will be subject to a security clearance prior to working on-site at any Correctional Centre. Security clearances include, but are not limited to, the following:
 - a) CPIC and police record checks at commencement of service and repeated every 3 years thereafter. These checks are to include the CPIC National Repository for Criminal Records, the vulnerable sector database, and local police databases including PROS, PRIME, PIRS, LEIP, PIC, PIP; and
 - b) CRRA checks at commencement of service and repeated every 5 years thereafter.
 8. The Service Provider will demonstrate to the Division Contract Manager that the Service Provider has complied with the above security clearance requirements.
 9. The Service Provider will also demonstrate to the Division Contract Manager that they have complied with the requirements of the CRRA for the purposes of preventing the physical and sexual abuse of children.
 10. Costs associated with all CPIC, CRRA and police record checks will be the responsibility of the Service Provider, and may not be billed to the Ministry.
 11. The Service Provider will comply with each Correctional Centre's annual security check that the Ministry will conduct at the Ministry's expense.
 12. Only Service Provider employees who have been granted security clearance by the Assistant Deputy Minister will be permitted to provide services on-site within any Correctional Centre. The Assistant Deputy Minister retains sole and absolute discretion to grant or refuse security clearance.
 13. The Assistant Deputy Minister will have the right, acting in his/her sole discretion and without explanation to the Service Provider, to require the Service Provider to bar any Service Provider employee from providing any services on-site within any Correctional Centre.
 14. Security clearances may also be terminated for failure to maintain security requirements and practices.
 15. The Service Provider will be responsible to provide the Division Contract Manager with written confirmation annually (on or before March 31) that all CPIC, police record checks and CRRA requirements have been met and records kept.



APPENDIX B1-1

SHIFT DISPOSITION DETAILS – WITHOUT INMATE PARTICIPATION

This Appendix contains the Shift Disposition Detail Forms (without Inmates) for the following Correctional 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
Vancouver Island Regional Correctional Centre

Note that “Manager” denotes a position that is excluded from union membership; and that “Chef Manager” are included positions.



APPENDIX B1-1

SHIFT DISPOSITION DETAIL FORM

April 1, 2015

Correctional Centre:

Alouette CC - without Inmate participation

Negotiated Hours per Week:

267.5

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	8.5	8.5	8.5	8.5						8.5	8.5	8.5	8.5			34
General Helper D					8.5	8.5	8.5		8.5					8.5	8.5	25.5
General Helper E																0
General Helper F																0
General Helper G																0
														Total		267.5

APPENDIX B1-1																	
SHIFT DISPOSITION DETAIL FORM																	
April 1, 2015																	
Correctional Centre:		Ford Mountain CC - without Inmate participation															
Negotiated Hours per Week:		210															
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 B1-1																
SHIFT DISPOSITION DETAIL FORM																
April 1, 2015																
Correctional Centre:				Fraser Regional CC - without Inmate participation												
Negotiated Hours per Week:				488												
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 B1-1																
SHIFT DISPOSITION DETAIL FORM																
April 1, 2015																
Correctional Centre:		Kamloops Regional CC - without Inmate participation														
Negotiated Hours per Week:		316.5														
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 B1-1

SHIFT DISPOSITION DETAIL FORM

April 1, 2015

Correctional Centre:

Nanaimo C C - without Inmate participation

Negotiated Hours per Week:

278

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 B1-1																	
SHIFT DISPOSITION DETAIL FORM																	
April 1, 2015																	
Correctional Centre:				North Fraser Pre-trial C C - without Inmate participation													
Negotiated Hours per Week:				527.5													
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			4	4	4	4	4				4	4	4	4	4	20	
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		527.5	

APPENDIX B1-1																
SHIFT DISPOSITION DETAIL FORM																
April 1, 2015																
Correctional Centre:			Okanagan Correctional Centre - without Inmate participation													
Negotiated Hours per Week:			371													
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	32
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	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	3.5	3.5	3.5	3.5	3.5	3.5			3.5	3.5	3.5	3.5	3.5	3.5		21
General Helper F	8	8					8		8	8					8	24
General Helper G			8	8	8	8					8	8	8	8		32
General Helper H																0
General Helper I																0
General Helper J																0
															Total	371

APPENDIX B1-1																
SHIFT DISPOSITION DETAIL FORM																
April 1, 2015																
Correctional Centre:			Prince George C C - without Inmate participation													
Negotiated Hours per Week:			424													
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 B1-1																
SHIFT DISPOSITION DETAIL FORM																
April 1, 2015																
Correctional Centre:		Surrey Pre-trial C C - without Inmate participation														
Negotiated Hours per Week:		371														
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	32
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	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	3.5	3.5	3.5	3.5	3.5	3.5			3.5	3.5	3.5	3.5	3.5	3.5		21
General Helper F	8	8					8		8	8					8	24
General Helper G			8	8	8	8					8	8	8	8		32
General Helper H																0
General Helper I																0
General Helper J																0
															Total	371

APPENDIX B1-1																
SHIFT DISPOSITION DETAIL FORMS																
April 1, 2015																
Correctional Centre: Vancouver Island Correctional Centre without Inmate participation																
Negotiated Hours per Week: 320																
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 B1-2

SHIFT DISPOSITION DETAILS – WITH INMATE PARTICIPATION

This Appendix contains the Shift Disposition Detail Forms (with Inmate Participation) for 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
Vancouver Island Regional Correctional Centre

Note that “Manager” denotes a position that is excluded from union membership; and that “Chef Manager” are included positions.



APPENDIX B1-2

SHIFT DISPOSITION DETAIL FORM

April 1, 2015

Correctional Centre: Alouette C C for Women- with Inmate participation

Negotiated Hours per Week: 176.5

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	8.5	8.5	8.5	8.5	8.5				8.5	8.5	8.5	8.5	8.5			42.5
General Helper B						8.5	8.5							8.5	8.5	17
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	176.5

APPENDIX B1-2
SHIFT DISPOSITION DETAIL FORM
 April 1, 2015

Correctional Centre: Ford Mountain C C - with Inmate participation
 Negotiated Hours per Week: 80

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.

APPENDIX B1-2																
SHIFT DISPOSITION DETAIL FORM																
April 1, 2015																
Correctional Centre:		Fraser Regional C C - with Inmate participation														
Negotiated Hours per Week:		256														
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			7	7		8	8	8			7	7	38
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	7				8	8	8	8	7		39
General Helper B	8	8	8	8			7		8	8	8	8			7	39
General Helper C	8				8	7	7		8				8	7	7	30
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	256

APPENDIX B1-2

SHIFT DISPOSITION DETAIL FORM

April 1, 2015

Correctional Centre: Kamloops Regional C C - with Inmate participation

Negotiated Hours per Week: 206

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

APPENDIX B1-2

SHIFT DISPOSITION DETAIL FORM

April 1, 2015

Correctional Centre: Nanaimo Correctional Centre -with Inmate participation

Negotiated Hours per Week: 185

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	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 B1-2

SHIFT DISPOSITION DETAIL FORM

April 1, 2015

Correctional Centre: Prince George Regional C C - with Inmate participation

Negotiated Hours per Week: 206

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 B1-2																
SHIFT DISPOSITION DETAIL FORM																
April 1, 2015																
Correctional Centre:		Vancouver Island Regional C C - with Inmate participation														
Negotiated Hours per Week:		206														
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 B1-3

STAFF WORKING HOURS – WITHOUT INMATE PARTICIPATION

This Appendix contains the Staff Working Hours (without Inmate Participation) for each Correctional Centre.

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

Note: Below each of the charts that form part of this Appendix B1-3, the parties have left a number of spaces to be completed in regard to “wage rates for unionized positions”. It is the parties’ expectation that these spaces will be filled in by various Province and Service Provider personnel for purposes of convenient reference. However, notwithstanding that dollar amounts may be inserted into these spaces over time, the Province’s reimbursement obligations are nevertheless subject to limitation in accordance with the provisions of section 7 of the “Food Services” section of Schedule E.



APPENDIX B1-3						
STAFF WORKING HOURS						
April 1, 2015						
Correctional Centre:	ACCW Medium Security - without Inmate participation					
Hours of Operation:	06:00-17:30 7 days/week					
Hours per Week:	267.5					
Position	Initial Wage Rate April 1, 2015	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$25.71	09:00	17:30	8	5	40
Manager B						0
Cook A	\$17.51	06:00	17:30	12	4	48
Cook B	\$17.51	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	\$13.80	06:00	17:30	12	4	48
General Helper B	\$13.80	06:00	17:30	12	3	36
General Helper C	\$13.80	08:00	17:30	8.5	4	34
General Helper D	\$13.80	08:00	17:30	8.5	3	25.5
General Helper E						0
General Helper F						0
<i>Note to Reader: Minimum Hours/Day = Paid Hours</i>						Total Hours
						267.5
Wage Rates for unionized positions effective upon ratification April 1, 2015:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2016:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2017:						
Cook						
General Helper						
Wage Rates for Excluded Manager:						
Effective January 1, 2015	\$25.71					
Effective January 1, 2016	\$26.48					
Effective January 1, 2017	\$27.28					

APPENDIX B1-3						
STAFF WORKING HOURS						
April 1, 2015						
Correctional Centre:	Ford Mountain C C- without Inmate participation					
Hours of Operation:	06:00-17:30 M-F; 08:00-17:30 Sat, Sun & Stats					
Hours per Week:	210					
Position	Initial Wage Rate April 1, 2015	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Chef Manager A						0
Chef Manager B						0
Chef Manager C						0
Chef Manager D						0
Lead Cook A	\$21.27	05:30	14:00	8	4	32
Cook B	\$19.82	05:30	14:00	8	3	24
Cook C	\$19.82	10:00	18:30	8	4	32
Cook D	\$19.82	10:00	18:30	8	3	24
General Helper A	\$13.81	09:00	17:30	8	4	32
General Helper B	\$13.81	09:00	17:30	8	3	24
General Helper C	\$13.81	12:00	18:30	6	5	30
General Helper D	\$13.81	12:00	18:30	6	2	12
General Helper E						0
General Helper F						0
<i>Note to Reader: Minimum Hours/Day = Paid Hours</i>						Total Hours
						210
Wage Rates for unionized positions effective upon ratification April 1, 2015:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2016:						
Lead Cook/Cook Manager						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2017:						
Lead Cook/Cook Manager						
Cook						
General Helper						
Note: Lead Cooks/Cook Managers at FMCC are included staff and operations require more than one on duty during a given rotation.						



APPENDIX B1-3						
STAFF WORKING HOURS						
April 1, 2015						
Correctional Centre:	Fraser Regional C C - without Inmate participation					
Hours of Operation:	05:00-18:30 M-F; 05:30-18:30 Sat, Sun & Stats					
Hours per Week:	488					
Position	Initial Wage Rate April 1, 2015	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$25.65	08:00	16:30	8	5	40
Cook A	\$19.82	05:00	13:30	8	5	40
Cook B	\$19.82	11:00	18:30	8	5	40
Cook C	\$19.82	05:00	13:30	8	5	40
Cook D	\$19.82	11:00	18:30	8	5	40
Cook E	\$19.82	05:00	13:30	8	2	16
Cook F	\$19.82	11:00	18:30	8	2	16
Cook G	\$19.82	05:00	13:30	8	2	16
Cook H	\$19.82	10:45	18:15	8	2	16
General Helper A	\$13.81	05:00	13:30	8	5	40
General Helper B	\$13.81	05:00	13:30	8	5	40
General Helper C	\$13.81	11:00	18:30	8	5	40
General Helper D	\$13.81	11:00	18:30	8	5	40
General Helper E	\$13.81	05:00	13:30	8	5	40
General Helper F	\$13.81	11:00	18:30	8	3	24
Note to Reader: Minimum Hours/Day = Paid Hours				Total Hours		488
Wage Rates for unionized positions effective upon ratification April 1, 2015:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2016:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2017:						
Cook						
General Helper						
Wage Rates for Excluded Manager:						
Effective January 1, 2015	\$25.65					
Effective January 1, 2016	\$26.42					
Effective January 1, 2017	\$27.21					



APPENDIX B1-3						
STAFF WORKING HOURS						
April 1, 2015						
Correctional Centre:	Kamloops Regional C C - without Inmate participation					
Hours of Operation:	04:30-18:00 M-F; 0700-1800 Sat, Sun & Stats					
Hours per Week:	316.5					
Position	Initial Wage Rate April 1, 2015	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$24.16	09:00	17:30	8	5	40
Manager B						0
Cook A	\$17.51	04:30	13:00	8	5	40
Cook B	\$17.51	09:30	18:00	7.5	5	37.5
Cook C	\$17.51	07:00	15:30	8	2	16
Cook D	\$17.51	09:30	18:00	7.5	2	15
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$13.80	04:30	13:00	8	5	40
General Helper B	\$13.80	09:30	18:00	8	5	40
General Helper C	\$13.80	07:00	15:30	8	2	16
General Helper D	\$13.80	09:30	18:00	8	2	16
General Helper E	\$13.80	09:30	18:00	8	5	40
General Helper F	\$13.80	09:30	18:00	8	2	16
General Helper G						0
<i>Note to Reader: Minimum Hours/Day = Paid Hours</i>						Total Hours
						316.5
Wage Rates for unionized positions effective upon ratification April 1, 2015:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2016:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2017:						
Cook						
General Helper						
Wage Rates for Excluded Manager:						
Effective January 1, 2015	\$24.16					
Effective January 1, 2016	\$24.88					
Effective January 1, 2017	\$25.63					

APPENDIX B1-3						
STAFF WORKING HOURS						
April 1, 2015						
Correctional Centre:	Nanaimo C C - without Inmate participation					
Hours of Operation:	06:00-18:00 7 days/week					
Hours per Week:	278					
Position	Initial Wage Rate April 1, 2015	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$24.17	09:00	17:30	8	5	40
Manager B						0
Cook A	\$19.82	06:00	14:30	8	5	40
Cook B	\$19.82	06:00	13:00	7	2	14
Cook C	\$19.82	09:30	18:00	8	5	40
Cook D	\$19.82	09:30	18:00	8	4	32
Cook E	\$19.82	09:00	17:30	8	5	40
Cook F	\$19.82	09:30	18:00	8	2	16
Cook G						0
Cook H						0
General Helper A	\$13.81	09:00	17:30	7	5	35
General Helper B	\$13.81	10:00	18:00	7	1	7
General Helper C	\$13.81	07:00	14:30	7	2	14
General Helper D						0
General Helper E						0
<i>Note to Reader: Minimum Hours/Day = Paid Hours</i>						Total Hours
						278
Wage Rates for unionized positions effective upon ratification April 1, 2015:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2016:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2017:						
Cook						
General Helper						
Wage Rates for Excluded Manager:						
Effective January 1, 2015	\$24.17					
Effective January 1, 2016	\$24.90					
Effective January 1, 2017	\$25.64					

APPENDIX B1-3						
STAFF WORKING HOURS						
April 1, 2015						
Correctional Centre:	North Fraser Pre-trial C C - without Inmate participation					
Hours of Operation:	22:30-19:00 M-F; 05:30-19:00 Sat, Sun & Stats					
Hours per Week:	527.5					
Position	Initial Wage Rate April 1, 2015	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager	\$27.83	09:00	17:30	8	5	40
Cook A - Lead Hand	\$17.86	09:00	17:30	8	5	40
Cook B	\$17.26	05:00	13:30	8	5	40
Cook C	\$17.26	11:00	19:30	8	5	40
Cook D	\$17.26	05:30	14:30	8	2	16
Cook E	\$17.26	11:00	19:30	8	2	16
General Helper A	\$13.80	05:00	13:30	8	4	32
General Helper B	\$13.80	05:00	13:30	8	4	32
General Helper C	\$13.80	05:00	13:30	8	4	32
General Helper D	\$13.80	05:00	13:30	8	2	16
General Helper E	\$13.80	11:00	19:30	8	4	32
General Helper F	\$13.80	11:00	19:30	8	5	40
General Helper G	\$13.80	11:00	19:30	8	5	40
General Helper H	\$13.80	05:00	13:30	8	5	40
General Helper I	\$13.80	05:00	13:30	8	2	16
General Helper J	\$13.80	11:00	19:30	4	5	20
General Helper K	\$13.80	11:00	19:30	7	1	7
General Helper L	\$13.80	11:00	19:00	7.5	1	7.5
General Helper M	\$13.80	11:30	19:00	7	3	21
<i>Note to Reader: Minimum Hours/Day = Paid Hours</i>						Total Hours
						527.5
<i>Lead Cook at NFPC receives a 60 cent per hour shift premium for added responsibilities.</i>						
Wage Rates for unionized positions effective upon ratification April 1, 2015:						
Cook		General Helper				
Wage Rates for unionized positions effective April 1, 2016:						
Cook		General Helper				
Wage Rates for unionized positions effective April 1, 2017:						
Cook		General Helper				
Wage Rates for Excluded Manager:						
Effective January 1, 2015	\$27.83					
Effective January 1, 2016	\$28.66					
Effective January 1, 2017	\$29.52					

APPENDIX B1-3						
STAFF WORKING HOURS						
April 1, 2016						
Correctional Centre:	Okanagan Correctional Centre - without Inmate participation					
Hours of Operation:	04:30-18:00 M-F; 05:30-18:00 Sat, Sun & Stats					
Hours per Week:	374.5					
Position	Initial Wage Rate March, 2016	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A		09:00	17:30	8	5	40
Manager B						0
Cook A		04:30	13:00	8	5	40
Cook B		09:30	18:00	8	5	40
Cook C		04:30	13:00	8	4	32
Cook D						0
Cook E						0
General Helper A		05:00	13:30	8	5	40
General Helper B		10:00	18:30	8	5	40
General Helper C		09:00	17:30	8	4	32
General Helper D		09:00	17:00	7.5	4	30
General Helper E		10:00	17:30	7	3.5	24.5
General Helper F		10:00	17:30	8	3	24
General Helper G		10:00	17:30	8	4	32
<i>Note to Reader: Minimum Hours/Day = Paid Hours</i>						Total Hours
						374.5
Wage Rates for unionized positions effective upon ratification April 1, 2015:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2016:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2017:						
Cook						
General Helper						
Wage Rates for Excluded Manager:						
Effective January 1, 2015						
Effective January 1, 2016						
Effective January 1, 2017						



APPENDIX B1-3						
STAFF WORKING HOURS						
April 1, 2015						
Correctional Centre:	Surrey Pre-trial Services Centre - without Inmate participation					
Hours of Operation:	04:30-18:00 M-F; 05:30-18:00 Sat, Sun & Stats					
Hours per Week:	374.5					
Position	Initial Wage Rate April 1, 2015	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$29.00	09:00	17:30	8	5	40
Manager B						0
Cook A	\$19.15	04:30	13:00	8	5	40
Cook B	\$19.15	09:30	18:00	8	5	40
Cook C	\$19.15	04:30	13:00	8	4	32
Cook D						0
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$13.35	05:00	13:30	8	5	40
General Helper B	\$13.35	10:00	18:30	8	5	40
General Helper C	\$13.35	09:00	17:30	8	4	32
General Helper D	\$13.35	09:00	17:00	7.5	4	30
General Helper E	\$13.35	10:00	17:30	3.5	7	24.5
General Helper F	\$13.35	10:00	17:30	8	3	24
General Helper G	\$13.35	10:00	17:30	8	4	32
<i>Note to Reader: Minimum Hours/Day = Paid Hours</i>						Total Hours
						374.5
Wage Rates for unionized positions effective upon ratification April 1, 2015:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2016:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2017:						
Cook						
General Helper						
Wage Rates for Excluded Manager:						
Effective January 1, 2015	\$29.00					
Effective January 1, 2016	\$29.87					
Effective January 1, 2017	\$30.77					



APPENDIX 4						
STAFF WORKING HOURS						
April 1, 2015						
Correctional Centre:	Vancouver Island Regional C C - without Inmate participation					
Hours of Operation:	05:30-18:30 M-F; 06:00-18:30 Sat, Sun & Stats					
Hours per Week:	320					
Position	Initial Wage Rate April 1, 2015	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$24.84	09:00	17:30	8	5	40
Manager B						0
Cook A	\$19.82	05:00	13:30	8	5	40
Cook B	\$19.82	06:00	13:30	8	2	16
Cook C	\$19.82	10:00	18:30	8	2	16
Cook D	\$19.82	10:00	18:30	8	5	40
Cook E						0
Cook F						0
General Helper A	\$13.81	06:00	13:30	8	5	40
General Helper B	\$13.81	10:00	18:30	8	5	40
General Helper C	\$13.81	09:00	17:30	8	5	40
General Helper D	\$13.81	06:00	13:30	8	2	16
General Helper E	\$13.81	10:00	18:30	8	2	16
General Helper F	\$13.81	09:00	17:30	8	2	16
General Helper G						0
<i>Note to Reader: Minimum Hours/Day = Paid Hours</i>						Total Hours
						320
Wage Rates for unionized positions effective upon ratification April 1, 2015:						
Cook						
General Helper						
Wage Rates for unionized positions effective July 1, 2016:						
Cook						
General Helper						
Wage Rates for unionized positions effective July 1, 2017:						
Cook						
General Helper						
Wage Rates for Excluded Manager:						
Effective January 1, 2015	\$24.84					
Effective January 1, 2016	\$25.59					
Effective January 1, 2017	\$26.35					

APPENDIX B1-4

STAFF WORKING HOURS – WITH INMATE PARTICIPATION

This Appendix contains the Staff Working Hours (with Inmate Participation) for each Correctional Centre.

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

Note: Below each of the charts that form part of this Appendix B1-4, the parties have left a number of spaces to be completed in regard to “wage rates for unionized positions”. It is the parties’ expectation that these spaces will be filled in by various Province and Service Provider personnel for purposes of convenient reference. However, notwithstanding that dollar amounts may be inserted into these spaces over time, the Province’s reimbursement obligations are nevertheless subject to limitation in accordance with the provisions of section 7 of the “Food Services” section of Schedule E.



APPENDIX B1-4						
STAFF WORKING HOURS						
April 1, 2015						
Correctional Centre:	ACCW Medium Security - with Inmate participation					
Hours of Operation:	06:00-17:30 7 days/week					
Hours per Week:	176.5					
Position	Initial Wage Rate April 1, 2015	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$25.71	09:00	17:30	8	5	40
Manager B						0
Cook A	\$17.51	06:00	18:00	11	3	33
Cook B	\$17.51	06:00	18:00	11	2	22
Cook C	\$17.51	07:00	18:00	11	2	22
Cook D						0
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$13.80	09:00	17:30	8.5	5	42.5
General Helper B	\$13.80	09:00	17:30	8.5	2	17
General Helper C						0
General Helper D						0
General Helper E						0
General Helper F						0
Note to Reader: Minimum Hours/Day = Paid Hours					Total Hours	176.5
Wage Rates for unionized positions effective upon ratification 2015:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2016:						
Cook	TBD					
General Helper	TBD					
Wage Rates for unionized positions effective April 1, 2017:						
Cook						
General Helper						
Wage Rates for Excluded Manager:						
Effective January 1, 2015	\$25.71					
Effective January 1, 2016	\$26.48					
Effective January 1, 2017	\$27.28					

APPENDIX B1-4						
STAFF WORKING HOURS						
April 1, 2015						
Correctional Centre:	Ford Mountain CC - with Inmate participation					
Hours of Operation:	06:00-17:30 M-F; 08:00-17:30 Sat, Sun & Stats					
Hours per Week:	80					
Position	Initial Wage Rate April 1, 2015	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Chef A						0
Cook A	\$21.27	05:30	18:30	12	3	36
Cook B	\$21.27	05:30	17:30	12	2	24
Cook C	\$21.27	07:00	18:00	10	2	20
Cook E						0
Cook F						0
General Helper A						0
General Helper B						0
General Helper C						0
General Helper D						0
Note to Reader: Minimum Hours/Day = Paid Hours				Total Hours		80
Wage Rates for unionized positions effective upon ratification 2015:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2016:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2017:						
Cook						
General Helper						

APPENDIX B1-4						
STAFF WORKING HOURS						
April 1, 2015						
Correctional Centre:	Fraser Regional C C - with Inmate participation					
Hours of Operation:	05:00-19:00 M-F; 05:00-19:00 Sat, Sun & Stats					
Hours per Week:	256					
Position	Initial Wage Rate April 1, 2015	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$25.65	09:00	17:30	8	5	40
Manager B						0
Cook A	\$19.82	05:00	13:30	8	5	40
Cook B	\$19.82	10:30	19:00	8	5	40
Cook C	\$19.82	06:00	13:30	7	2	14
Cook D	\$19.82	11:30	19:00	7	2	14
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$13.81	05:00	13:30	8	5	40
General Helper B	\$13.81	10:30	19:00	8	5	40
General Helper C	\$13.81	06:00	13:30	7	2	14
General Helper D	\$13.81	11:30	19:00	7	2	14
General Helper E						0
General Helper F						0
General Helper G						0
Note to Reader: Minimum Hours/Day = Paid Hours				Total Hours		256
Wage Rates for unionized positions effective Ratification, 2015:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2016:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2017:						
Cook						
General Helper						
Wage Rates for Excluded Chef Manager:						
Effective January 1, 2015	\$25.65					
Effective January 1, 2016	\$26.42					
Effective January 1, 2017	\$27.21					

APPENDIX B1-4						
STAFF WORKING HOURS						
April 1, 2015						
Correctional Centre:	Kamloops Regional CC - with Inmate participation					
Hours of Operation:	04:30-18:00 M-F; 0700-1800 Sat, Sun & Stats					
Hours per Week:	206					
Position	Initial Wage Rate April 1, 2015	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$24.16	09:00	17:30	8	5	40
Manager B						0
Cook A	\$17.51	05:00	13:30	8	5	40
Cook B	\$17.51	10:00	18:30	8	5	40
Cook C	\$17.51	05:00	13:30	8	2	16
Cook D	\$17.51	11:00	18:30	7	2	14
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$13.80	09:00	17:30	8	5	40
General Helper B	\$13.80	09:00	17:30	8	2	16
General Helper C						0
General Helper D						0
Note to Reader: Minimum Hours/Day = Paid Hours					Total Hours	206
Wage Rates for unionized positions effective Ratification, 2015:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2016:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2017:						
Cook						
General Helper						
Wage Rates for Excluded Manager:						
Effective January 1, 2015	\$24.16					
Effective January 1, 2016	\$24.88					
Effective January 1, 2017	\$25.63					

APPENDIX B1-4						
STAFF WORKING HOURS						
April 1, 2015						
Correctional Centre:	Nanaimo CC - with Inmate participation					
Hours of Operation:	06:00-17:30 7 days/week					
Hours per Week:	185					
Position	Initial Wage Rate April 1, 2015	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$24.17	09:00	17:30	8	5	40
Manager B						
Cook A	\$19.82	06:30	18:00	11	3	33
Cook B	\$19.82	06:30	18:00	11	3	33
Cook C	\$19.82	06:00	17:30	11	2	22
Cook D	\$19.82	09:00	17:30	8.5	4	34
Cook E	\$19.82	06:00	14:00	7.5	2	15
Cook F	\$19.82	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
Note to Reader: Minimum Hours/Day = Paid Hours				Total Hours		185
Wage Rates for unionized positions effective Ratification, 2015:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2016:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2017:						
Cook						
General Helper						
Wage Rates for Excluded Manager:						
Effective January 1, 2015	\$24.17					
Effective January 1, 2016	\$24.90					
Effective January 1, 2017	\$25.64					

APPENDIX B1-4						
STAFF WORKING HOURS						
April 1, 2015						
Correctional Centre:	Prince George Regional CC - with Inmate participation					
Hours of Operation:	05:30-18:00 M-F; 07:00-18:00 Sat, Sun & Stats					
Hours per Week:	206					
Position	Initial Wage Rate April 1, 2015	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$24.16	09:00	17:30	8	5	40
Manager B						0
Cook A	\$17.51	05:00	13:30	8	5	40
Cook B	\$17.51	10:00	18:30	8	5	40
Cook C	\$17.51	05:00	13:30	8	2	16
Cook D	\$17.51	10:00	18:30	8	2	16
Cook E						0
Cook F						0
Cook G						0
General Helper A	\$13.80	09:00	17:30	8	5	40
General Helper B	\$13.80	10:00	17:30	7	2	14
General Helper C						0
General Helper D						0
General Helper E						0
General Helper F						0
Note to Reader: Minimum Hours/Day = Paid Hours				Total Hours		206
Wage Rates for unionized positions effective Ratification, 2015:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2016:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2017:						
Cook						
General Helper						
Wage Rates for Excluded Manager:						
Effective January 1, 2015	\$24.16					
Effective January 1, 2016	\$24.88					
Effective January 1, 2017	\$25.63					

APPENDIX B1-4						
STAFF WORKING HOURS						
April 1, 2015						
Correctional Centre:	Vancouver Island Regional CC - with Inmate participation					
Hours of Operation:	05:30-18:30 M-F; 06:00-18:30 Sat, Sun & Stats					
Hours per Week:	206					
Position	Initial Wage Rate April 1, 2015	Start Time	Finish Time	Minimum Hours/Day	Minimum Days/Week	Weekly Hours
Manager A	\$24.84	09:00	17:30	8	5	40
Manager B						0
Cook A	\$19.82	05:00	13:30	8	5	40
Cook B	\$19.82	10:00	18:30	8	5	40
Cook C	\$19.82	06:00	14:30	8	2	16
Cook D	\$19.82	10:00	18:30	8	2	16
Cook E						0
Cook F						0
General Helper A	\$13.81	09:00	17:30	8	5	40
General Helper B	\$13.81	10:00	17:30	7	2	14
General Helper C						0
General Helper D						0
General Helper E						0
Note to Reader: Minimum Hours/Day = Paid Hours				Total Hours		206
Wage Rates for unionized positions effective Ratification, April 1, 2015:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2016:						
Cook						
General Helper						
Wage Rates for unionized positions effective April 1, 2017:						
Cook						
General Helper						
Wage Rates for Excluded Manager:						
Effective January 1, 2015	\$24.84					
Effective January 1, 2016	\$25.59					
Effective January 1, 2017	\$26.35					

APPENDIX B1-5

MENUS AND MENU REQUIREMENTS

BC CORRECTIONS FEMALE MENU SPECIFICATIONS		Revised February 2015
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% whole-wheat (thin sliced).	
9	All sandwiches will contain 2 oz weight of filling: ham, sakani, 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 wieners will be chicken. Portion will be 2 wieners, each weighing 2 oz.	
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 must be made from a minimum of 1/2 cup raw vegetables (such as onion, potato, or other vegetables as an ingredient) per inmate. In addition they can include 3 oz of cooked grains, pasta, beans, or lentils.	
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 lide.	
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. The edible portion, when cooked, weighing 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 Transfer Lunch will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 cookie (3 oz batter) and 1 piece fruit.	
37	Work 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: 7 grams. The margarine must be one that provides vitamins E and D.	
	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 MENU

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

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BC CORRECTIONS FEMALE MENU

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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
	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
	Toast, (slice)	2	Toast, (slice)	2	Brown Toast, (slice)	2	Toast, (slice)	2	Toast, (slice)	2
	Muffin (4oz)	1	Bran Muffin (4oz)	1	Muffin (4oz)	1	Muffin (4oz)	1	Muffin (4oz)	1
	Margarine (portion)	1	Margarine (portion)	2	Margarine (portion)	1	Margarine (portion)	2	Margarine (portion)	1
	Jam (portion)	2	Jam (portion)	1	Jam (portion)	2	Jam (portion)	1	Jam (portion)	2
			Peanut Butter (ptn)	1			Peanut Butter (ptn)	1		
	Milk	8 oz								
	Coffee	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
	Creamer (pwdr)	1	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
	Sugar (portion)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Brown Sugar (ptn)	1	Sugar (portion)	2	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1
Beverage Break					Brown Sugar (ptn)	1			Brown Sugar (ptn)	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
Lunch	Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Tomato & Rice Soup	8 oz	Lentil Soup	8 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
					Egg & Cheese (Plate)	1				
	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
			Gravy	2 oz	Veggie Sticks	3oz	French Fries	4 oz	Coleslaw	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
	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
Beverage Break	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
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Dinner	Southern Baked				Baked Fish	3 oz	Beef/Pepper Stir Fry	5 oz	French Meat Pie	6 oz
	1/4 Chicken	1	Lasagna	6 oz	Mashed Potato	4 oz	Steamed Rice	6 oz	Mashed Potatoes	4 oz
	Oven Roast Potatoes	4 oz	Italian Mixed Veg	5 oz	Kernel Corn	2.5oz	Broccoli Pieces	5 oz	Gravy	2 oz
	Green Beans	5 oz	Garlic Toast (slice)	1	Peas	2.5oz	Tossed Salad	3oz WT	Boiled Cabbage	5 oz
	Raisin Coleslaw	3 oz	3 Bean Salad	4oz WT	Chopped Raw Salad	2 oz	Dressing	1		
	Chocolate Pudding	4 oz					Soya Sauce (portion)	1	O'meal Raisin Cookie	3 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
	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
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1

BC CORRECTIONS FEMALE MENU

Revised February 2015

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)	1	Margarine (portion)	2	Margarine (portion)	1	Margarine (portion)	2	Margarine (portion)	1			Toast, (slice)	1
	Jam (portion)	2	Jam (portion)	1	Jam (portion)	2	Jam (portion)	1	Jam (portion)	2	Toast, (slice)	1	Margarine (portion)	2
			Peanut Butter (ptn)	1			Peanut Butter (ptn)	1			Margarine (portion)	2	Jam (portion)	1
	Milk	8 oz									Jam (portion)	1	Ketchup (portion)	1
	Coffee	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Ketchup (portion)	1	Syrup	21 ml
	Creamer (pwdr)	1	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Milk	8 oz	Milk	8 oz
	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
Beverage Break					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
Lunch	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	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
Beverage Break	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
	Beef Stew (2 oz Meat)	5 oz	Veal Cutlets	3 oz	Chili	5 oz	Chicken Cacciatore with 2oz sauce	1/4	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			Rice (cooked)	6oz	Mashed Potatoes	4 oz	Scalloped Potatoes	4 oz
	Tea Biscuits (3oz)	1	Steamed Rice	4 oz	Diced Carrots	2.5oz	Egg Noodles	6 oz	Oriental Mixed Veg	5oz	Green Beans	2.5oz	Cauliflower	2.5oz
	Margarine (portion)	1	Kernel Corn	5 oz	Green Beans	2.5oz	Mixed Vegetables	2.5oz			Carrot Coins	2.5oz	Brussel Sprouts	2.5oz
	Tomato & Cucumber Salad	4oz WT					Broccoli Pieces	2.5oz	Soya Sauce (portion)	1	Chocolate Pudding	3 oz	Chopped Raw Salad	2 oz
	Lemon Pudding	3 oz	Canned Apple Sauce	4 oz	Canned Pineapple	3 oz	Caramel Pudding	3 oz	Ice Cream	3 oz	Fruit Drink	8 oz	Spice Cake	3 oz
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Fruit Drink	8 oz
	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Milk	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Tea	8 oz
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Creamer/Sugar (portion)	1

BC CORRECTIONS FEMALE VEGAN MENU SPECIFICATIONS

Revised February 2015

All other specs for ACCW menus 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% whole-wheat (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 non-dairy. 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 wieners will be 8 to 11lb 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 (8 oz.) and must be made from a minimum of 1/2 cup raw vegetables (such as onion, potato, or other vegetables as an ingredient) per inmate. In addition they can include 3 oz of cooked grains, pasta, beans, or lentils.
- 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 Veggie burger 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 So Good milk original, 200ml Tetra Pak fruit juice, 2 jam, 2 peanut butter, sugar, spoon and 2 margarine.
- 35 **Bag Transfer Lunch** will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 muffin or cookie and 1 piece fruit.
- 36 **Work 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: 7 grams. The margarine must be one that provides vitamins E and D.

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 February 2015

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 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 Tofu 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) 1	Margarine (portion) 2	Margarine (portion) 1	Margarine (portion) 2	Margarine (portion) 1	Toast, (slice) 1	Toast, (slice) 1					
	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Margarine (portion) 2	Margarine (portion) 2					
		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					
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 5ct 7"											
	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	Hamburger Bun 1	Tossed Salad 3oz	Cabbage Salad 4oz	Greek Salad, no cheese 4oz	Salad, no cheese 4oz					
	Rice Salad 4oz	Ketchup 1	Green Salad with 1 x Dressing 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) Chow Mein 5 oz	Veggie Burger 3 oz	Fakfel 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	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					
	Margarine (portion) 2											
	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					

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BC CORRECTIONS FEMALE VEGAN MENU

Revised February 2015

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 Tofu	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)	1	Margarine (portion)	2	Margarine (portion)	1	Margarine (portion)	2	Margarine (portion)	1	Toast, (slice)	1	Toast, (slice)	1
	Jam (portion)	2	Jam (portion)	1	Jam (portion)	2	Jam (portion)	1	Jam (portion)	2	Margarine (portion)	2	Margarine (portion)	2
			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 (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	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 (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	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
	Vegetable & Tofu (3 oz)	5 oz	Hot Lentil Loaf Sandwich on Texas Bread	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) Lettuce, Tomato & Onion	1	Hummus Salad Sandwich*	1	Vegan Salami Sandwich*	1
							French Fries	4 oz	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
	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	1
Dinner	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
	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
	Chopped Raw Salad	2oz	Chopped Raw Salad	2oz	Tomato Sauce	2oz	Steamed Rice	6 oz			Tomato Sauce	2 oz		
	Oven Roast Potatoes	4 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
	Green Beans	5 oz	3 Bean Salad	4 oz	Kernel Corn	2.5 oz	Tossed Salad	3oz WT	Gravy	2 oz	Peas & Corn Mix	5 oz		
	Margarine (portion)	2	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 (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	1	Creamer (pwrdr)	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														
WEEK													Revised February 2015	
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 Tofu	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)	1	Margarine (portion)	2	Margarine (portion)	1	Margarine (portion)	2	Margarine (portion)	1	Toast, (slice)	1	Toast, (slice)	1
	Jam (portion)	2	Jam (portion)	1	Jam (portion)	2	Jam (portion)	1	Jam (portion)	2	Margarine (portion)	2	Margarine (portion)	2
			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
	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 (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
	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			Vegan Salami 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	Chopped Raw Salad	2 oz
	Coleslaw	4oz WT	Mixed Vegetable Salad	4oz WT	Veggie Sticks	3oz	Tossed Salad	3oz WT	Chopped Raw Salad	2oz	Greek Salad	4oz WT	Potato Salad with Italian dressing	4oz WT
			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
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
	Brown bread	2	Steamed Rice	4 oz	Diced Carrots	2.5oz	Peas	2.5oz	Rice (cooked)	6oz	Green Beans	2.5oz		

BC CORRECTIONS FEMALE VEGETARIAN MENU (NOT VEGAN) SPECIFICATIONS

Revised February 2015

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% whole-wheat (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 wieners 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 must be made from a minimum of 1/2 cup raw vegetables (such as onion, potato, or other vegetables as an ingredient) per inmate. In addition they can include 3 oz of cooked grains, pasta, beans, or lentils.	
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 Veggie burger or Garden Patty Sandwich will consist of 1 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 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 Transfer Lunches will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 cookie (3 oz batter) and 1 piece fruit.	
37	Work 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: 7 grams. The margarine must be one that provides vitamins E and D.	
	<u>No Changes are to be made to this menu without authorization from the Corrections Contract Manager.</u>	
	<u>Unavoidable local substitutions must be reported to the local liaison warden.</u>	

BC CORRECTIONS FEMALE VEGETARIAN MENU (NOT VEGAN)

Revised February 2015

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 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		Pancakes (4") 1						
	Margarine (portion) 1	Margarine (portion) 2	Margarine (portion) 1	Margarine (portion) 2	Margarine (portion) 1	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) 2						
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1		Margarine (portion) 2	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 (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						
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	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 5ct 7"												
	Pirogies (1oz) 4 ea.	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						
	Sour Cream 1/2 oz	Marinated Veg Salad 4oz WT	Hamburger Bun 1	Tossed Salad 3oz WT	Cabbage Salad 4oz WT	Greek Salad 4oz WT	Caesar Salad 4oz WT						
	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						
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) Chow Mein 5 oz	Veggie Burger 3 oz	Falafel Nuggets 4 oz	Garden Burger 3 oz	Curried Vegetarian Ground 4oz	Line 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								
	Margarine (portion) 2												
	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 February 2015

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) 1		Margarine (portion) 2		Margarine (portion) 1		Margarine (portion) 2		Margarine (portion) 1				Toast, (slice) 1
	Jam (portion) 2		Jam (portion) 1		Jam (portion) 2		Jam (portion) 1		Jam (portion) 2		Toast, (slice) 1		Margarine (portion) 2
			Peanut Butter (ptn) 1				Peanut Butter (ptn) 1				Margarine (portion) 2		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 (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 1		Coffee 8 oz		Coffee 8 oz
	Sugar (portion) 1		Sugar (portion) 2		Sugar (portion) 1		Sugar (portion) 2		Sugar (portion) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 1
	Brown Sugar (ptn) 1				Brown Sugar (ptn) 1				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 (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 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
					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		Caesar Salad 4oz WT
					Dressing 1		Chopped Raw Salad 2 oz		Ketchup 1				
			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
Beverage Break			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 (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 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) 6 oz		Vegetable Chilli 4 oz		Hot Veggieburger Sand. On Texas Bread 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
	Margarine (portion) 2		Cabbage 2.5oz		Sour Cream 1/2oz		Broccoli Pieces 2.5oz		Green Beans 2.5oz		Soya Sauce (portion) 1		Peas 2.5oz
													Dressing 1
	Seasonal Fresh Fruit 1				Seasonal Fresh Fruit 1						Vanilla Pudding 3 oz		Fruit Cocktail 3 oz
			Vanilla Ice Cream 3 oz				Caramel Pudding 3 oz		Canned Apple Sauce 4 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 (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 1		Creamer (pwrdr) 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)

WEEK	Revised February 2015													
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	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)	1	Margarine (portion)	2	Margarine (portion)	1	Margarine (portion)	2	Margarine (portion)	1			Toast, (slice)	1
	Jam (portion)	2	Jam (portion)	1	Jam (portion)	2	Jam (portion)	1	Jam (portion)	2	Toast, (slice)	1	Margarine (portion)	2
			Peanut Butter (ptn)	1			Peanut Butter (ptn)	1			Margarine (portion)	2	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 (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
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	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
					Egg & Cheese (Plate)	1								
	Vegetable & Tofu Pizza	5 oz	Hot Lentil Loaf Sandwich on Texas Bread	3 oz 1	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
	Chopped Raw Salad	2 oz	Vegetable Gravy	2oz	Veggie Sticks	3oz	French Fries	4 oz						
	Celery Sticks	4oz WT	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
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
			Chopped Raw Salad	2 oz	Tomato Sauce	2oz	Steamed Rice	6 oz			Tomato Sauce	2 oz		
	Margarine (portion)	2	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
	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 February 2015

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	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) 1	Margarine (portion) 2	Margarine (portion) 1	Margarine (portion) 1	Margarine (portion) 1		Toast, (slice) 1					
	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Jam (portion) 1	Jam (portion) 2	Toast, (slice) 1	Margarine (portion) 2					
		Peanut Butter (ptn) 1		Peanut Butter (ptn) 1		Margarine (portion) 2	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 (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					
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 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	Macaroni & Cheese Casserole 5 oz	Tofu & Hummus Sandwich 1	Flavoured Tofu 2 oz & Salad in a Pita 1	Cheese/Tofu Salad Sandwich 1							
			Pasta Salad 4oz WT	Potato Salad 4oz WT	Cabbage Salad 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 4oz WT					
		Green Peas 4 oz		Dressing (portion) 1	Veggie Sticks 3oz	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					
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 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	Raw Chopped Salad 2 oz					
	Tea Biscuits (3oz) 1	Steamed Rice 6 oz	Diced Carrots 2.5oz	Peas 2.5oz	Rice (cooked) 6oz	Green Beans 2.5oz	Scalloped Potatoes 4 oz					
	Margarine (portion) 2	Kernel Corn 5 oz	Green Beans 2.5oz	Mixed Vegetable Salad 4oz WT	Oriental Mixed Veg 5oz	Carrot Coins 2.5oz	Cauliflower 2.5oz					
	Tomato & Cucumber Salad 4oz WT			Garlic Toast 1	Dressing 1	Chocolate Pudding 3 oz	Brussel Sprouts 2.5oz					
	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	Spice Cake 3 oz					
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Fruit Drink 8 oz					
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Milk 8 oz					
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Tea 8 oz					
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Creamer/Sugar (portion) 1					

BC CORRECTIONS MALE HIGH ACTIVITY MENU SPECIFICATIONS

Revised February 2015

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% whole-wheat (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 wieners will be chicken. Portion will be 2 wieners, each weighing 2 oz.
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 1/2 cup of raw vegetables (such as onion, potato or other vegetables) per inmate. In addition they can include 3 oz of cooked grains, beans, pasta or lentils per portion.
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. The edible portion, when cooked, weighing 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 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 Transfer Lunches will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 cookie (3 oz batter) and 1 piece fruit.
36	Work 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: 7 grams. The margarine used must be one that provides vitamin E and D.
	<u>No Changes are to be made to this menu without authorization from the Corrections Contract Manager.</u>
	<u>Unavoidable local substitutions must be reported to the local liaison warden.</u>

BC CORRECTIONS MALE HIGH ACTIVITY MENU

WEEK									Revised February 2015
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		
	Peanut Butter (ptn) 3	Toast, (slice) 3	Peanut Butter (ptn) 1	Toast, (slice) 3	Peanut Butter (ptn) 3		Toast, (slice) 2		
	Jam (portion) 2	Bran Muffin (4oz) 1	Jam (portion) 2	Muffin (4oz) 1	Jam (portion) 2	Toast, (slice) 2	Jam (portion) 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	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				
	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		
Beverage Break	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz		
	Creamer/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea		
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 2	Sloppy Joes (as per specs) 6 oz	Chicken Salad Sandwich 2	Pizza Submarine* 1				
	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		
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	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	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 (portion) 1	Broccoli pieces 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 (portion) 1	Cauliflower 2.5oz	Bread (slice) 3	Soya Sauce (portion) 1		
	Margarine (portion) 2	Soya Sauce (portion) 1	Bread (slice) 3	Tea Biscuit (3oz) 1	Bread (slice) 3	Margarine (portion) 2	Bread/ Margarine (ea) 2		
	Apple Sauce (canned) 4 oz	Bread/ Margarine (each) 2	Margarine (portion) 2	Margarine (portion) 1	Margarine (portion) 2	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		
	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														
WEEK	Revised February 2015													
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
	Peanut Butter (ptn)	3	Toast, (slice)	3	Peanut Butter (ptn)	1	Toast, (slice)	3	Peanut Butter (ptn)	3			Toast, (slice)	2
	Jam (portion)	2	Bran Muffin (4oz)	1	Jam (portion)	2	Muffin (4oz)	1	Jam (portion)	2	Toast, (slice)	2	Jam (portion)	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	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				
	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
Beverage Break	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea
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
	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)	
			Dressing, (portion)	1					Ketchup	2				
	Coleslaw	3 oz	Veggie Sticks	6x3"	Mustard (portion)	2								
			Bread (slice) / Marg.	2 ea	Ketchup (portion)	2					Mustard (portion)	2	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	
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	Roast Chicken 1/4	1	Hot Hamburger Sand on. Texas Bread	3 oz	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		

<u>BC CORRECTIONS MALE HIGH ACTIVITY MENU</u>									
WEEK									Revised February 2015
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 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Bran 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		
	Peanut Butter (ptn) 3	Toast, (slice) 3	Peanut Buter (ptn) 1	Toast, (slice) 3	Peanut Butter (ptn) 3		Toast, (slice) 2		
	Jam (portion) 2	Bran Muffin (4oz) 1	Jam (portion) 2	Muffin (4oz) 1	Jam (portion) 2	Toast, (slice) 2	Jam (portion) 1		
	Margarine (ptn) 3	Margarine (ptn) 3	Margarine (ptn) 2	Margarine (ptn) 3	Margarine (ptn) 3	Margarine (ptn) 2	Margarine (ptn) 2		
		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				
	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		
	Creamer/Sugar (portion) 1 ea	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 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz		
	Creamer/Sugar (portion) 1 ea	Creamer/Sugar (portion) 1 ea	Creamer/Sugar (portion) 1 ea	Creamer/Sugar (portion) 1 ea	Creamer/Sugar (portion) 1 ea	Creamer/Sugar (portion) 1 ea	Creamer/Sugar (portion) 1 ea		
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)	Hot Beef Sandwich on Texas Bread 3 oz 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"	Mashed Potatoes 4 oz	Veggie Sticks 6x3"	French Fries 4 oz	Coleslaw 3 oz				
		Cooked Carrots 4 oz	Bread 2						
		Bread 1	Margarine 1	Mustard/Ketchup (ptn) 1 ea	Mustard (portion) 1		Mustard (portion) 2		
	Fruit Drink 8 oz	Margarine 1	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	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	Kernel Corn 2.5 oz	Broccoli Pieces 5 oz	Gravy 2 oz	Peas & Corn Mix 5 oz	Mashed Potatoes 8 oz		
				Tossed Salad 3 oz			Gravy 2 oz		
	Green Beans 5 oz	Garlic Toast (slice) 3	Peas 2.5oz	Dressing (portion) 1	Boiled Cabbage 5 oz	Mustard (portion) 1	Carrot Coins 5 oz		
	Raisin Coleslaw 3 oz	Margarine (ptn) 2		Soya Sauce (portion) 1		Bread (slice) 3	Bread 3		
	Bread (slice) 3		Bread (slice) 3	Bread 3	Bread (slice) 3	Margarine (ptn) 2	Margarine 2</		

BC CORRECTIONS MALE HIGH ACTIVITY MENU

Revised February 2015

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	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) 3	Toast, (slice) 3	Margarine (portion) 2	Toast, (slice) 3	Margarine (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) 3	Peanut Butter (ptn) 1	Margarine (portion) 3	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							
	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					
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					
	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 2	Macaroni & Cheese Casserole 6 oz	Cold Turkey Sand. 2	Cold Meat Plate 3 oz	Tuna Salad Sand. 2							
			Pasta Salad 4 oz	Potato Salad 4 oz	Cabbage Salad 3 oz	Turkey Loaf Sandwich* 2	Salami Sandwich 2					
	Coleslaw 3 oz	Green Peas 4 oz		Tossed Salad w/Dressing (1 portion) 3 oz wt		* (as per Specs)						
	Margarine (portion) 2	Bread slice 2	Veggie Sticks 6x3"	Veggie Stix 6x3"	Veggie Stix 6x3"	Mustard (portion) 2	Mustard (portion) 2					
	Fruit Drink 8 oz	Margarine portion 1		Bread 2								
				Margarine (portion) 1	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz					
	Seasonal Fresh Fruit 1	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	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					
	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					
		Mushroom Sauce 2 oz			Sweet & Sour Sauce 3oz	Mashed Potatoes 8oz	Scalloped Potatoes 8 oz					
	Mashed Potatoes 8 oz	Steamed Rice 6 oz	Oven Baked Potatoes 8 oz	Egg Noodles 8 oz	Rice (cooked) 6oz	Green Beans 2.5oz	Cauliflower 2.5oz					
	Tea Biscuits (3oz) 2	Kernel Corn 5 oz	Diced Carrots 2.5oz	Mixed Vegetables 2.5oz	Oriental Mixed Veg 5oz	Carrot Coins 2.5oz	Brussel Sprouts 2.5oz					
	Margarine (portion) 2	Carrot Raisin Salad 3 oz	Green Beans 2.5oz	Broccoli Pieces 2.5oz		Bread (slice) 3	Bread (slice) 3					
	Lemon Pudding 3 oz	Margarine (portion) 2	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	Margarine (portion) 2	Margarine (portion) 2					
	Milk 8 oz	Bread 3	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Chocolate Pudding 3 oz	Spice Cake 3 oz					
	Tea 8 oz	Canned Apple Sauce 4 oz	Canned Pineapple 3 oz	Caramel Pudding 3 oz	Ice Cream 3 oz	Fruit Drink 8oz	Fruit Drink 8oz					
	Creamer (pwdr) 1	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 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 MENU SPECIFICATIONS

Revised February 2015

- 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% whole-wheat (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 wieners will be chicken. Portion will be 2 wieners, each weighing 2 oz.
- 18 Skippy 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 1/2 cup of raw vegetables (such as onion, potato or other vegetables) per inmate. In addition they can include 3 oz of cooked grains, beans, pasta or lentils per portion.
- 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. The edible portion, when cooked, weighing 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 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 Transfer Lunches** will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 cookie (3 oz batter) and 1 piece fruit.
- 36 **Work 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: 7 grams. The margarine used must be one that provides vitamin E and D.

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 February 2015

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) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2						
	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Toast, (slice) 2	Toast, (slice) 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	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						
	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						
Beverage Break	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						
Lunch	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea						
	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								
	Veggie Sticks 6x3"		Veggie Sticks 6x3"		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						
	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	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	Carrot Coins 2.5oz		Coleslaw 3 oz						
							Soya Sauce (portion) 1						
	Garlic Toast (slice) 3	Soya Sauce (portion) 1	Kernel Corn 2.5oz	Ketchup (portion) 1	Cauliflower 2.5oz	Bread (slice) 3	Bread 3						
	Margarine (portion) 2	Bread 3	Bread (slice) 3	Tea Biscuit (3oz) 1	Bread (slice) 3	Margarine (portion) 2	Margarine (portion) 2						
	Apple Sauce (canned) 4 oz	Margarine 2	Margarine (portion) 2		Margarine (portion) 2	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						
	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 February 2015

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) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2					
	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Toast, (slice) 2	Toast, (slice) 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	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					
	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					
Beverage Break	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					
Lunch	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea					
	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							
	Coleslaw 3 oz	Veggie Sticks 6x3"	Mustard (portion) 2		Ketchup 2							
		Bread (slice) / Marg. 2 ea	Ketchup (portion) 2			Mustard (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					
		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					
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	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 4oz WT	Diced Carrot & Turnip 2.5oz					
		Cabbage 2.5oz	Kernel Corn 2.5oz	Kernel Corn 2.5oz	Gravy 2oz	Dressing (portion) 1	Peas 2.5oz					
			Peas 2.5oz	Peas 2.5oz	Carrot Coins 2.5oz	Soya Sauce (portion) 1	Bread (slice) 3					
	Margarine (portion) 2	Bread (slice) 3	Sour Cream 1/2 oz		Green Beans 2.5oz	Bread 3	Margarine (portion) 2					
	Garlic Toast (slice) 3	Margarine (portion) 2	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	Margarine 2	Fruited Jell-O 3 oz					
	Seasonal Fresh Fruit 1	Vanilla Ice Cream 3 oz	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Vanilla Pudding 3 oz	Fruit Drink 8oz					
	Milk 8 oz	Milk 8 oz	Seasonal Fresh Fruit 1	White Cake 3 oz	Canned Apple Sauce 4 oz	Fruit Drink 8oz	Milk 8 oz					
	Tea 8 oz	Tea 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Tea 8 oz					
	Creamer (pwdr) 1	Creamer (pwdr) 1	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	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	Sugar (portion) 1					

BC CORRECTIONS MALE MODERATE ACTIVITY MENU

Revised February 2015

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) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2					
	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Toast, (slice) 2	Toast, (slice) 2					
	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 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					
	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					
Beverage Break	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					
Lunch	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea					
	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). 6oz	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								
			Veggie Sticks 6 x 3"									
	Celery Sticks 6x3"	Mashed Potatoes 4 oz	Bread (slice) 2	Mustard/Ketchup (ptn) 1 ea	Coleslaw 3 oz							
		Cooked Carrots 4 oz	Margarine (portion) 1		Mustard (portion) 1							
		Bread 1										
	Fruit Drink 8 oz	Margarine 1	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	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					
			Mashed Potato 8 oz	Steamed Rice 6 oz	Mashed Potatoes 8 oz	Boiled Potatoes 8 oz	Sage Dressing 2 oz					
	Oven Roast Potatoes 8 oz	Italian Mixed Veg 5 oz	Kernel Corn 2.5 oz	Broccoli Pieces 5 oz	Gravy 2 oz	Peas & Corn Mix 5 oz	Mashed Potatoes 8 oz					
	Green Beans 5 oz		Peas 2.5oz	Tossed Salad 3 oz	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 (portion) 2	Bread 3					
				Bread 3			Margarine (portion) 2					
	Margarine (portion) 4	Garlic Toast (slice) 3	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	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					
	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 MODERATE ACTIVITY MENU

Revised February 2015

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) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (ptn) 2	Margarine (portion) 2
	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Toast, (slice) 2	Toast, (slice) 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 (ptn) 1	Ketchup (portion) 2
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Ketchup (ptn) 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
	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
Beverage Break	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea
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)	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 4 (as per Specs)	
			Pasta Salad 4 oz	Potato Salad 4 oz	Cabbage Salad 3 oz		Salami Sandwich 1
	Coleslaw 3 oz	Green Peas 4 oz		Tossed Salad 3 oz		Mustard (portion) 1	Mustard (portion) 1
		Bread slice 2	Veggie Sticks 6x3"	Dressing (portion) 1	Veggie Sticks 6x3"		
		Margarine portion 1		Veggie Sticks 6x3"			
	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	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		Sweet & Sour Sauce 3oz	Mashed Potatoes 8oz	Scalloped Potatoes 8 oz
		Steamed Rice 6 oz	Diced Carrots 2.5oz	Egg Noodles 8 oz	Rice (cooked) 6oz	Green Beans 2.5oz	Cauliflower 2.5oz
		Kernel Corn 5 oz	Green Beans 2.5oz	Mixed Vegetables 2.5oz	Oriental Mixed Veg 5 oz	Carrot Coins 2.5oz	Brussel Sprouts 2.5oz
		Carrot Raisin Salad 3 oz		Broccoli Pieces 2.5oz		Bread (slice) 3	Bread (slice) 3
	Tea Biscuits (3oz) 2	Bread 3	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	Margarine (portion) 2	Margarine (portion) 2
	Margarine (portion) 3	Margarine portion 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	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	Ice Cream 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 MODERATE ACTIVITY VEGAN MENU SPECIFICATIONS

Revised February 2015

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% whole-wheat (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 non-dairy. 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 wieners 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 1/2 cup of raw vegetables (such as onion, potato or other vegetables) per Inmate. In addition they can include 3 oz of cooked grains, beans, pasta or lentils per portion.
- 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 Veggie burger 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 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 So Good milk original, 200ml Tetra Pak fruit juice, 2 jam, 2 peanut butter, sugar, spoon and 2 margarine.
- 35 **Bag Transfer Lunches** will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 muffin or cookie and 1 piece fruit.
- 36 **Work 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: 7 grams. The margarine used must be one that provides vitamin E and D.

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 February 2015

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	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange 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) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	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 (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 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							
Beverage Break	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz					
	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea					
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					
	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	Cabbage Salad 3oz							
	Veggie Sticks 6x3"	Ketchup 1	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					
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz					
	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 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) Chow Mein 6 oz	Veggie Burger 3 oz	Fakafel 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	Carrot Coins 2.5oz	Bread (slice) 3	Soya Sauce (portion) 1					
	Garlic Toast (slice) 3	Margarine 2	Bread (slice) 3	Ketchup (portion) 1	Cauliflower 2.5oz	Margarine (portion) 2	Coleslaw 3 oz					
							Margarine (portion) 2					
	Margarine (portion) 2	Soya Sauce (portion) 1	Margarine (portion) 2	Brown bread slice 3	Bread (slice) 3		Bread/ Margarine 3					
				Margarine (portion) 2	Margarine (portion) 2	Fruit Drink 8 oz	Fruit Drink 8 oz					
	Apple Sauce (canned) 4 oz	Canned Pineapple 4 oz	Canned fruit eg plums 4 oz	Fresh fruit 1	Canned fruit 4 oz	Seasonal Fresh Fruit 1	Canned fruit or muffin 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 (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 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 VEGAN MENU

Revised February 2015

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	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange 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	Oatmeal Cooked with Bran 1 cup	Grilled Marinated Tofu 4oz	Vegetable "Sausage" Patty 4oz	Oatmeal Cooked with Bran 1 cup	Grilled Marinated Tofu 4oz
	Toast, (slice) 3	Toast, (slice) 3	Brown Toast, (slice) 3	Toast, (slice) 3	Toast, (slice) 3	Toast, (slice) 2	Toast, (slice) 2	Toast, (slice) 3	Toast, (slice) 2	Toast, (slice) 2	Toast, (slice) 3	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	Vegan Muffin (4oz) 1	Hash Browns 5 oz	Vegan Muffin (4oz) 1	Vegan Muffin (4oz) 1	Hash Browns 5 oz
	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	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	Jam (portion) 2	Jam (portion) 1	Jam (portion) 1	Jam (portion) 2	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		Peanut Butter (ptn) 1	Ketchup (portion) 2		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	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	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	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	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Sugar (portion) 1	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	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz	Coffee 6 oz
	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea	Creamer/sugar (ptn) 1 ea
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	Barley Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Tomato & Rice Soup 8 oz	Lentil Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	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	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
		Pasta Salad 4oz	French Fries 4 oz	Carrot Sticks 6x3"	French Fries 4oz				Pasta Salad 4oz	French Fries 4 oz	Carrot Sticks 6x3"	French Fries 4oz
	Coleslaw 3 oz	Veggie Sticks 6x3"	Mustard (portion) 2		Ketchup 2		Mustard portion 1	Coleslaw 3 oz	Veggie Sticks 6x3"	Mustard (portion) 2		Ketchup 2
		Bread (slice) 2	Ketchup (portion) 2						Bread (slice) 2	Ketchup (portion) 2		
		Margarine (portion) 1							Margarine (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	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	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	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	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Dinner	Rotini (cooked) 8 oz	Vegetable Chili 6 oz	Hot Veggieburger Sand. On Texas Bread 3 oz 1	Curried Vegetable Ground & Chick Pea Stew 5oz	Vegetarian Loaf 5oz	Flavoured Tofu (3oz) and Veg Stir Fry 6oz	Felafel Nuggets 4 oz	Rotini (cooked) 8 oz	Vegetable Chili 6 oz	Hot Veggieburger Sand. On Texas Bread 3 oz 1	Curried Vegetable Ground & Chick Pea Stew 5oz	Vegetarian Loaf 5oz
	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	Italian Sauce 6oz	Mashed Potatoes 8 oz	Baked Potato (Lge) 8oz	Rotini Noodles 8 oz	Oven Roast Potatoes 8 oz
	Marinated Veg. Salad 3oz WT		Vegetable Gravy 3 oz		Vegetable Gravy 2oz	Lettuce/Tomato Salad 4oz WT	Boiled Potatoes Diced 8oz	Marinated Veg. Salad 3oz WT		Vegetable Gravy 3 oz		Vegetable Gravy 2oz
		Cauliflower 2.5oz		Mixed Vegetables 2.5oz	Carrot Coins 2.5oz	Dressing (portion) 1	Peas 2.5oz		Cauliflower 2.5oz		Mixed Vegetables 2.5oz	Carrot Coins 2.5oz
	Garlic Toast (slice) 3	Cabbage 2.5oz	Peas and Corn Mix 5oz	Broccoli Pieces 2.5oz	Green Beans 2.5oz	Bread 3	Bread (slice) 3	Garlic Toast (slice) 3	Cabbage 2.5oz	Peas and Corn Mix 5oz	Broccoli Pieces 2.5oz	Green Beans 2.5oz
						Margarine (portion) 2						
	Margarine (portion) 2	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	Soya Sauce (portion) 1	Margarine (portion) 2	Margarine (portion) 2	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3
	Seasonal Fresh Fruit 1	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Fruit Drink 8oz	Fruit Drink 8oz	Seasonal Fresh Fruit 1	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2
		Pineapple pieces 4 oz	Seasonal Fresh Fruit 1	Canned fruit 4 oz	Canned Apple Sauce 4 oz	Canned fruit 4oz	Fruit Cocktail 4 oz		Pineapple pieces 4 oz	Seasonal Fresh Fruit 1	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	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	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	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	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

BC CORRECTIONS MALE MODERATE ACTIVITY VEGAN MENU														
WEEK													Revised February 2015	
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)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	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 (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)	2
Beverage Break	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea
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 (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 Sahd Sandwich	1	Vegan Salami Sandwich	1
			Mashed Potatoes	2oz	Veggie Sticks	6x3"	French Fries	4 oz	Coleslaw	3oz WT				
	Celery Sticks	6x3"	Cooked Carrots	4 oz	Bread	2	Mustard/Ketchup (ptn)	1 ea	Mustard (portion)	1			Mustard (portion)	1
					Margarine (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	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 Stew	5oz
	Oven Roast Potatoes	8 oz	Italian Mixed Veg	5 oz	Tomato Sauce	2oz	Steamed Rice	6 oz			Mustard (portion)	1		
	Green Beans	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			Kernel Corn	2.5 oz	Tossed Salad	3 oz	Gravy	2 oz	Peas & Corn Mix	5 oz	Carrot Coins	5oz
	Bread (slice)	3	Margarine (portion)	2	Bread (slice)	3	Soya Sauce (portion)	1	Boiled Cabbage	5 oz	Bread (slice)	3	Bread (slice)	3
							Bread	3						
	Margarine (portion)	2	Garlic Toast (slice)	3	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Canned fruit	4oz	Canned Apple Sauce	4oz

BC CORRECTIONS MALE MODERATE ACTIVITY VEGAN MENU														
WEEK	Revised February 2015													
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	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)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	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			Ketchup (portion)	2
	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	
Beverage Break	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea	Creamer/sugar (ptn)	1 ea
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 sandwich	1.5	Macaroni & nondairy Alfredo & tofu (3 oz)	6 oz	Tofu & Hummus sandwich	1.5	Flavoured Tofu 3oz and Salad in a pita	1	Falafel nuggets	6	Beans & Vegetables in a 10" Wrap	1	Vegan Salami Sandwich	1
					Pasta Salad	4oz WT	Potato Salad	4oz WT	Cabbage Salad	3oz WT				
	Coleslaw	3oz WT			Veggie Sticks	6x3"	Tossed Salad	3oz wt	Mustard portion	1				
			Green Peas	4 oz			Dressing (portion)	1	Veggie Sticks	6x3"			Mustard (portion)	1
			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 (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 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	Sauteed Potatoes	8 oz
	Brown bread slice	3	Kernel Corn	5 oz	Diced Carrots	2.5oz	Kernel Corn	2.5oz	Rice (cooked)	6oz	Green Beans	2.5oz	Cauliflower	

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

Revised February 2015

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% whole-wheat (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 wieners 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 1/2 cup of raw vegetables (such as onion, potato or other vegetables) per inmate. In addition they can include 3 oz of cooked grains, beans, pasta or lentils per portion	
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 Veggie burger 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 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 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, 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 Transfer Lunches will consist of 2 sandwiches, 200ml Tetra Pak Fruit Drink, 1 cookie (3 oz batter) and 1 piece fruit.	
36	Work 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: 78 grams. The margarine used must be one that provides vitamin E and D.	
	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 VEGETARIAN MENU (NOT VEGAN)

Revised February 2015

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)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	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
											Jam (portion)	1	Syrup	42 ml
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Ketchup (portion)	2	Ketchup (portion)	2
	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
	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
Beverage Break	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea
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
	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
	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	Marinated Tofu (3oz) Chow Mein	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	Carrot Coins	2.5oz	Bread (slice)	3	Soya Sauce (portion)	1
	Garlic Toast (slice)	3	Margarine	2	Bread (slice)	3	Ketchup (portion)	1	Cauliflower	2.5oz			Coleslaw	3 oz
													Bread	3
	Margarine (portion)	2	Soya Sauce (portion)	1	Margarine (portion)	2	Tea Biscuit (3oz)	1	Bread (slice)	3	Margarine (portion)	2	Margarine (portion)	2
	Apple Sauce (canned)	4 oz	Canned Pineapple	4 oz	Chocolate Pudding	3 oz	Margarine (portion)	1	Margarine (portion)	2	Seasonal Fresh Fruit	1	Marble Cake	3 oz
							Choc. Chip Cookie	3 oz	Caramel Pudding	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 (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 VEGETARIAN MENU (NOT VEGAN)

Revised February 2015

WEEK	Revised February 2015													
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)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	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
											Jam (portion)	1	Syrup	42 ml
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Ketchup (portion)	2	Ketchup (portion)	2
	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
	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	
Beverage Break	Coffee	6 oz	Coffee	6 oz	Coffee	6 oz	Coffee	6 oz	Coffee	6 oz	Coffee	6 oz	Coffee	6 oz
	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea
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	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				
	Coleslaw	3 oz	Veggie Sticks	6x3"	Mustard (portion)	2			Ketchup	2			Mustard portion	1
			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 (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	Vegetable Chili	6 oz	Hot Veggieburger Sand. on Texas Bread	3 oz 1	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	Baked Potato (Lge)	8oz	Egg Noodles	8 oz	Oven Roast Potatoes	8 oz	Steamed Rice	6 oz	Tomato & Basil Sauce	2oz
	Marinated Veg. Salad	3oz WT			Vegetable Gravy	2 oz			Vegetable Gravy	2oz	Lettuce/Tomato Salad	4oz 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
			Cabbage	2.5oz	Peas & Corn Mix	5oz	Broccoli Pieces	2.5oz	Green Beans	2.5oz	Bread	3	Peas	2.5oz
											Margarine (portion)	2		
	Margarine (portion)	2	Bread (slice)	3	Bread (slice)	3	Bread (slice)	3	Bread (slice)	3	Soya Sauce (portion)	1	Bread (slice)	3
	Garlic Toast (slice)	3	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Vanilla Pudding	3 oz	Margarine (portion)	2
	Seasonal Fresh Fruit	1	Vanilla Ice Cream	3 oz	Seasonal Fresh Fruit	1	Caramel Pudding	3 oz	Canned Apple Sauce	4 oz			Fruit Cocktail	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 MODERATE ACTIVITY VEGETARIAN MENU (NOT VEGAN)

Revised February 2015

WEEK	Revised February 2015													
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)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	2	Margarine (portion)	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
											Jam (portion)	1	Syrup	42 ml
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Ketchup (portion)	2	Ketchup (portion)	2
	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	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
Break	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea	Creamer/Sugar (ptn)	1 ea
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
					Egg & Cheese (Plate)	1								
	Pizza - Tofu (1.5 oz), one Vegetable (1 oz) & 6oz Cheese (1.5 oz)		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
			Vegetable Gravy	2oz	Veggie Sticks	6x3"	French Fries	4 oz						
	Celery Sticks	6x3"	Mashed Potatoes	4 oz	Bread	2	Mustard/Ketchup (ptn)	1 ea	Coleslaw	3oz			Mustard (portion)	1
			Cooked Carrots	4 oz	Margarine (portion)	2			Mustard (portion)	1				
			Bread	1										
			Margarine (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
	Seasonal Fresh Fruit	1			Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1			Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1
	Beverage	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea
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	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 Stew	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	5oz
	Raisin Coleslaw	3oz WT			Peas	2.5oz	Dressing (portion)	1	Boiled Cabbage	5 oz	Bread (slice)	3	Bread (slice)	3
	Bread (slice)	3	Margarine (portion)	2	Bread (slice)	3	Soya Sauce (portion)	1	Bread (slice)	3	Margarine (portion)	2	Margarine (portion)	2
	Margarine (portion)	2	Garlic Toast (slice)	3	Margarine (portion)	2	Bread	3	Margarine (portion)	2	White Cake	3 oz	Canned Apple Sauce	4 oz
							Margarine (portion)	2						
	Chocolate Pudding	4 oz	Canned Pineapple	3 oz	Spice Cake	3 oz	Ice Cream	3 oz	O'meal Raisin Ckie	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 (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 MALE MODERATE ACTIVITY VEGETARIAN MENU (NOT VEGAN)

Revised February 2015

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) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	Margarine (portion) 2	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							
						Ketchup (portion) 2	Syrup 42 ml.							
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Ketchup (portion) 2							
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Milk 8 oz							
Beverage Break	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Coffee 8 oz							
	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 1	Creamer (pwrdr) 1							
Lunch	Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 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/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea	Creamer/Sugar (ptn) 1 ea							
	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										
		Green Peas 4 oz		Dressing (portion) 1	Veggie Sticks 6x3"		Mustard (portion) 1							
		Bread slice 2		Veggie Sticks 6x3"										
		Margarine (portion) 1		Bread 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							
Dinner	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz							
	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1							
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1							
	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							
		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 3			Bread (slice) 3	Margarine (portion) 2	Margarine (portion) 2							
	Margarine (portion) 3	Margarine (portion) 2	Margarine (portion) 2	Garlic Toast 3	Margarine (portion) 2	Chocolate Pudding 3 oz	Spice Cake 3 oz							
Dinner	Lemon Pudding 3 oz	Canned Apple Sauce 4 oz	Canned Pineapple 3 oz	White Cake 3 oz	Ice Cream 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 (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1							
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1							

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 Correctional 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 B2 – 1

RULES FOR KITCHEN WORK PROGRAM

The following are the Rules for Kitchen Work Program as it relates to Part 2 Food Services above.

Inmate Name	(Print)	CS #	Date
1)	Inmates will shower prior to working in the kitchen hand washing will be done prior to handling any food		
2)	Inmates will report to work on time, and remain there for the complete shift		
3)	Inmates will treat all staff and visitors with respect at all times		
4)	Contractors are considered Corrections Staff and Inmates will follow their direction at all times		
5)	All inmates must wear steel toed boots, White Hats and White Clothing properly fitted at all times		
6)	Kitchen clothing is not allowed to be worn outside of the kitchen		
7)	Coats are not permitted into the kitchen / dining hall areas		
8)	Do not use any tools or equipment until taught by the Contractor on their proper use		
9)	Inmates will be escorted from the kitchen by staff only after being subjected to a frisk		
10)	Inmates will not take or bring any tools or food items out of the kitchen unless directed		
11)	WCB Regulations as it pertains to the use of Safety equipment and Safety guards must be adhered to		
12)	Always use lock-out procedures when cleaning equipment		
13)	Never get involved in horseplay		
14)	Always report any unsafe conditions to the Instructor / Contractor.		
15)	Report every accident to your Instructor / Contractor.		
16)	There is to be no personal items brought into the kitchen i.e. cards, water bottles and reading material		
17)	When in doubt "ASK" the Instructor / Contractor!		
18)	The receiving dock is out of bounds to any Inmate not shipping or receiving products		
19)	All exit doors and equipment / cupboard doors are to be closed and locked when not in use		
20)	There is to be no saving of personal leftover food.		
21)	Always ask before you take any extra food items. Remember extras are not a right they are a privilege.		
22)	Kitchen Inmates will eat the same meals provided to the others inmates as per the Menu		
23)	Inmates are required to follow all verbal rules and direction from Contractors at all times		
24)	Progressive discipline will be used for any and all breaches		

Service Provider Signature	Inmate Signature	Date
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I, _____ CS# _____ Date: _____
(PRINT)

understand that I am only allowed to use the equipment that I have been trained in the safe operation of.



EQUIPMENT:					
TYPE:	OK'D	DATE	RECHECK	DATE	SIGNATURE
Lock out					
Proper use of knives and peelers					
Safety equipment					
Personal Protective Equipment					
Cleaning procedures					
Chemical Handling					
Reporting of Work site hazards					
Meat Slicer					
Hobart Mixer					
Use of Ovens					
Use of Steamer					
Use of Deep Fryers					
Use of Tilt Skillet					
Use of Potato Scrubber					
Use of coffee maker					
Use of dish Washer					

The procedure for locking out equipment has been explained to me and I understand that procedure. I am also aware of the location of the written procedure should I need to check it.

I understand that I am only allowed to operate the pieces of equipment that have been check marked. If I am found operating equipment that I am not authorized to use I will be charged.

Staff Signature

Inmate's Signature



APPENDIX B2 – 2

EXPECTATIONS FOR INMATE KITCHEN WORKERS

The following are the Expectations for Inmate Kitchen Workers.

ALL INMATE KITCHEN WORKERS MUST:-

- FOLLOW THE DIRECTION OF THE KITCHEN SHIFT SUPERVISORS
- IF YOUR NAME HAS (A) BESIDE IT THEN YOU MUST COME IN TO WORK
- COMPLETE ALL TASKS REQUIRED FOR YOUR POSITION
- ARRIVE AT WORK, SHOWERED, CLEAN, TIDY AND WEARING PROPER CLEAN KITCHEN CLOTHING
- BE READY ON TIME FOR MOVEMENT TO THE KITCHEN FOR THE START OF YOUR SHIFT
- NOT TO BE LOUD OR USE OBJECTIONABLE LANGUAGE IN THE KITCHEN
- WEAR HAIR CAPS AND GLOVES AT ALL TIMES
- KEEP YOUR AREA CLEAN AND TIDY.
- ACCEPT ANY JOB FROM YOUR SUPERVISOR.
- NO OTHER FOOD WILL BE CONSUMED OTHER THAN OF YOUR MEAL WITHOUT PERMISSION FROM STAFF.
- EATING IS ALLOWED AT DESIGNATED AREA ONLY
- YOU MAYBE REQUIRED TO SERVE ON THE MEAL LINE

KITCHEN SANITATION PROCEDURES:

I HAVE BEEN INFORMED AND TRAINED ON THE FOLLOWING:

I WILL NOT OPERATE EQUIPMENT WITHOUT BEING TRAINED FIRST BY KITCHEN STAFF

- OF PROPER CLEANING PROCEDURES
- OF SAFE PREPARATION OF FOOD, SERVING AND STORAGE OF FOOD
- OF PROPER AND FREQUENT HAND WASHING

POTATO MACHINE

- MUST USE CUT GLOVE WHEN CUTTING POTATOES _____
- MUST NOT PUT MORE THAN 1/3 OF BOX OF POTATOES IN THE MACHINE AT ONCE_____
- MUST CLEAN AND EMPTY THE BOTTOM OF THE POTATO MACHINE AFTER EVERY USE WITH HOT WATER INSIDE AND HOT SOAPY WATER OUTSIDE_____

DEEP FRYER

- DO NOT PUT HANDS IN THE FRYER/DO NOT GRAB ITEMS FROM HOT BASKET_____
- DO NOT PUT WATER IN THE HOT FRYER_____
- WHEN FINISHED TURN FRYER TO PILOT POSITION (ASK STAFF FIRST)
- WIPE DOWN THE OUTSIDE OF THE DEEP FRYER WITH HOT SOAPY WATER AND A PAPER TOWEL_____

SLICER

- MUST WEAR METAL CUT GLOVE AT ALL TIME THE SLICER IS IN USE_____



- WHEN CLEANING THE SLICER MUST WEAR CUT GLOVE AND MACHINE MUST BE UNPLUGGED WITH THE LOCK BOX ON _____
- PARTS MUST BE SANITIZED IN THE POT WASHER STATION AND SUBMERGED FOR 30 SECONDS _____

MIXER

- DO NOT SHIFT GEARS WHILE MACHINE IS ON _____
- DO NOT PUT YOUR HANDS IN THE GUARD _____
- DO NOT PLAY WITH THE MACHINE _____
- CLEAN THE MIXER WITH HOT SOAPY WATER AFTER IT HAS BEEN UNPLUGGED AND A LOCK BOX PUT ON _____

POTWASHER

- MAKE SURE THE SPOUT FOR THE CHEMICALS IS DOWN AND WEAR GOGGLES WHEN PRESSING CHEMICAL FOR DISPENSING _____
- MUST WEAR GREEN LONG GLOVES WHEN WASHING POTS _____

TOASTER

- DO NOT PUT ANY INSTRUMENT IN THE TOASTER _____
- IF BREAD BECOMES STUCK, UNPLUG AND CALL STAFF _____
- DO NOT FORCE THE MACHINE TO WORK FASTER _____
- DO NOT PLAY WITH THE DIALS _____

DISHWASHER

- DO NOT PLAY WITH THE BUTTONS OR DISPENSING AREA _____
- DO NOT OVER LOAD THE DISH TRAYS _____
- DO NOT SPAY OTHER INMATES _____
- CLEAN OUT THE MESH SCREEN IN THE DISHWASHER EVERY NIGHT _____
- STACK THE RACKS ABOVE THE SPRAY NOZZLE _____
- REMOVE PARTS FROM MACHINE EVERY NIGHT FOR CLEANING _____

REMOVAL FROM THE KITCHEN WORK PROGRAM FOR THE FOLLOWING REASONS:

- VOILENCE AGAINST OTHER INMATES OR STAFF
- HORSE PLAY OF ANY KIND
- REFUSAL TO CARRY OUT ASSIGN TASK OR ANY UNSUITABLE STANDARD OF WORK
- THEFT OF ANY KIND

I HAVE READ AND UNDERSTAND THE ABOVE RULES

- IF THERE IS A PROBLEM BETWEEN INMATE AND STAFF PLEASE ADVISE THE MANAGER FOR A RESOLUTION

SIGNATURE: _____

C.S.# _____

Date _____

Staff Signature _____



APPENDIX B3-1

CORE CANTEEN LIST AND PRICING

<u>APPENDIX B3-1</u>				
<u>CORRECTIONS PROVINCIAL CORE CANTEEN LIST</u>				
<u>2015 CANTEEN ORDER GUIDE</u>				
<u>Effective Date April 1st 2015</u>				
<u>Product</u>	<u>Pack Size</u>	<u>5% GST</u>	<u>7% PST</u>	<u>2015 Selling Price Including All Applicable Taxes</u>
<u>Beverages Hot/Cold</u>	-	-	-	-
<u>Pepsi</u>	<u>591ml bottle</u>	<u>\$0.10</u>	-	<u>\$2.11</u>
<u>Diet Pepsi</u>	<u>591ml bottle</u>	<u>\$0.10</u>	-	<u>\$2.11</u>
<u>7 Up</u>	<u>591ml bottle</u>	<u>\$0.10</u>	-	<u>\$2.11</u>
<u>Root beer / Orange</u>	<u>591ml bottle</u>	<u>\$0.10</u>	-	<u>\$2.11</u>
<u>Bottled Water</u>	<u>591ml bottle</u>	<u>\$0.10</u>	-	<u>\$2.11</u>
<u>All Pop and water</u>	<u>591ml bottle</u>	<u>\$0.10</u>	-	<u>\$2.11</u>
<u>Gatorade</u>	<u>591ml bottle</u>	<u>\$0.11</u>	-	<u>\$2.28</u>
<u>Cans of Pop (NCC Only)</u>	<u>355ml can</u>	<u>\$0.05</u>	-	<u>\$1.00</u>
<u>Hot Chocolate 23gr</u>	<u>Sachet</u>	<u>\$0.02</u>	-	<u>\$0.44</u>
<u>Instant Coffee</u>	<u>Sachet</u>	<u>\$0.01</u>	-	<u>\$0.23</u>
<u>Premium Ground Columbian Coffee (Roasters)</u>	<u>2.25oz</u>	<u>\$0.11</u>	-	<u>\$2.26</u>
<u>Folgers Traditional Ground Coffee</u>	<u>320gr</u>	<u>\$0.41</u>	-	<u>\$8.58</u>
<u>Coffee Creamer (Coffee mate)</u>	<u>Sachet</u>	<u>\$0.01</u>	-	<u>\$0.12</u>
<u>Powdered Milk</u>	<u>500 gr</u>	<u>\$0.52</u>	-	<u>\$10.98</u>
<u>Sugar Twin Diet Sugar</u>	<u>50 Sachet</u>	<u>\$0.07</u>	-	<u>\$1.50</u>
<u>Flavoured creamers individual - Irish Cream. French Vanilla</u>	<u>Each</u>	<u>\$0.01</u>	-	<u>\$0.20</u>
<u>Flavoured coffee Vanilla, Hazelnut, Irish cream</u>	<u>2.25 oz</u>	<u>\$0.11</u>	-	<u>\$2.23</u>
<u>Crystal Light Strawberry/ Kiwi /Raspberry</u>	<u>3 gr</u>	<u>\$0.02</u>	-	<u>\$0.52</u>
<u>Tang Crystals (Orange)</u>	<u>3x92gr</u>	<u>\$0.11</u>	-	<u>\$2.23</u>
<u>Tang Crystals (Grape)</u>	<u>3x92gr</u>	<u>\$0.11</u>	-	<u>\$2.23</u>



<u>Camomile Tea</u>	<u>28 per box</u>	<u>\$0.25</u>	-	<u>\$5.20</u>
<u>Lipton Green Tea</u>	<u>28 bag box</u>	<u>\$0.23</u>	-	<u>\$4.88</u>
<u>Potato Chips</u>	<u>Pack Size</u>	<u>\$0.00</u>	-	-
<u>BIG GRAB All Dressed</u>	<u>60 gr.</u>	<u>\$0.07</u>	-	<u>\$1.53</u>
<u>Nacho Cheese</u>	<u>70gr</u>	<u>\$0.06</u>	-	<u>\$1.24</u>
<u>All Chips Various Flavours</u>	<u>40 gr.</u>	<u>\$0.05</u>	-	<u>\$1.04</u>
<u>Cheetos Snack Cheese Puffs</u>	<u>40gr</u>	<u>\$0.05</u>	-	<u>\$1.04</u>
<u>Microwave Popcorn</u>	<u>99gr</u>	<u>\$0.06</u>	-	<u>\$1.20</u>
<u>Chocolate</u>	<u>Pack Size</u>	<u>\$0.00</u>	-	<u>\$0.00</u>
<u>Aero</u>	<u>Each</u>	<u>\$0.07</u>	-	<u>\$1.49</u>
<u>Bounty Bar</u>	<u>Each</u>	<u>\$0.07</u>	-	<u>\$1.49</u>
<u>Caramilk Bar</u>	<u>Each</u>	<u>\$0.07</u>	-	<u>\$1.49</u>
<u>Coffee Crisp Bar</u>	<u>Each</u>	<u>\$0.07</u>	-	<u>\$1.49</u>
<u>Crunchie</u>	<u>Each</u>	<u>\$0.07</u>	-	<u>\$1.49</u>
<u>Kit Kat Bar</u>	<u>Each</u>	<u>\$0.07</u>	-	<u>\$1.49</u>
<u>Mars Bars</u>	<u>Each</u>	<u>\$0.07</u>	-	<u>\$1.49</u>
<u>Mr. Big Bar</u>	<u>Each</u>	<u>\$0.07</u>	-	<u>\$1.49</u>
<u>Reeses Peanut Butter Cups</u>	<u>Each</u>	<u>\$0.07</u>	-	<u>\$1.49</u>
<u>Oh Henry</u>	<u>Each</u>	<u>\$0.07</u>	-	<u>\$1.49</u>
<u>Snickers</u>	<u>Each</u>	<u>\$0.07</u>	-	<u>\$1.49</u>
<u>Candy Confectionery</u>	-	<u>\$0.00</u>	-	<u>\$0.00</u>
<u>Dare Jelly Beans</u>	<u>250gr</u>	<u>\$0.14</u>	-	<u>\$2.84</u>
<u>Werthers Original (Bag)</u>	<u>180gr</u>	<u>\$0.16</u>	-	<u>\$3.31</u>
<u>Jolly Ranchers Asst. & Tropical</u>	<u>Pkg</u>	<u>\$0.05</u>	-	<u>\$0.97</u>
<u>Life Savers</u>	<u>Pkt</u>	<u>\$0.04</u>	-	<u>\$0.90</u>
<u>Certs Fruit/Winter</u>	<u>Each</u>	<u>\$0.03</u>	-	<u>\$0.72</u>
<u>Twizzler Licorice RED</u>	<u>227gr Bar</u>	<u>\$0.11</u>	-	<u>\$2.38</u>
<u>Ju Jubes</u>	<u>225gr/bag</u>	<u>\$0.12</u>	-	<u>\$2.47</u>
<u>Licorice Nibs Red/Black</u>	<u>75gr</u>	<u>\$0.08</u>	-	<u>\$1.65</u>
<u>Scotch Mints</u>	<u>225gr</u>	<u>\$0.13</u>	-	<u>\$2.69</u>
<u>Fishermans Friends</u>	<u>Pkt</u>	<u>\$0.14</u>	-	<u>\$2.89</u>
<u>Non Food Items</u>	<u>Pack Size</u>	<u>\$0.00</u>	-	<u>\$0.00</u>
<u>Batteries AA 1.5v</u>	<u>Pkg. of 2's</u>	<u>\$0.23</u>	<u>0.32</u>	<u>\$4.86</u>
<u>Batteries AAA 1.5v</u>	<u>Pkg. of 2's</u>	<u>\$0.27</u>	<u>0.38</u>	<u>\$5.65</u>
<u>Playing Cards</u>	<u>Deck</u>	<u>\$0.22</u>	<u>0.31</u>	<u>\$4.70</u>
<u>Juice/Water Bottle</u>	<u>Each</u>	<u>\$0.26</u>	<u>0.37</u>	<u>\$5.50</u>
<u>Rice Cookers</u>	<u>Each</u>	<u>\$0.43</u>	<u>0.6</u>	<u>\$8.99</u>
<u>Shower Thongs - CROGS and Sandals</u>	<u>Pair</u>	<u>\$0.43</u>	<u>0.6</u>	<u>\$9.00</u>
<u>Soap Dish</u>	<u>Each</u>	<u>\$0.05</u>	<u>0.07</u>	<u>\$1.10</u>
<u>Misc. Foods</u>	<u>Pack Size</u>	<u>\$0.00</u>	-	<u>\$0.00</u>



<u>Teriyaki Sauce - Lighthouse</u>	<u>350ml</u>	<u>\$0.22</u>	-	<u>\$4.65</u>
<u>Stir Fry Sauce - Lighthouse</u>	<u>350ml</u>	<u>\$0.22</u>	-	<u>\$4.65</u>
<u>Sweet & Sour Sauce</u>	<u>350ml</u>	<u>\$0.17</u>	-	<u>\$3.65</u>
<u>Chocolate Oreo Cookies</u>	<u>350gr Pkt</u>	<u>\$0.23</u>	-	<u>\$4.79</u>
<u>Fugee O' Cookies</u>	<u>350gr Pkt</u>	<u>\$0.24</u>	-	<u>\$4.98</u>
<u>Ritz Bits Crackers</u>	<u>250gr</u>	<u>\$0.19</u>	-	<u>\$3.98</u>
<u>Cheez Whiz</u>	<u>10x18gr each</u>	<u>\$0.20</u>	-	<u>\$4.22</u>
<u>Crunch & Munch</u>	<u>200gr</u>	<u>\$0.16</u>	-	<u>\$3.40</u>
<u>Dare Choc Chip Cookies</u>	<u>250gr</u>	<u>\$0.11</u>	-	<u>\$2.25</u>
<u>Ritz Crackers</u>	<u>250 gr.</u>	<u>\$0.19</u>	-	<u>\$3.98</u>
<u>Graham Crackers</u>	<u>400gr.</u>	<u>\$0.24</u>	-	<u>\$5.04</u>
<u>Dainty Rice</u>	<u>907gr</u>	<u>\$0.15</u>	-	<u>\$3.05</u>
<u>English Bay Oatmeal Raisin / Dble Choc Cookie</u>	<u>100gr</u>	<u>\$0.07</u>	-	<u>\$1.49</u>
<u>Garlic Powder / Curry Powder</u>	<u>58gr</u>	<u>\$0.13</u>	-	<u>\$2.64</u>
<u>Honey</u>	<u>500gr</u>	<u>\$0.23</u>	-	<u>\$4.91</u>
<u>Pepperoni Stick 40gr.</u>	<u>Each</u>	<u>\$0.12</u>	-	<u>\$2.44</u>
<u>Hot Sauce</u>	<u>9gr</u>	<u>\$0.00</u>	-	<u>\$0.09</u>
<u>Ketchup Individual portions</u>	<u>Each</u>	<u>\$0.00</u>	-	<u>\$0.09</u>
<u>Ketchup</u>	<u>1Lt.</u>	<u>\$0.26</u>	-	<u>\$5.36</u>
<u>J/L Kipperd Beef Teriyaki 28gr</u>	<u>28gr</u>	<u>\$0.08</u>	-	<u>\$1.63</u>
<u>Kellogg Pop Tarts (Strawberry)</u>	<u>Box of 8's</u>	<u>\$0.21</u>	-	<u>\$4.39</u>
<u>Froot Loops</u>	<u>275gr</u>	<u>\$0.28</u>	-	<u>\$5.92</u>
<u>Honey Nut Cheerios</u>	<u>330gr</u>	<u>\$0.24</u>	-	<u>\$4.98</u>
<u>Harvest Crunch</u>	<u>800gr</u>	<u>\$0.26</u>	-	<u>\$5.36</u>
<u>Macaroni & Cheese</u>	<u>225gr</u>	<u>\$0.09</u>	-	<u>\$1.99</u>
<u>Oriental Noodles Beef</u>	<u>85gr</u>	<u>\$0.03</u>	-	<u>\$0.69</u>
<u>Oriental Noodles Chicken Reg. & Spicy</u>	<u>85gr</u>	<u>\$0.03</u>	-	<u>\$0.69</u>
<u>Oriental Noodles Oriental</u>	<u>85gr</u>	<u>\$0.03</u>	-	<u>\$0.69</u>
<u>Mr Noodle Vegetable Cup of noodle NFPC & ACCW</u>	<u>64 G</u>	<u>\$0.06</u>	-	<u>\$1.20</u>
<u>Lipton Mushroom/Alfredo Side Kick</u>	<u>136gr.</u>	<u>\$0.13</u>	-	<u>\$2.65</u>
<u>Lipton Noodles Herb & Butter /3 cheese</u>	<u>136gr.</u>	<u>\$0.13</u>	-	<u>\$2.65</u>
<u>Lipton Noodles Fettuccini Alfredo/ Harvest Chick</u>	<u>135gr.</u>	<u>\$0.13</u>	-	<u>\$2.65</u>
<u>Peanut Butter (Large)</u>	<u>500gr</u>	<u>\$0.28</u>	-	<u>\$5.83</u>
<u>Soya Sauce</u>	<u>483ml</u>	<u>\$0.20</u>	-	<u>\$4.21</u>
<u>Soya Sauce Individual Portions</u>	<u>Each</u>	<u>\$0.00</u>	-	<u>\$0.07</u>
<u>Hellmanns Mayonnaise individual portions</u>	<u>12ml</u>	<u>\$0.01</u>	-	<u>\$0.25</u>
<u>Honey Mustard individual portions</u>	<u>28gr</u>	<u>\$0.01</u>	-	<u>\$0.20</u>
<u>Burritos (Bean & Cheese)</u>	<u>Each</u>	<u>\$0.06</u>	-	<u>\$1.33</u>
<u>Cheddar Cheese Med and Old</u>	<u>200gr</u>	<u>\$0.27</u>	-	<u>\$5.76</u>
<u>Pizza Pops</u>	<u>Each</u>	<u>\$0.06</u>	-	<u>\$1.20</u>



<u>Canned Meat / Fish</u>	<u>Pack Size</u>	<u>\$0.00</u>	<u>-</u>	<u>-</u>
<u>Tuna (Rip & Ready)</u>	<u>85gr</u>	<u>\$0.10</u>	<u>-</u>	<u>\$2.15</u>
<u>Hygiene Products</u>	<u>Pack Size</u>	<u>\$0.00</u>	<u>-</u>	<u>-</u>
<u>After Shave Balm</u>	<u>75ml</u>	<u>\$0.26</u>	<u>0.37</u>	<u>\$5.50</u>
<u>Alberto Hair Gel</u>	<u>150ml.</u>	<u>\$0.27</u>	<u>0.38</u>	<u>\$5.74</u>
<u>Emery Board (ACCW ONLY)</u>	<u>Pkt 12</u>	<u>\$0.04</u>	<u>0.05</u>	<u>\$0.80</u>
<u>Deodorant Lady Speed Stick (ACCW only)</u>	<u>45gr</u>	<u>\$0.23</u>	<u>0.32</u>	<u>\$4.84</u>
<u>Mennen Speedstick</u>	<u>70gr</u>	<u>\$0.27</u>	<u>0.38</u>	<u>\$5.75</u>
<u>Gillette Deodorant (Clear Gel)</u>	<u>85gr</u>	<u>\$0.24</u>	<u>0.34</u>	<u>\$5.04</u>
<u>Comb</u>	<u>Each</u>	<u>\$0.01</u>	<u>0.02</u>	<u>\$0.26</u>
<u>Crest Toothpaste</u>	<u>100ml Tube</u>	<u>\$0.12</u>	<u>0.16</u>	<u>\$2.50</u>
<u>Denture Cleaner</u>	<u>Tablets 40's</u>	<u>\$0.32</u>	<u>0.44</u>	<u>\$6.65</u>
<u>Denture Adhesive</u>	<u>50gr</u>	<u>\$0.40</u>	<u>0.56</u>	<u>\$8.40</u>
<u>Irish Spring</u>	<u>90gr</u>	<u>\$0.07</u>	<u>0.1</u>	<u>\$1.50</u>
<u>Ivory Soap</u>	<u>127gr Bar</u>	<u>\$0.06</u>	<u>0.08</u>	<u>\$1.25</u>
<u>Dove Beauty Bar</u>	<u>120gr</u>	<u>\$0.13</u>	<u>0.19</u>	<u>\$2.81</u>
<u>Lipstick (ACCW only)</u>	<u>Each</u>	<u>\$0.15</u>	<u>0.22</u>	<u>\$3.23</u>
<u>Mascara (ACCW Only)</u>	<u>Each</u>	<u>\$0.61</u>	<u>0.86</u>	<u>\$12.84</u>
<u>Foundation (ACCW Only)</u>	<u>Each</u>	<u>\$0.75</u>	<u>1.05</u>	<u>\$15.72</u>
<u>Powder Puff (ACCW Only)</u>	<u>Each</u>	<u>\$0.48</u>	<u>0.67</u>	<u>\$10.10</u>
<u>Dental Picks</u>	<u>Pkg 50's</u>	<u>\$0.20</u>	<u>0.28</u>	<u>\$4.25</u>
<u>Noxzema</u>	<u>70ml.</u>	<u>\$0.17</u>	<u>0.24</u>	<u>\$3.57</u>
<u>Finesse Conditioner</u>	<u>300ml</u>	<u>\$0.22</u>	<u>0.31</u>	<u>\$4.60</u>
<u>Finesse Shampoo</u>	<u>300ml</u>	<u>\$0.22</u>	<u>0.31</u>	<u>\$4.60</u>
<u>Sensodyne Toothpaste</u>	<u>Tube</u>	<u>\$0.39</u>	<u>0.55</u>	<u>\$8.21</u>
<u>Brushless Shave Cream</u>	<u>125ml</u>	<u>\$0.18</u>	<u>0.25</u>	<u>\$3.85</u>
<u>Reach Medium Tooth Brush</u>	<u>Each</u>	<u>\$0.13</u>	<u>0.19</u>	<u>\$2.80</u>
<u>VCL moisturising lotion</u>	<u>295ml</u>	<u>\$0.32</u>	<u>-</u>	<u>\$6.64</u>
<u>Q -Tips</u>	<u>Pkg. 30's</u>	<u>\$0.15</u>	<u>-</u>	<u>\$3.20</u>
<u>Clearasil (Acne Cream)</u>	<u>18gr Tube</u>	<u>\$0.26</u>	<u>-</u>	<u>\$5.55</u>
<u>Foot Powder (Zeasorb)</u>	<u>50gr</u>	<u>\$0.40</u>	<u>-</u>	<u>\$8.44</u>
<u>Nail Clippers</u>	<u>Each</u>	<u>\$0.07</u>	<u>-</u>	<u>\$1.40</u>
<u>Lip Balm</u>	<u>4gr</u>	<u>\$0.09</u>	<u>-</u>	<u>\$1.89</u>
<u>Vaseline Petroleum Jelly</u>	<u>50gr</u>	<u>\$0.15</u>	<u>-</u>	<u>\$3.15</u>
<u>Old Spice After Hours Bodywash</u>	<u>355gr</u>	<u>\$0.28</u>	<u>0.39</u>	<u>\$5.79</u>
<u>Softsoap Citrus Body Wash</u>	<u>532ml</u>	<u>\$0.33</u>	<u>0.46</u>	<u>\$6.90</u>
<u>Coin Vending Laundry Detergent</u>	<u>3 x 51gr</u>	<u>\$0.09</u>	<u>0.13</u>	<u>\$1.90</u>
<u>Gillette Mach 3 Razor (NCC / FMCC Only)</u>	<u>Each</u>	<u>\$0.75</u>	<u>1.05</u>	<u>\$15.69</u>
<u>Gillette Mach 3 blades (NCC / FMCC Only)</u>	<u>Pack of 5</u>	<u>\$1.13</u>	<u>1.58</u>	<u>\$23.68</u>



<u>Gillette Excel Sensor Razor (NCC / FMCC Only)</u>	<u>Each</u>	<u>\$0.61</u>	<u>0.85</u>	<u>\$12.82</u>
<u>Gillette Excel Sensor Blades (NCC / FMCC Only)</u>	<u>Pack of 5</u>	<u>\$0.89</u>	<u>1.25</u>	<u>\$18.71</u>
<u>Gillette Disposable Razor (ACCW Only)</u>	<u>Each</u>	<u>\$0.13</u>	<u>0.18</u>	<u>\$2.68</u>
<u>Paper Goods & Stationery</u>	<u>Pack Size</u>	<u>\$0.00</u>	<u>-</u>	<u>-</u>
<u>Pen (2'S)</u>	<u>2'S</u>	<u>\$0.06</u>	<u>0.09</u>	<u>\$1.31</u>
<u>Christmas Card</u>	<u>Each</u>	<u>\$0.06</u>	<u>0.07</u>	<u>\$1.25</u>
<u>Greetings Cards (Blank)</u>	<u>Each</u>	<u>\$0.05</u>	<u>0.07</u>	<u>\$1.05</u>
<u>Large Envelope 9 x 12</u>	<u>Each</u>	<u>\$0.02</u>	<u>0.03</u>	<u>\$0.51</u>
<u>Lined Writing Paper</u>	<u>Pad</u>	<u>\$0.11</u>	<u>0.15</u>	<u>\$2.31</u>
<u>Pencil</u>	<u>Each</u>	<u>\$0.02</u>	<u>0.03</u>	<u>\$0.49</u>
<u>Pencil Crayons</u>	<u>Pkg.</u>	<u>\$0.43</u>	<u>0.6</u>	<u>\$8.93</u>
<u>Plain Envelopes</u>	<u>each</u>	<u>\$0.01</u>	<u>0.01</u>	<u>\$0.11</u>
<u>Plain Paper</u>	<u>Pad</u>	<u>\$0.15</u>	<u>0.21</u>	<u>\$3.09</u>
<u>Stamped Envelopes</u>	<u>Each</u>	<u>\$0.06</u>	<u>0.08</u>	<u>\$1.35</u>
<u>Over the Counter Medication</u>	<u>Pack Size</u>	<u>\$0.00</u>	<u>-</u>	<u>\$0.00</u>
<u>Halls Cherry/Honey Lemon/Regular</u>	<u>Each</u>	<u>\$0.07</u>	<u>-</u>	<u>\$1.43</u>
<u>Fisherman's Friends</u>	<u>Bag</u>	<u>\$0.14</u>	<u>-</u>	<u>\$2.89</u>
<u>Saline Solution (Contact Lens Cleaner)</u>	<u>240ml. Bottle</u>	<u>\$0.85</u>	<u>1.19</u>	<u>\$17.80</u>
<u>Nasal Spray</u>	<u>15ml</u>	<u>\$0.38</u>	<u>-</u>	<u>\$7.90</u>
<u>Tums Antacid Tablets</u>	<u>Roll</u>	<u>\$0.04</u>	<u>-</u>	<u>\$0.85</u>
<u>Tylenol (20 per Pack)</u>	<u>Pack</u>	<u>\$0.11</u>	<u>-</u>	<u>\$2.25</u>
<u>A535 Rub</u>	<u>Tube</u>	<u>\$0.44</u>	<u>-</u>	<u>\$9.17</u>
<u>Allenbury Soap</u>	<u>100gr bar</u>	<u>\$0.13</u>	<u>-</u>	<u>\$2.79</u>
<u>Motrin, Ibuprofen (12 per pack)</u>	<u>Pack</u>	<u>\$0.09</u>	<u>-</u>	<u>\$1.89</u>
<u>Multi Vitamins</u>	<u>Card of 30</u>	<u>\$0.14</u>	<u>-</u>	<u>\$2.98</u>
<u>Vitamin E Cream</u>	<u>120gr</u>	<u>\$0.63</u>	<u>-</u>	<u>\$13.30</u>
<u>Vitamin C</u>	<u>Card of 30</u>	<u>\$0.13</u>	<u>-</u>	<u>\$2.65</u>
<u>Polysporin Ointment</u>	<u>15gr</u>	<u>\$0.53</u>	<u>-</u>	<u>\$11.15</u>
<u>Metamucil</u>	<u>425gr</u>	<u>\$0.70</u>	<u>-</u>	<u>\$14.75</u>
<u>Preparation H</u>	<u>25gr</u>	<u>\$0.55</u>	<u>-</u>	<u>\$11.49</u>
<u>Head and Shoulders Shampoo</u>	<u>420ml</u>	<u>\$0.40</u>	<u>0.56</u>	<u>\$8.42</u>
<u>Selsun Blue Shampoo</u>	<u>300ml.</u>	<u>\$0.64</u>	<u>0.9</u>	<u>\$13.53</u>
<u>Brochophan Expectorant Cough Syrup</u>	<u>250ml</u>	<u>\$0.33</u>	<u>-</u>	<u>\$6.87</u>
<u>Healthy Choices</u>	<u>Pack Size</u>	<u>\$0.00</u>	<u>-</u>	<u>-</u>
<u>Salted Peanuts</u>	<u>60gr</u>	<u>\$0.06</u>	<u>-</u>	<u>\$1.25</u>
<u>BBQ Peanuts</u>	<u>60gr</u>	<u>\$0.06</u>	<u>-</u>	<u>\$1.25</u>
<u>Stone Wheat Thins</u>	<u>300 gr. Box</u>	<u>\$0.20</u>	<u>-</u>	<u>\$4.13</u>
<u>Nestle Instant Breakfast (Chocolate)</u>	<u>Sachet</u>	<u>\$0.05</u>	<u>-</u>	<u>\$1.10</u>
<u>Carnation Instant Breakfast (Strawberry)</u>	<u>Sachet</u>	<u>\$0.05</u>	<u>-</u>	<u>\$1.10</u>



<u>Granola Bar</u>	<u>Each</u>	<u>\$0.04</u>	-	<u>\$0.88</u>
<u>Oatmeal Individual Pkt Various Flavours</u>	<u>380gr</u> <u>Sachet</u>	<u>\$0.02</u>	-	<u>\$0.50</u>
<u>Ensure Various Flavours</u>	<u>235ml</u>	<u>\$0.09</u>	-	<u>\$1.95</u>
<u>All Flavours Protein Bar</u>	<u>60gr</u>	<u>\$0.11</u>	-	<u>\$2.33</u>
<u>Premium Whey Protein Powder</u>	<u>1Lb bag</u>	<u>\$0.68</u>	-	<u>\$14.35</u>
<u>Omega Whey Protein Drink</u>	<u>30gr</u>	<u>\$0.11</u>	-	<u>\$2.27</u>
<u>Nutritel Meal Replacement Bar Various Flavours</u>	<u>60gr</u>	<u>\$0.11</u>	-	<u>\$2.21</u>
<u>Munchy Mix Trail Mix</u>	<u>170gr</u>	<u>\$0.11</u>	-	<u>\$2.35</u>
<u>Unsalted Deluxe Nut Mix</u>	<u>170gr</u>	<u>\$0.17</u>	-	<u>\$3.55</u>
<u>Expo Rainbow Mix</u>	<u>170gr</u>	<u>\$0.13</u>	-	<u>\$2.64</u>
<u>Texas Ranger Mix</u>	<u>170gr</u>	<u>\$0.13</u>	-	<u>\$2.64</u>



SCHEDULE C

SCHEDULE OF STANDARDS

This Schedule sets out the standards that are applicable to the delivery of the Services. The Service Provider must meet and exceed these standards when delivering the Services.

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

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 Service Provider staff as to the basic purposes, operations and responsibilities of the Corrections Branch as well as the respective roles and relationships between Corrections Branch staff and the Service Provider's employees. Furthermore, this orientation shall detail procedures relative to safety, security, contraband and supervision of inmates.
3. There is an expectation that this standard will be implemented immediately upon commencement of the Term and that the process will be recorded. Reinforcement of this orientation program should occur on an "as required" basis determined by the Service Provider's turn-over of staff.
4. All food service personnel and Inmates assigned under the program shall comply with all applicable federal, provincial and local government acts and regulations.
5. All food service areas shall be inspected annually by a provincial health inspector.
6. All foods, both perishable and other, shall be stored, prepared, displayed, transported and serviced in a manner consistent with applicable Acts and Regulations.
7. All food, whether refrigerated, frozen or dry, shall be stored on racks, sheds or shelves with a minimum clearance of six inches from the floor and arranged to facilitate cleaning and inspection.
8. All refrigerated, perishable foods shall be kept in closed containers which are labelled, dated and stored at a temperature below 5°C.
9. All hot perishable food shall be maintained at a temperature above 60°C.
10. All foodstuffs not requiring refrigeration or frozen storage shall be stored in clean, well-ventilated, well-lit enclosed areas, specifically designed for food storage.
11. All areas within and adjacent to the food service operation shall be kept neat, visibly clean and free from litter or rubbish.
12. 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.
13. At least twice per year and more frequently when required, the Service Provider will arrange with the Warden or designate for the elimination of vermin and/or pests.



14. 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".
15. 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.
16. No common use of any cup, glass, or other receptacle used for drinking shall be provided, exposed or permitted.
17. Sanitization of all Facilities and equipment shall meet a standard which is equal to or exceed all applicable Acts and Regulation. Proper sanitizing agents should be used on a regular basis following an organized schedule for cleaning equipment and facilities.
18. Food and non-food items shall not be stored in the same area.
19. Meals shall be prepared in accordance with instructions provided by the Service Provider.
20. 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.
21. The Service Provider 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 Service Provider shall:
 - (a) offer a program of food Services at each Correctional Centre that complies with Corrections Branch standards and policy and meets or exceeds dietary allowances specified by the Corrections Branch menus and supplements.
 - (b) 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).
 - (c) ensure that the Facilities and equipment in each Correctional Centre shall meet fire and safety requirements as established through legislation and regulations made by the Workers' Compensation Board and fire officials having competent jurisdiction.
 - (d) ensure that all foods, both perishable and non-perishable, shall be stored, displayed and transported in a manner consistent with the Food Premises Regulation.
 - (e) ensure that workers engaged in the provision of Services in a Correctional Centre receive, prior to or at the outset of service inside a Correctional Centre, an orientation designed to familiarize participants with:
 - the operations and responsibilities of the Corrections Branch;
 - measures designed to safeguard the safety, security and discipline of Corrections Branch facilities, including the prevention of the presence and elimination of contraband;
 - the respective roles and responsibilities of Corrections Branch employees and the employees of the Service Provider; and
 - the Correctional Centre itself.
 - (f) ensure that all food service personnel, including Inmates assigned to food service work shall be trained in proper sanitation procedures.



- (g) ensure that all food service areas are inspected, at least annually, by a provincial medical health officer or a public health inspector.
2. All food service programs shall provide for the elimination of vermin and pests. Corrections Branch will provide licensed pest control professionals who shall service every site at least two times each year and more frequently if required.
3. 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.
4. 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.
5. Food shall be prepared and served so that flavour, texture, temperature, appearance and palatability are considered.
6. Nutritional supplements will be available upon prescribed authorization of the physician in charge of the patient.
7. Nutritional supplement requirements will be specific and complete and will be provided in writing to food service personnel.
8. Ethnic diets with respect to religion or cultural persuasions shall be provided upon written authorization by the Warden or designate.
9. 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.
10. Absolutely no fish, livestock and poultry that are raised by Corrections Centre programs shall be used unless approved in writing in advance by the Division Contract Manager and the Service Provider for quality assurance.
11. Absolutely no vegetable products that are produced within the Correctional Centres shall be used unless approved in writing in advance by the Division Contract Manager and the Service Provider for quality assurance.
12. The Okanagan Correctional Centre may produce fish, fruit or vegetables for consumption by Inmates if approved in advance in writing by Division Contract Manager and the Service Provider for quality assurance.
13. 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 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 D and 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.

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

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acceptable for Stews, Soups, and similar dishes.

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.

D) STANDARDS OF CONDUCT

1. All personnel involved in the delivery of Services will abide by the Standards of Conduct for Corrections Branch Employees provided here:
<https://corrpoint.ag.gov.bc.ca/Legislation/Shared%20Documents/Standards%20of%20Conduct%20for%20Corrections%20Branch%20Employees%20-%202014.11.pdf>
2. These standards set out the code of professional behaviour that is expected of Service Providers, employees and management that is common to all Corrections Branch personnel. The Service Provider may receive 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.



SCHEDULE D

SCHEDULE OF LICENCES

1. For so long as this Agreement remains in effect the Province will permit to the Service Provider to enter upon those parts of the Correctional Centres that are designated by the Province as being available to the Service Provider for the purposes of providing the Services at each Correctional Centre (collectively, the "Licensed Areas").
2. The Service Provider will use the Licensed Areas, and the inventory of the Province located therein, solely in connection with the provision of Services.
3. Pursuant to the license referred to in section 1 of this Schedule the Service Provider will have the right to occupy and control the Licensed Areas, subject only to the following overriding rights, namely:
 - (a) the right of the Province and of 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 Province to enter and view the state and condition of the Licensed Areas and inventory; and
 - (c) the right of Province 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 it deems 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 section 12 of this Schedule.
6. A list of the inventory in the Licensed Areas shall be prepared by the parties at the commencement of the Term.
7. The Service Provider 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.
8. The Service Provider will maintain a maintenance record in respect to the said equipment and will also report forthwith to the Warden of the Correctional Centre any loss of equipment.
9. The Service Provider will return to the Province at the expiration of the Term 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 Service Provider.
10. 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 the Warden's designated official.
11. 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 Service Provider, its employees, agents or tradespersons, the Province may replace or repair the same and the Service Provider shall forthwith pay the cost of so doing to the Province.
12. The Service Provider may, with the consent of the Warden, use additional equipment or utensils at a particular Correctional 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.

13. The Service Provider is granted a licence to use the kitchen of the Surrey Pre-trial Services Centre for the production of meals for the Surrey School Meal Program as described in Appendix D-1.
14. The Service Provider is granted a licence to use the kitchen of the Surrey Pre-trial Services Centre for the production of meals for the Surrey RCMP Detachment cells as described in Appendix D-2.
15. The Service Provider is granted a licence to use the kitchen of the Kamloops Regional Correctional Centre for the production of meals for the Kamloops Courthouse cells as described in Appendix D-3.



APPENDIX D-1

MEALS FOR SURREY SCHOOL MEAL PROGRAM

The Service Provider is granted a license to use the kitchen areas of the Surrey Pretrial Services Centre to prepare bag meals for use in the Surrey School Meal Program.

These meals will be produced at no additional cost in time, materials or labour to the Corrections Branch. The Service Provider will be responsible for the transportation and delivery of these bag meals to the Surrey School Meal Program.

The license will be in effect for the Term, and the Service Provider will pay to the Province a license fee in the amount of five cents for each meal (\$0.05) that is produced by the Service Provider as part of this program. This license fee will apply to the first year of the Term, and it will be reviewed annually on April 1 of each year thereafter to determine whether there is agreement between the parties to change the fee. Payment of the licence fee will be in the form of a credit that will applied to the Service Provider's invoice.

Either party can terminate this license at any time by giving the other party 30 days' notice. Corrections Branch reserves the right to cancel this license without notice if it presents a risk to the security and safety of the Correctional Centre.

Surrey School Meals cannot be used as a substitute for the regular meal served in the Correctional Centre.



APPENDIX D-2

MEALS FOR SURREY RCMP DETACHMENT CELLS

The Service Provider is granted a license to use the kitchen areas of the Surrey Pretrial Services Centre to prepare bag meals for use by the Surrey RCMP detachment.

These meals will be produced at no additional cost in time, materials or labour to the Corrections Branch. The Service Provider will be responsible for the transportation and delivery of these bag meals to the Surrey RCMP detachment.

The license will be in effect for the Term, and the Service Provider will pay to the Province a license fee in the amount of eight cents for each meal (\$0.08) that is produced by the Service Provider as part of this program. This license fee will apply to the first year of the Term, and it will be reviewed annually on April 1 of each year thereafter to determine whether there is agreement between the parties to change the fee. Payment of the licence fee will be in the form of a credit that will applied to the Service Provider's invoice.

Either party can terminate this license at any time by giving the other party 30 days' notice. Corrections Branch reserves the right to cancel this license without notice if it presents a risk to the security and safety of the Correctional Centre.

Surrey RCMP Detachment cell meals cannot be used as a substitute for the regular meal served in the Correctional Centre.



APPENDIX D-3

MEALS FOR KAMLOOPS COURTHOUSE CELLS

The Service Provider is granted a license to use the kitchen areas of the Kamloops Regional Correctional Centre to prepare bag meals for use in the Kamloops Courthouse cells.

These meals will be produced at no additional cost in time, materials or labour to the Corrections Branch. The Service Provider will be responsible for the transportation and delivery of these bag meals to the Kamloops Courthouse Cells.

The license will be in effect for the Term, and the Service Provider will pay to the Province a license fee in the amount of eight cents for each meal (\$0.08) that is produced by the Service Provider as part of this program. This license fee will apply to the first year of the Term, and it will be reviewed annually on April 1 of each year thereafter to determine whether there is agreement between the parties to change the fee. Payment of the licence fee will be in the form of a credit that will applied to the Service Provider's invoice.

Either party can terminate this license at any time by giving the other party 30 days' notice. Corrections Branch reserves the right to cancel this license without notice if it presents a risk to the security and safety of the Correctional Centre.

Kamloops Courthouse cell meals cannot be used as a substitute for the regular meal served in the Correctional Centre.



SCHEDULE E

SCHEDULE OF PAYMENTS

This Schedule describes the compensation that is payable to the Service Provider. It is divided into three sections, one each for Food Services, Canteen Services and Inmate Worker Orientation Services.

This Schedule also consists of the following Appendixes:

Appendix E-1 – Price Per Meal Details

Appendix E-2 – Invoicing Requirements

Food Services

This Schedule E uses a number of defined terms that are defined in Appendix E-1.

The Ministry will pay the Service Provider for Food Services as follows:

1. The Ministry will reimburse the Service Provider for the Service Provider's actual costs for wages and benefits and/or fees for all Service Provider staff who provide Food Services on-site within the Correctional Centres.
2. For each Regular Meal produced in each Correctional Centre, the Service Provider will be paid the applicable price per meal as shown in Appendix E-1.
3. For each meal produced at the request of the Warden for any special events within a Correctional Centre, the Service Provider will be paid on the basis of the per-meal price negotiated between the Warden and the Service Provider. These meals are to be billed directly to the applicable Correctional Centre and are not to appear on the monthly Food Services invoice.
4. For each Regular Meal produced for staff in each Correctional Centre during disturbances or natural disasters when authorized by the Warden, the Service Provider will be paid the applicable price per Regular Meal as shown in Appendix E-1.
5. The Service Provider may be paid a surcharge per meal for each Medically Prescribed Meal.

The Ministry's obligations in respect of the reimbursements described in section 1 above are subject to the following limitations:

6. With respect to the first twelve months of the Term, the Ministry's total reimbursement obligation for wages, benefits and/or fees will be capped at and will not exceed the amount of \$2,815,100.00.
7. While it is anticipated that the Service Provider may, from time to time during the Term, agree upon wage increases for its employees who provide Food Services, the Province's reimbursement obligations pursuant to section 1 above will be subject to the following limits:
 - a) In relation to the first year of the Term, the wage associated with each employee position will, for reimbursement purposes, be capped at 102.5 percent of the wage associated with the respective employee position as of the first day of the Term;
 - b) In relation to the second and each subsequent year of the Term, the wage associated with each employee position will, for reimbursement purposes, be capped at 103 percent of the wage associated with the respective employee position as of the first day of the year in question.



In regard to any such wage increases that are agreed upon by the Service Provider, the Province's reimbursement obligations will apply retroactively in circumstances where the Service Provider's obligation to pay its employees is made retroactive under the terms of the relevant collective agreement. The Service Provider's invoices to the Province will clearly show, as separate items, any amounts that are to be reimbursed in connection with retroactive amounts paid to the Service Provider's employees.

For clarity, wages over and above the Province's limits will be funded solely by the Service Provider and not compensated by the Province.

8. Without limiting the information that the Service Provider is required to provide in its invoices to the Province, the Service Provider will, upon request, be required to provide documented evidence of the wages and benefits and/or fees paid by the Service Provider to staff who provide Food Services.
9. For clarity, the Ministry will not pay or reimburse the Service Provider for wages and benefits and/or fees related to Canteen Services and to staff who provide those services, and the Ministry will not pay the Service Provider for any equipment or materials used to provide Canteen Services. Compensation for providing Canteen Services is described in the following section.
10. Notwithstanding any other provision of this Agreement, the Province's obligation to pay the Service Provider for Food Services (including, for greater certainty, wages, benefits and per-meal costs) is limited to the maximum amounts shown on the following table (the maximums apply on a Correctional Centre-by-Correctional Centre basis, and the "Totals" columns are for reference only):

CENTRES	FY15/16	FY16/17	FY17/18	FY18/19	FY19/20	TOTALS
ACCW	518,410.05	541,357.65	549,141.31	573,509.69	599,049.23	2,781,467.93
FMCC	360,353.65	377,682.31	381,624.45	399,414.83	418,092.46	1,937,167.70
FRCC	1,399,856.35	1,467,034.61	1,459,359.21	1,533,410.08	1,611,563.97	7,471,224.23
KRCC	923,734.13	925,922.67	780,881.21	817,490.56	855,967.10	4,303,995.67
NCC	710,853.40	740,589.21	719,766.44	752,442.35	786,716.40	3,710,367.80
NFPC	1,617,518.40	1,651,488.47	1,662,049.96	1,739,881.21	1,821,748.30	8,492,686.34
OCC	-	230,305.00	1,379,499.05	1,445,076.12	1,513,969.22	4,568,849.39
PGRCC	889,230.00	889,721.01	790,405.83	827,141.28	865,708.00	4,262,206.12
SPSC	1,452,202.70	1,495,401.59	1,478,759.34	1,550,947.96	1,627,087.99	7,604,399.57
VIRCC	932,329.90	969,759.83	952,390.46	997,719.63	1,045,343.36	4,897,543.18
TOTAL	8,804,488.58	9,289,262.34	10,153,877.26	10,637,033.70	11,145,246.03	50,029,907.91

Canteen Services

The Service Provider will be compensated for the provision of Canteen Services by way of the total dollar amount of canteen sales (such sales being made on the basis of the prices shown on Appendix B3-1) received by the Service Provider from the Inmates in the form of recorded monies owed from the Inmates' trust accounts, after deducting the contribution to the Inmate Benefit Fund described in the next paragraph.

The Service Provider will make a contribution to the Inmate Benefit Fund in an amount equal to fifteen percent (15%) of gross canteen sales before taxes. The Service Provider's contribution to the Inmate Benefit Fund will be deducted from the Service Provider's canteen invoice that it submits to the Ministry, by Correctional Centre, on a weekly basis. The amount of the Service Provider's contribution to the Inmate Benefit Fund will be submitted directly to the Inmate Benefit Fund by the Ministry.

Inmate Worker Orientation Program Service

There is no separate compensation for these services.

APPENDIX E-1

PRICE PER MEAL DETAILS

The table within this Appendix E-1 provides price per meal detail for each Correctional Centre, as well as Nutritional Supplements. Meal and “Approved Menu” descriptions can be found in Appendix B1-5.

A “Regular Meal” is defined as a meal that is provided at breakfast, lunch, dinner, or brunch and that is based on any of the Approved Menus provided in Appendix B1-5, with the exception of the following: “Bag Breakfast”, “Bag Transfer Lunch” and “Work Crew Lunch”.

For those days that include brunch, the Service Provider will invoice the Ministry as if both a breakfast Regular Meal and a lunch Regular Meal were produced for the corresponding number of brunch meals produced.

The cost of all “Beverage Breaks”, as described in the Menus, is included in the price of the Regular Meal.

There is no surcharge or separate unit price for frozen meals. The price for any type of meal that is provided frozen is to be the same as listed in this Appendix E-1.

The Service Provider must not invoice the Ministry for more than three meals per day per Inmate.

The following are statutory holidays for purposes of this Agreement:

- New Year’s Day
- Family Day
- Easter Friday
- Easter Monday
- Victoria Day
- Canada Day
- BC Day
- Labour Day
- Thanksgiving
- Remembrance Day
- Christmas Day
- Boxing Day



Appendix E-1 Price per Meal Detail Form

D) ALOUETTE CORRECTIONAL CENTRE FOR WOMEN					
Meal price is based on the female moderate activity menus.					
Each year is based on the Province's fiscal year (FY), a period from April 1 to March 31 inclusive.					
	Year 1: FY15/16	Year 2: FY16/17	Year 3: FY17/18	Year 4: FY18/19	Year 5: FY19/20
Regular Meals	\$1.82	\$1.88	\$1.94	\$2.00	\$2.06
Work Crew Lunch	\$2.36	\$2.44	\$2.51	\$2.58	\$2.66
Bag Transfer Lunch	\$2.14	\$2.20	\$2.27	\$2.33	\$2.40

Hours of Service

The Service Provider will provide Food Services within the hours that the kitchen is open, from 06:00 to 17:30 Monday to Friday, and 06:00 to 17:30 Saturdays, Sundays and Statutory Holidays.

MEAL PERIODS:

	<u>Monday - Sunday</u>
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
Dinner:	16:30 – 17:00 hours

Frozen Regular Menu Meals on Hand: 0

Bag Breakfasts: Approximately 10 per day as required, Monday to Friday (excluding Statutory Holidays) to be delivered at a time set by the Warden.

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

Nutritional Supplements – See last page of this Appendix.



Appendix E-1 Price per Meal Detail Form

II) FORD MOUNTAIN CORRECTIONAL CENTRE					
Meal price is based on the male high activity menus.					
Each year is based on the Province's fiscal year (FY), a period from April 1 to March 31 inclusive.					
	Year 1: FY15/16	Year 2: FY16/17	Year 3: FY17/18	Year 4: FY18/19	Year 5: FY19/20
Regular Meals	\$2.12	\$2.18	\$2.24	\$2.31	\$2.38
Work Crew Lunch	\$2.36	\$2.44	\$2.51	\$2.33	\$2.40

Hours of Service

The Contractor will provide Food Services within the hours that the kitchen is open, from 06:00 to 17:30 Monday to Friday, and 08:00 to 17:30 Saturdays, Sundays and Statutory Holidays.

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

Frozen Regular Meals: Minimum of 6 on hand per day.

Work Crew Lunches: Approximately 15 daily, Monday to Friday (excluding Statutory Holidays), to be delivered by 07:45 A.M. each day.

Nutritional Supplements – See last page of this Appendix.



Appendix E-1 Price per Meal Detail Form

III) FRASER REGIONAL CORRECTIONAL CENTRE					
Meal price is based on the male moderate activity menus. Please note that open custody work crews are provided the high activity menu for Breakfast and Lunch.					
Each year is based on the Province's fiscal year (FY), a period from April 1 to March 31 inclusive.					
	Year 1: FY15/16	Year 2: FY16/17	Year 3: FY17/18	Year 4: FY18/19	Year 5: FY19/20
Regular Meals	\$2.32	\$2.39	\$2.47	\$2.54	\$2.62
Bag Breakfast	\$1.72	\$1.77	\$1.82	\$1.88	\$1.93
Work Crew Lunch	\$2.36	\$2.44	\$2.51	\$2.58	\$2.66
Bag Transfer Lunch	\$2.14	\$2.20	\$2.27	\$2.33	\$2.40

Breakfasts and Work Crew Lunches for open custody workers at this Centre will be prepared and billed in accordance to the high activity Approved Menus.

Hours of Service

The Service Provider will provide Food Services within the hours that the kitchen is open, from 05:00 to 18:30 Monday to Friday, and 05:30 to 18:30 Saturdays, Sundays and Statutory Holidays.

MEAL PERIODS:

Regular Schedule

Monday - Friday

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

Weekdays

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

Sat/Sun/Stat

10:00 – 10:30 hours
12:00 – 12:30 hours
16:00 – 16:30 hours

Weekday Brunches: Approximately 10 per year, as approved by the Warden.

Frozen Regular Meals: Minimum 45 on hand per day.

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

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



Work Crew Lunches: Approximately 90 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 – See last page of this Appendix.



Appendix E-1 Price per Meal Detail Form

IV) KAMLOOPS REGIONAL CORRECTIONAL CENTRE					
Meal price is based on the male moderate activity menus.					
Each year is based on the Province's fiscal year (FY), a period from April 1 to March 31 inclusive.					
	Year 1: FY15/16	Year 2: FY16/17	Year 3: FY17/18	Year 4: FY18/19	Year 5: FY19/20
Regular Meals	\$2.13	\$2.19	\$2.31	\$2.38	\$2.45
Bag Breakfast	\$1.72	\$1.77	\$1.82	\$1.88	\$1.93
Work Crew Lunch	\$2.36	\$2.44	\$2.51	\$2.58	\$2.66
Bag Transfer Lunch	\$2.14	\$2.20	\$2.27	\$2.33	\$2.40

Hours of Service

The Service Provider will provide Food Services within the hours that the kitchen is open, from 04:30 to 18:00 Monday to Friday, and 07:00 to 18:00 Saturdays, Sundays and Statutory Holidays.

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) - May be provided Weekdays, if approved by the Warden.

Weekdays

Sat/Sun/Stat Brunch

Brunch: 10:00 – 10:30 hours 10:30 – 11:00 hours
 Dinner: 16:30 – 17:00 hours 16:30 – 17:00 hours

Frozen Regular Menu Meals: Minimum of 30 on hand 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 Transfer Lunches: Approximately 25 per day, as required, Monday to Friday (excluding Statutory Holidays), to be delivered at a time set by the Warden.

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

Nutritional Supplements – See last page of this Appendix.



Appendix E-1 Price per Meal Detail Form

V) NANAIMO CORRECTIONAL CENTRE					
Meal price is based on the male high activity menus.					
Each year is based on the Province's fiscal year (FY), a period from April 1 to March 31 inclusive.					
	Year 1: FY15/16	Year 2: FY16/17	Year 3: FY17/18	Year 4: FY18/19	Year 5: FY19/20
Regular Meals	\$2.85	\$2.93	\$3.02	\$3.11	\$3.20
Work Crew Lunch	\$2.36	\$2.44	\$2.51	\$2.58	\$2.66

Hours of Service

The Service Provider will provide Food Services within the hours that the kitchen is open, from 06:00 to 18:00 Monday to Friday, and 06:00 to 18:00 Saturdays, Sundays and Statutory Holidays.

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

Work 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 – See last page of this Appendix.



Appendix E-1 Price per Meal Detail Form

VI) NORTH FRASER PRE-TRIAL					
Meal price is based on the male moderate activity menus.					
Each year is based on the Province's fiscal year (FY), a period from April 1 to March 31 inclusive.					
	Year 1: FY15/16	Year 2: FY16/17	Year 3: FY17/18	Year 4: FY18/19	Year 5: FY19/20
Regular Meals	\$2.33	\$2.37	\$2.48	\$2.55	\$2.63
Bag Breakfast	\$1.72	\$1.77	\$1.82	\$1.88	\$1.93
Bag Transfer Lunch	\$2.14	\$2.20	\$2.27	\$2.33	\$2.40

Hours of Service

The Service Provider will provide Food Services within the hours that the kitchen is open, from 04:30 to 19:00 hours Monday to Friday, and 05:30 to 19:00 Saturdays, Sundays and Statutory Holidays.

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: 09:45 – 10:15 hours
Dinner: 16:00 – 16:30 hours

Frozen Regular Dinner: Minimum of 75 meals on hand per day.

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

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

Nutritional Supplements – See last page of this Appendix.



Appendix E-1 Price per Meal Detail Form

VII) OKANAGAN CORRECTIONAL CENTRE					
Meal price is based on the male moderate activity menus.					
Each year is based on the Province's fiscal year (FY), a period from April 1 to March 31 inclusive.					
	Year 1: FY15/16	Year 2: FY16/17	Year 3: FY17/18	Year 4: FY18/19	Year 5: FY19/20
Regular Meals	\$	\$	\$2.38	\$2.45	\$2.53
Bag Breakfast	\$	\$	\$1.82	\$1.88	\$1.93
Bag Transfer Lunch	\$	\$	\$2.27	\$2.33	\$2.40

Hours of Service

The Service Provider will provide Food Services within the hours that the kitchen is open, from 04:30 to 18:00 Monday to Friday, and 07:00 to 18:00 Saturdays, Sundays and Statutory Holidays.

MEAL PERIODS:

Monday – Friday

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

Modified Schedule (Brunch)

Monday – Friday

Sat/Sun/Stat Brunch

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

Weekday Brunches as approved by the Warden

Frozen Regular Menu Meals: Minimum 30 of on hand per day

Bag Breakfasts: Approximately 15 per day, Monday to Friday (excluding Statutory Holidays) to be delivered at a time prescribed by the Warden.

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

Work Crew Lunches: Approximately 40 per day Monday to Friday (excluding Statutory Holidays) to be delivered at a time prescribed by the Warden.

Nutritional Supplements – See last page of this Appendix.



VIII) PRINCE GEORGE REGIONAL CORRECTIONAL CENTRE					
Meal price for male and female Inmates is based on the moderate activity menus.					
Each year is based on the Province's fiscal year (FY), a period from April 1 to March 31 inclusive.					
<u>Male Moderate</u>	Year 1: FY15/16	Year 2: FY16/17	Year 3: FY17/18	Year 4: FY18/19	Year 5: FY19/20
Regular Meals	\$2.17	\$2.24	\$2.34	\$2.41	\$2.48
Work Crew Lunch	\$2.36	\$2.44	\$2.51	\$2.58	\$2.66
Bag Transfer Lunch	\$2.14	\$2.20	\$2.27	\$2.33	\$2.40
<u>Female Moderate</u>	Year 1: FY16	Year 2: FY 17	Year 3: FY 18	Year 4: FY 19	Year 5: FY 20
Regular Meals	\$2.17	\$2.24	\$2.34	\$2.41	\$2.48
Work Crew Lunch	\$2.36	\$2.44	\$2.51	\$2.58	\$2.66
Bag Transfer Lunch	\$2.14	\$2.20	\$2.27	\$2.33	\$2.40

Hours of Service

The Service Provider will provide Food Services within the hours that the kitchen is open, from 05:30 to 18:00 Monday to Friday, and 07:00 to 18:00 Saturdays, Sundays and Statutory Holidays.

Meal Service Times

Regular Schedule:

Monday - Friday

Breakfast: 07:10 – 07:40 hours

Lunch: 12:00 – 12:30 hours

Dinner: 16:00 – 16:30 hours

Modified Schedule (Brunch) - Weekday Brunches - as approved by the Warden.

Weekdays

Brunch: 10:00 – 10:30 hours

Afternoon Snack: 14:00 – 14:30 hours

Dinner: 16:30 – 17:00 hours

Sat/Sun/Stat Brunch

Brunch: 10:00 – 10:30 hours

Lunch: 14:00 – 14:30 hours

Dinner: 16:30 – 17:00 hours

Additional Meal Requirements

Frozen Regular Meals: Minimum of 12 on hand per day

Bag Transfer Lunches: Approximately 25 per day, as required, Monday to Friday (excluding Statutory Holidays), to be delivered at a time set by the Warden

Work Crew Lunches Approximately 70 daily Monday to Friday (excluding Statutory Holidays),

Nutritional Supplements – See last page of this Appendix.



Appendix E-1 Price per Meal Detail Form

IX) SURREY PRE-TRIAL SERVICES CENTRE					
Meal price is based on the male moderate activity menus.					
Each year is based on the Province's fiscal year, a period from April 1 to March 31 inclusive.					
	Year 1: FY15/16	Year 2: FY16/17	Year 3: FY17/18	Year 4: FY18/19	Year 5: FY19/20
Regular Meals	\$2.21	\$2.28	\$2.35	\$2.42	\$2.49
Bag Transfer Lunch	\$2.14	\$2.20	\$2.27	\$2.33	\$2.40

Hours of Service

The Service Provider will provide Food Services within the hours that the kitchen is open, from 04:30 to 18:00 Monday to Friday, and 05:30 to 18:00 Saturdays, Sundays and Statutory Holidays.

Meal Service Times

Regular Schedule:

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: 10:30 – 11:00 hours

Dinner: 16:00 – 16:30 hours

Additional Meal Requirements

Frozen Regular Meals: Minimum of 10 on hand per day

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

Sheriffs' Prisoner Lunch: Meals ordered by the Sheriffs for inmates attending court.

Nutritional Supplements – See last page of this Appendix.



Appendix E-1 Price per Meal Detail Form

X) VANCOUVER ISLAND CORRECTIONAL CENTRE					
Meal price is based on the male moderate activity menus.					
Each year is based on the Province's fiscal year, a period from April 1 to March 31 inclusive.					
	Year 1: FY15/16	Year 2: FY16/17	Year 3: FY17/18	Year 4: FY18/19	Year 5: FY19/20
Regular Meals	\$2.00	\$2.06	\$2.14	\$2.20	\$2.27
Bag Breakfast	\$1.72	\$1.77	\$1.82	\$1.88	\$1.93

Meal Service Times

Hours of Service

The Service Provider will provide Food Services within the hours that the kitchen is open, from 04:30 to 18:00 Monday to Friday, and 05:30 to 18:00 Saturdays, Sundays and Statutory Holidays.

Regular Schedule:

Monday - Friday

Breakfast: 06:50 – 08:00 hours

Lunch: 10:50 – 12:00 hours

Dinner: 15:50 – 17:45 hours

Modified Schedule (Brunch)

Sat/Sun/Stat Brunch

Brunch: 10:00 – 11:00 hours

Dinner: 15:50 – 17:45 hours

Nutritional Supplements – See last page of this Appendix.

Appendix E-1 Price per Meal Detail Form

NUTRITIONAL SUPPLEMENTS					
These items are priced as single units, and are to be provided at all Centres <u>only with the prescription of the Centre Physician.</u>					
Each year is based on the Province's fiscal year (FY), a period from April 1 to March 31 inclusive.					
	Year 1: FY15/16	Year 2: FY16/17	Year 3: FY17/18	Year 4: FY18/19	Year 5: FY19/20
Diabetic Snack	\$.90	\$.92	\$.95	\$.98	\$1.01
Power Muffin	\$.27	\$.28	\$.29	\$.30	\$.31
Pregnancy Snack Supplement	\$.90	\$.93	\$.95	\$.98	\$1.01

Estimated Nutritional Supplements Requirements by Centre:

Alouette Correctional Centre for Women	Approximately 83 Pregnancy Snack Supplements and 93 Diabetic Snacks per month.
Ford Mountain Correctional Centre	Approximately 80 Diabetic Snacks per month.
Fraser Regional Correctional Centre	Approximately 50 Power Muffins and 100 Diabetic Snacks per month.
Kamloops Regional Correctional Centre	Approximately 5 Power Muffins and 50 Diabetic Snacks per month.
Nanaimo Correctional Centre	Approximately 41 Power Muffins and 48 Diabetic Snacks per month.
North Fraser Pre-trial Centre	Approximately 100 Power Muffins and 50 Diabetic Snacks per month.
Okanagan Correctional Centre (anticipated completion is in fall of 2016)	Approximately 5 Power Muffins and 50 Diabetic Snacks per month
Prince George Regional Correctional Centre	Approximately 69 Diabetic Snacks per month.
Surrey Pre-trial Services Centre	Approximately 2 Power Muffins per month and 20 Diabetic Snacks per month.
Vancouver Island Regional Correctional Centre	Approximately 2 Power Muffins and 10 Diabetic Snacks per month.



Religious Meals					
These items are priced as single units, and are to be provided at all Centres as required by Corrections Branch Policy.					
Each year is based on the Province's fiscal year (FY), a period from April 1 to March 31 inclusive.					
	Year 1: FY15/16	Year 2: FY16/17	Year 3: FY17/18	Year 4: FY18/19	Year 5: FY19/20
Kosher meals	\$11.00	11.33	\$11.67	\$12.02	\$12.38
Halal Meals	\$6.85	\$7.06	\$7.27	\$7.49	\$7.71



APPENDIX E-2

INVOICING REQUIREMENTS

SAMPLE INVOICE ONLY

COMPANY NAME

Address

CITY, BC CANADA POSTAL CODE

Phone (xxx) xxx-xxxx Fax (xxx) xxx-xxxx

BILL TO: NAME OF CENTRE ADDRESS OF CENTRE	ATTENTION: ACCOUNTS PAYABLE
--	---------------------------------------

INV DATE:	UNIT #:	Customer #	INVOICE NUMBER:
For meals provided during:	PLEASE REMIT PAYMENT TO:		TERMS: 30 Days upon receipt

CONTRACT SALES:

(A) MEALS

	<u># Of Meals</u>	<u>Amount</u>
Total Regular Meals	-	-
Total Kosher Meals	-	-
Total Halal Meals	-	-
Total Other Religious Meals	-	-
Total Crew Lunch	-	-
Total Bag Breakfast	-	-
Total Bag Court Lunch	-	-
Total Prisoner Lunch (Sheriffs)	-	-
Total Diabetic Snacks	-	-
Total Power Muffin	-	-
Total Pregnancy Snack	-	-
		_____ \$ -

(B) LABOUR

	<u>Rate</u>	<u># of Days</u>	<u>\$ Total</u>
Total Daily Labour		0	-
Plus Approved OT			0.00
Less Labour Credit			-
Total Basic Labour			-
Fringe Benefit	27.40%		-
			_____ \$ -

Net: 0.00

Gst: 0.00

GST Registration #

Total Due: \$ -

Please quote our invoice number on your remittance. Thank you

APPROVED FOR CGC:

INVOICE NO.

0

SCHEDULE F

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 Service Provider as a result of the Agreement or any previous agreement between the Province and the Service Provider 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 Service Provider 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 Service Provider may only collect or create personal information that is necessary for the performance of the Service Provider’s obligations, or the exercise of the Service Provider’s rights, under the Agreement.
4. Unless the Agreement otherwise specifies or the Province otherwise directs in writing, the Service Provider 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 Service Provider must tell an individual from whom the Service Provider 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 Service Provider’s collection of personal information.

Accuracy of personal information

6. The Service Provider must make every reasonable effort to ensure the accuracy and completeness of any personal information to be used by the Service Provider 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 Service Provider receives a request for access to personal information from a person other than the Province, the Service Provider must promptly advise the person to make the request to the Province

unless the Agreement expressly requires the Service Provider to provide such access and, if the Province has advised the Service Provider of the name or title and contact information of an official of the Province to whom such requests are to be made, the Service Provider 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 Service Provider 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 Service Provider of the date the correction request to which the direction relates was received by the Province in order that the Service Provider may comply with section 10.
10. Within 5 business days of correcting or annotating any personal information under section 8, the Service Provider 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 Service Provider disclosed the information being corrected or annotated.
11. If the Service Provider receives a request for correction of personal information from a person other than the Province, the Service Provider must promptly advise the person to make the request to the Province and, if the Province has advised the Service Provider of the name or title and contact information of an official of the Province to whom such requests are to be made, the Service Provider 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 Service Provider 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 Service Provider 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 Service Provider 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 Service Provider may only use personal information if that use is for the performance of the Service Provider's obligations, or the exercise of the Service Provider's rights, under the Agreement.

Disclosure of personal information

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



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

Notice of foreign demands for disclosure

18. In addition to any obligation the Service Provider 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 Service Provider:
- (a) receives a foreign demand for disclosure;
 - (b) receives a request to disclose, produce or provide access that the Service Provider 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 Service Provider 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 Service Provider may have to provide the notification contemplated by section 30.5 of the Act, if the Service Provider knows that there has been an unauthorized disclosure of personal information in its custody or under its control, the Service Provider 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 Service Provider, enter on the Service Provider’s premises to inspect any personal information in the possession of the Service Provider or any of the Service Provider’s information management policies or practices relevant to its management of personal information or its compliance with this Schedule and the Service Provider must permit, and provide reasonable assistance to, any such inspection.

Compliance with the Act and directions

21. The Service Provider must in relation to personal information comply with:
- (a) the requirements of the Act applicable to the Service Provider 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 Service Provider 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 Service Provider does not comply, or anticipates that it will be unable to comply, with a provision in this Schedule in any respect, the Service Provider 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 Service Provider, terminate the Agreement by giving written notice of such termination to the Service Provider, upon any failure of the Service Provider 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 "Service Provider" in this Schedule includes any subcontractor or agent retained by the Service Provider to perform obligations under the Agreement and the Service Provider must ensure that any such subcontractors and agents comply with this Schedule.

27. The obligations of the Service Provider 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 Service Provider 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 Service Provider to contravene the law of any jurisdiction outside Canada unless such contravention is required to comply with the Act.



AMENDMENT AGREEMENT No. 1

THIS AMENDMENT AGREEMENT is made as of June 22, 2015

BETWEEN

HER MAJESTY THE QUEEN IN RIGHT OF THE PROVINCE OF
BRITISH COLUMBIA, as represented by the Minister of Justice

(the "Province")

AND

COMPASS GROUP CANADA LTD., a company organized under the laws of
Canada

("Compass")

WHEREAS:

- A. The Province and Compass entered into a Services Agreement dated as of the 1st day of April, 2015 (the "Agreement").
- B. The parties have agreed to amend the Agreement on the terms set out in this Amending Agreement No. 1 (the "Amendment Agreement").

NOW THEREFORE THIS AMENDMENT AGREEMENT WITNESSES that in consideration of the sum of Ten Dollars and other valuable consideration (the receipt and sufficiency of which is hereby acknowledged by each party), the Province and Compass agree as follows, effective as of 12:01 am on the date first written above (the "Effective Date").

1. Unless otherwise stated in this Amendment Agreement, capitalized terms have the meanings given to those terms in the Agreement.
2. In Schedule B (*Schedule of Services*), Part 3 (*Canteen Services*) is amended by deleting paragraph 1 and by replacing it with the following:

"The scope of the Canteen Services does not include the Prince George Regional Correctional Centre (PGRCC). The Service Provider has no obligation whatsoever in respect of the provision of Canteen Services to this Correctional Centre, and all references to "Correctional Centres" in the context of Canteen Services is a reference to the Correctional Centres other than PGRCC."

3. On or about April 1, 2018, the parties will meet to renegotiate the meal rates based on updated count projections due to the opening of Okanagan Correctional Centre.



4. In Schedule E (*Schedule of Payments*), under the heading "Food Services", paragraph 6 is amended by changing "\$2,815,100.00" to "\$2,900,000.00".
5. In Schedule E (*Schedule of Payments*), the chart in paragraph 10 is deleted and replaced with the following:

"Notwithstanding any other provision of this Agreement, the Province's obligation to pay the Service Provider for Food Services (including, for greater certainty, wages, benefits and per-meal costs) is limited to the maximum amounts shown on the following table (the maximums apply on the "Totals" only and the "Correctional Centre-by-Correctional Centre" rows are for reference only):"

CENTRES	FY15/16	FY16/17	FY17/18	FY18/19	FY19/20	TOTALS
ACCW	518,410.05	542,193.88	539,913.24	564,032.25	589,035.07	2,753,584.50
FMCC	360,353.65	377,276.28	392,891.13	411,639.60	431,083.32	1,973,243.98
FRCC	1,399,856.35	1,467,535.73	1,354,833.88	1,421,366.50	1,494,781.47	7,138,373.93
KRCC	923,734.13	924,863.94	753,191.26	788,329.68	824,939.27	4,215,058.28
NCC	710,853.40	739,736.05	775,482.02	811,160.89	848,155.30	3,885,387.65
NFPC	1,617,518.40	1,651,473.13	1,844,392.38	1,930,310.22	2,024,433.33	9,068,127.45
OCC	-	230,305.00	1,425,105.80	1,492,631.49	1,567,002.41	4,715,044.70
PGRCC	889,230.00	891,026.90	824,022.06	862,565.49	902,601.21	4,369,445.65
SPSC	1,452,202.70	1,496,703.24	1,467,855.44	1,539,042.90	1,613,492.83	7,569,297.11
VIRCC	932,329.90	969,723.85	892,241.07	933,011.41	978,168.84	4,705,475.07
TOTAL	8,804,488.58	9,290,838.00	10,269,928.27	10,754,090.42	11,273,693.04	50,393,038.31

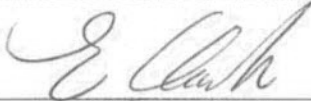
6. In Schedule E (*Schedule of Payments*), Appendix E-1, in the "Price per Meal Detail Form" for North Fraser Pre-Trial, the amount shown for Regular Meals for Year 2 (being \$2.37) is changed to \$2.40.
7. In Schedule E (*Schedule of Payments*), Appendix E-2, the sample invoice is amended by adding a line for "Training Costs" under the heading "(B) Labour".
8. Except as specifically provided herein, the terms and conditions of the Agreement are confirmed and continue in full force and effect.
9. This Amendment Agreement may be executed by the parties in any number of counterparts, each of which when delivered will be deemed to be an original and all of which together will constitute one and the same document. Delivery of an executed signature page of this Amendment Agreement by facsimile transmission, or by any other method agreed to by the parties, will be effective to the same extent as if such party had delivered a manually executed counterpart.

IN WITNESS WHEREOF the parties have duly executed this Amendment Agreement.

**HER MAJESTY THE QUEEN IN RIGHT OF THE
PROVINCE OF BRITISH COLUMBIA**, by the




Minister of Justice or the Minister's authorized representative

 2015.07.14
Name: ELENORE CLARK
Title: A/ADM.
BC CORRECTIONS

COMPASS GROUP CANADA LTD.

Per:

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iAh
Name: Mike Massa
Title: President.


Ian Baskerville
VP & General Counsel

