



St. Michael's College School

May 20 – May 24

MONDAY

SCHOOL CLOSED

TUESDAY

Butter Chicken
Lemon Ginger Basmati
Cucumber Raita , Carrot, Cilantro
Red Lentil Dahl, Mini Samosa
Grilled Curry Naan
Large \$8.50 Small \$6.50

Red Lentil Dahl, Mini Samosa
Lemon Ginger Basmati
Cucumber Raita, Carrot, Cilantro
Grilled Curry Naan
Large \$8.50 Small \$6.50

WEDNESDAY

Hot Dipped Roast Sirloin Beef
Sautee Peppers and Onion
Baby Spinach, Mozzarella
Horseradish Mayo
With Fries or Baby Arugula Salad
\$8.50

Buffalo Shrimp on a Bun
Homemade Blue Cheese Dressing
Tomato, Baby Arugula
With Fries or Baby Arugula Salad
\$8.50

THURSDAY

Italian Sausage
on a Bun
Sautee Peppers and Onion
Hot Peppers
With Greek Salad **\$7.50**

Lamb and Beef Gyros
Or Spanakopita Plate
Hummus and Pita
Tzatziki
With Greek Salad **\$7.50**

FRIDAY

Regular or
Whole Grain Pasta

Marinara Or Pork Bolognese
Or Chicken Or Smoked Salmon
Roasted Zucchini, Roast Peppers
Spinach, Mushrooms
Pesto (no nuts)

Large \$7.50 Small \$6.50

The
Hot
Stove
Lunch Special

*No Gluten
Alternative
Hot Meal

SCHOOL CLOSED

Butter Chicken

Gluten Free Pasta
Marinara, Spinach, Roast Pepper

Baked Chicken
Greek Salad

Gluten Free Pasta
Marinara, Spinach, Roast Pepper

Hot Off
the Press
Panini or
Grilled Wrap
of the day
\$6.50

SCHOOL CLOSED

Chicken, Mango
Tomato, Baby Kale
Cajun Mayo
Sautee Peppers and Onion
Whole Grain Wrap

Pulled Pork
Roast Peppers and Onion
Cheese, Baby Spinach
and Pesto (no nuts)
Whole Grain Wrap

Baked Falafel
With Feta , Hummus
Cucumber, Tomato,
Baby Spinach, Tzatziki
Whole Grain Wrap

Chicken, Guacamole
Baby Spinach, Red Pepper
Carrots, Feta
Quinoa
Whole Grain Wrap

Field of
Greens
Specialty
Salad
\$4.50

SCHOOL CLOSED

Garden Salad

Baby Arugula
and Parmesan

Greek Salad

Spring Mix, Kalamata Olive
And Oranges

Menu subject to change due to unforeseen circumstances

* Hot Meal made without Gluten (Kitchen still Contains Gluten)

Available Daily : A Build Your Own Wrap station with Various Proteins, Veggies and sauces; Salad Bar with Fresh Greens and toppings

Daily Home made soup; Fresh Baked Goods; Hot and Cold Grab n' Go Items

Our Recipes use Local ingredients when available.

For any questions please contact Food Service Director Jimmy Selimos: selimos@smcsmail.com; 416-653-3180 ext.140

