

## ELMWOOD BISTRO – SEPTEMBER 2020

*Meal plan includes one meal choice, fresh fruit and a choice of drink*

### LUNCH

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

9

10

11

#### CHOICE OF SANDWICH

Ham & cheese

Egg salad

Tuna salad

Wow butter & jam

Chicken Caesar wrap

{ All sandwiches

include a side order of  
vegetables & dip }

#### BIG SALAD OF THE DAY

Chicken/Vegetarian

Caesar salad

#### PASTA OF THE DAY

Spaghetti

with homemade

tomato sauce

#### HOT OPTION

Roasted chicken drumsticks

with rice pilaf &

buttered green peas

#### CHOICE OF SANDWICH

Ham & cheese

Egg salad

Tuna salad

Wow butter & jam

Chicken Caesar wrap

{ All sandwiches

include a side order of  
vegetables & dip }

#### BIG SALAD OF THE DAY

Roast chicken/vegetarian  
salad, pickled beets & quinoa

#### PASTA OF THE DAY

Sweet & spicy

garlic noodles

with mixed vegetables

#### HOT OPTION

Turkey sausage

with roasted potato wedges

& mixed vegetables

#### CHOICE OF SANDWICH

Ham & cheese

Egg salad

Tuna salad

Wow butter & jam

Chicken Caesar wrap

{ All sandwiches

include a side order of  
vegetables & dip }

#### BIG SALAD OF THE DAY

Spicy tofu & rice

noodle salad

#### PASTA OF THE DAY

Noodle caboodle Egg

noodles, potatoes, buttered

onions & cottage cheese

#### HOT OPTION

Ham & pineapple

pizza

with Caesar salad

SEPTEMBER 2020

**LUNCH**

SEPTEMBER 2020

**MONDAY**

14

**CHOICE OF SANDWICH**

Ham & cheese  
Egg salad  
Tuna salad  
Wow butter & jam  
Chicken Caesar wrap  
{ All sandwiches include a side order of vegetables & dip }

**BIG SALAD OF THE DAY**

Roast chicken/vegetarian salad, pickled beets & quinoa

**PASTA OF THE DAY**

Creamy mac n cheese made with St. Albert's local cheddar cheese

**HOT OPTION**

Meatball sub made with O'Brien farms local beef, tomato sauce & Caesar salad

**TUESDAY**

15

**CHOICE OF SANDWICH**

Ham & cheese  
Egg salad  
Tuna salad  
Wow butter & jam  
Chicken Caesar wrap  
{ All sandwiches include a side order of vegetables & dip }

**BIG SALAD OF THE DAY**

Chicken/vegetarian fattoush salad with organic lentils

**PASTA OF THE DAY**

Baked ziti with cheese & spicy tomato sauce

**HOT OPTION**

Pork & kimchi dumplings with mixed vegetables

**WEDNESDAY**

16

**CHOICE OF SANDWICH**

Ham & cheese  
Egg salad  
Tuna salad  
Wow butter & jam  
Chicken Caesar wrap  
{ All sandwiches include a side order of vegetables & dip }

**BIG SALAD OF THE DAY**

Beef/vegetarian taco salad with organic black beans

**PASTA OF THE DAY**

Cheese tortellini with butternut squash, baby spinach & brown butter sauce

**HOT OPTION**

Vegetarian quesadilla with organic beans, Mexican rice & warm corn salad

**THURSDAY**

17

**CHOICE OF SANDWICH**

Ham & cheese  
Egg salad  
Tuna salad  
Wow butter & jam  
Chicken Caesar wrap  
{ All sandwiches include a side order of vegetables & dip }

**BIG SALAD OF THE DAY**

Spicy chicken/vegetarian & rice noodle salad

**PASTA OF THE DAY**

Chow mein noodles with vegetable stir fry

**HOT OPTION**

Grilled cheese with homemade tomato & roasted red pepper soup

**FRIDAY**

18

**CHOICE OF SANDWICH**

Ham & cheese  
Egg salad  
Tuna salad  
Wow butter & jam  
Chicken Caesar wrap  
{ All sandwiches include a side order of vegetables & dip }

**BIG SALAD OF THE DAY**

Greek pasta salad with organic chickpeas

**PASTA OF THE DAY**

Bowtie pasta with mushrooms & spinach

**HOT OPTION**

Prime rib beef/vegetarian burger with potato wedges & apple cabbage slaw

**LUNCH**

SEPTEMBER 2020

**MONDAY**

21

**CHOICE OF SANDWICH**

Ham & cheese  
Egg salad  
Tuna salad  
Wow butter & jam  
Chicken Caesar wrap  
{ All sandwiches include a side order of vegetables & dip }

**BIG SALAD OF THE DAY**

Roast chicken/vegetarian salad, pickled beets & quinoa

**PASTA OF THE DAY**

Buttered noodles with parmesan cheese

**HOT OPTION**

Broccoli quiche with cheddar cheese & garden salad

**TUESDAY**

22

**CHOICE OF SANDWICH**

Ham & cheese  
Egg salad  
Tuna salad  
Wow butter & jam  
Chicken Caesar wrap  
{ All sandwiches include a side order of vegetables & dip }

**BIG SALAD OF THE DAY**

Chicken/vegetarian Caesar salad

**PASTA OF THE DAY**

Spaghetti with puttanesca sauce

**HOT OPTION**

Chickpea & potato curry with steamed rice & naan

**WEDNESDAY**

23

**CHOICE OF SANDWICH**

Ham & cheese  
Egg salad  
Tuna salad  
Wow butter & jam  
Chicken Caesar wrap  
{ All sandwiches include a side order of vegetables & dip }

**BIG SALAD OF THE DAY**

Spicy chicken/tofu & rice noodle salad

**PASTA OF THE DAY**

Sesame chow mein noodles with mixed mushrooms & ginger

**HOT OPTION**

Meatballs and gravy made with local beef, creamy mash potatoes & buttered corn

**THURSDAY**

24

**CHOICE OF SANDWICH**

Ham & cheese  
Egg salad  
Tuna salad  
Wow butter & jam  
Chicken Caesar wrap  
{ All sandwiches include a side order of vegetables & dip }

**BIG SALAD OF THE DAY**

Beef/vegetarian taco salad with organic black beans

**PASTA OF THE DAY**

Fettucine with lemon herb cream sauce

**HOT OPTION**

Shawarma style chicken legs with garlic sauce, rice pilaf & fattoush salad

**FRIDAY**

25

**CHOICE OF SANDWICH**

Ham & cheese  
Egg salad  
Tuna salad  
Wow butter & jam  
Chicken Caesar wrap  
{ All sandwiches include a side order of vegetables & dip }

**BIG SALAD OF THE DAY**

Chicken/vegetarian fattoush salad with organic lentils

**PASTA OF THE DAY**

Rigatoni with pesto, roasted red peppers, olives & feta cheese

**HOT OPTION**

Pancake day with pork breakfast sausages & hash browns

## LUNCH

SEPTEMBER 2020

### MONDAY

28

#### CHOICE OF SANDWICH

Ham & cheese  
Egg salad  
Tuna salad  
Wow butter & jam  
Chicken Caesar wrap  
{ All sandwiches include a side order of vegetables & dip }

#### BIG SALAD OF THE DAY

Spicy chicken/tofu  
rice noodle salad

#### PASTA OF THE DAY

Spaghetti with  
vegetarian Bolognese  
sauce

#### HOT OPTION

Pork sausage/vegetarian  
rolls with potato wedges  
and mixed vegetables

### TUESDAY

29

#### CHOICE OF SANDWICH

Ham & cheese  
Egg salad  
Tuna salad  
Wow butter & jam  
Chicken Caesar wrap  
{ All sandwiches include a side order of vegetables & dip }

#### BIG SALAD OF THE DAY

Chicken/vegetarian  
Caesar salad

#### PASTA OF THE DAY

Creamy pasta  
with chickpeas  
& spinach

#### HOT OPTION

Vegetarian dumplings  
with  
mixed vegetables

### WEDNESDAY

30

#### CHOICE OF SANDWICH

Ham & cheese  
Egg salad  
Tuna salad  
Wow butter & jam  
Chicken Caesar wrap  
{ All sandwiches include a side order of vegetables & dip }

#### BIG SALAD OF THE DAY

Roast chicken/vegetarian  
salad, pickled beets & quinoa

#### PASTA OF THE DAY

Teriyaki noodles  
with mixed vegetables  
& tofu

#### HOT OPTION

Spicy beef curry made  
with O'Brien farms local beef,  
rice pilaf & naan bread

### THURSDAY

1

#### CHOICE OF SANDWICH

Ham & cheese  
Egg salad  
Tuna salad  
Wow butter & jam  
Chicken Caesar wrap  
{ All sandwiches include a side order of vegetables & dip }

#### BIG SALAD OF THE DAY

Chicken/vegetarian fattoush  
salad with organic lentils

#### PASTA OF THE DAY

Spinach ricotta  
pasta bake with  
penne noodles

#### HOT OPTION

Grilled cheese with  
homemade tomato &  
roasted red pepper soup

### FRIDAY

2

#### CHOICE OF SANDWICH

Ham & cheese  
Egg salad  
Tuna salad  
Wow butter & jam  
Chicken Caesar wrap  
{ All sandwiches include a side order of vegetables & dip }

#### BIG SALAD OF THE DAY

Beef/vegetarian taco salad  
with organic black beans

#### PASTA OF THE DAY

Rotini pasta with  
roasted red pepper  
cream sauce

#### HOT OPTION

Poutine style baked potato  
with cheese curds & homemade  
beef or mushroom gravy