



ELMWOOD
SCHOOL

Elmwood Bistro | May 24 - June 14, 2022

Meal plan includes one meal choice, fresh fruit and a choice of drink. All sandwiches include a side order of vegetables and dip.

Monday	Tuesday	Wednesday	Thursday	Friday
23 Holiday	24 <i>Meatless Tuesday</i> Choice of Sandwich Vegan chickpea salad Egg salad Tuna salad Wow butter & jam Big salad of the day Greek salad with cheese tortellini, mixed vegetables, feta cheese & olives Pasta of the day Spaghetti with marinara sauce Hot option Chickpea curry with rice and naan	25 Choice of Sandwich Ham & cheese Vegan chickpea salad Egg salad Tuna salad Wow butter & jam Chicken Caesar wrap Big salad of the day Chicken/vegetarian Caesar salad with croutons, cheese & creamy garlic dressing Pasta of the day Creamy mac n cheese with steamed broccoli	26 Choice of Sandwich Ham & cheese Vegan chickpea salad Egg salad Tuna salad Wow butter & jam Chicken Caesar wrap Big salad of the Beef/vegetarian taco salad with organic black beans & cilantro dressing Pasta of the day Sweet & spicy Shanghai noodles with mixed vegetables and tofu Hot option Fish cakes with homemade tartar sauce garden salad	27 Choice of Sandwich Ham & cheese Vegan chickpea salad Egg salad Tuna salad Wow butter & jam Chicken Caesar wrap Big salad of the Chicken/vegetarian garden salad with mixed vegetables, organic beans & balsamic vinaigrette Pasta of the day Buttered noodles with parmesan cheese Hot option Chicken quesadilla with Mexican style rice and spicy roasted corn

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
Meatless Monday	Choice of Sandwich	Choice of Sandwich	Choice of Sandwich	Choice of Sandwich
Choice of Sandwich	Ham & cheese	Ham & cheese	Ham & cheese	Ham & cheese
Vegan chickpea salad	Vegan chickpea salad	Vegan chickpea salad	Vegan chickpea salad	Vegan chickpea salad
Egg salad	Egg salad	Egg salad	Egg salad	Egg salad
Tuna salad	Tuna salad	Tuna salad	Tuna salad	Tuna salad
Wow butter & jam	Wow butter & jam	Wow butter & jam	Wow butter & jam	Wow butter & jam
	Chicken Caesar wrap	Chicken Caesar wrap	Chicken Caesar wrap	Chicken Caesar wrap
Big salad of the day	Big salad of the day	Big salad of the day	Big salad of the day	Big salad of the day
Vegetarian	Chicken Waldorf salad with	Chicken/vegetarian Caesar	Chicken/tofu salad	Buffalo chicken salad
fattoush salad with	kale, apples, pumpkin	salad with croutons, cheese &	with grilled vegetables, millet	with blue cheese dressing,
organic lentils	seeds, celery &	creamy garlic dressing	& baba ganoush	carrots, celery & avocado
& sumac dressing	blue cheese			
Pasta of the day	Pasta of the day	Pasta of the day	Pasta of the day	Pasta of the day
Parmesan pasta with garlicky	Pasta with roasted red	Pasta with tomato cream sauce,	Buttered noodles	Shanghai noodles
herb bread crumbs	pepper cream sauce	sun dried tomatoes &	with parmesan cheese	with mixed vegetables & tofu
		baby spinach		
Hot option	Hot option		Hot option	Hot option
Grilled cheese	Sweet & spicy roasted		Chicken dumplings	Jamaican patty
& soup of the day	chicken drumsticks with		with mixed vegetables &	with apple coleslaw &
	chow mein noodles &		steamed rice	green salad
	mixed vegetables			

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<p style="text-align: center;">6</p> <p>Meatless Monday Choice of Sandwich Vegan chickpea salad Egg salad Tuna salad Wow butter & jam</p> <p>Big salad of the day Vegetarian Caesar salad with chickpeas, tofu bacon, croutons, cheese & creamy garlic dressing</p> <p>Pasta of the day Teriyaki noodles with mixed vegetables & tofu</p> <p>Hot option Homemade cheese pizza with Caesar salad</p>	<p style="text-align: center;">7</p> <p>Choice of Sandwich Ham & cheese Vegan chickpea salad Egg salad Tuna salad Wow butter & jam Chicken Caesar wrap</p> <p>Big salad of the day Green goddess bowl with lots of green veggies, quinoa, roasted lentils & tahini sauce</p> <p>Pasta of the day Creamy fettuccine with parmesan cheese</p> <p>Hot option BLT sandwich on whole wheat bagel & soup of the day</p>	<p style="text-align: center;">8</p> <p>Choice of Sandwich Ham & cheese Vegan chickpea salad Egg salad Tuna salad Wow butter & jam Chicken Caesar wrap</p> <p>Big salad of the day Spicy chicken/tofu rice noodle salad with mixed vegetables</p> <p>Pasta of the day Pasta bake beef bolognese or vegetarian tomato sauce</p>	<p style="text-align: center;">9</p> <p>Choice of Sandwich Ham & cheese Vegan chickpea salad Egg salad Tuna salad Wow butter & jam Chicken Caesar wrap</p> <p>Big salad of the day Tuna Nicoise salad with boiled eggs, mixed vegetables & black olives</p> <p>Pasta of the day Spaghetti with marinara sauce</p> <p>Hot option Butter chicken balls with rice & naan</p>	<p style="text-align: center;">10</p> <p>Spirit BBQ Cheeseburger/veggie burger Miss Vickie's chips & fresh fruit</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p data-bbox="226 142 264 167">13</p> <p data-bbox="132 175 359 199"><i>Meatless Monday</i></p> <p data-bbox="111 207 388 232">Choice of Sandwich</p> <p data-bbox="111 240 388 264">Vegan chickpea salad</p> <p data-bbox="184 272 315 297">Egg salad</p> <p data-bbox="184 305 315 329">Tuna salad</p> <p data-bbox="132 337 367 362">Wow butter & jam</p> <p data-bbox="111 418 388 443">Big salad of the day</p> <p data-bbox="69 451 422 557">Vegetarian Caesar salad with croutons, cheese & creamy garlic dressing</p> <p data-bbox="132 597 367 621">Pasta of the day</p> <p data-bbox="69 630 422 735">Curried chow mein noodles with mixed vegetables & chicken or tofu</p> <p data-bbox="174 776 325 800">Hot option</p> <p data-bbox="100 808 388 914">Cheese focaccia with rosemary olive oil & Caesar salad</p>	<p data-bbox="604 142 642 167">14</p> <p data-bbox="489 175 766 199">Choice of Sandwich</p> <p data-bbox="531 207 724 232">Ham & cheese</p> <p data-bbox="489 240 766 264">Vegan chickpea salad</p> <p data-bbox="562 272 693 297">Egg salad</p> <p data-bbox="562 305 693 329">Tuna salad</p> <p data-bbox="510 337 745 362">Wow butter & jam</p> <p data-bbox="489 370 766 394">Chicken Caesar wrap</p> <p data-bbox="489 451 766 475">Big salad of the day</p> <p data-bbox="489 483 766 621">Vegetarian fattoush salad with organic lentils & sumac dressing</p> <p data-bbox="510 662 745 686">Pasta of the day</p> <p data-bbox="447 695 808 768">Parmesan pasta with garlicky herb bread crumbs</p> <p data-bbox="552 808 703 833">Hot option</p> <p data-bbox="489 841 766 946">Turkey sausage with potatoes wedges & garden salad</p>			