

LUNCH

SEPTEMBER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
	<p>CHOICE OF SANDWICH Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>
	<p><b>BIG SALAD OF THE DAY</b> Chicken / vegetarian Caesar salad with croutons, cheese, &amp; creamy garlic dressing</p>	<p><b>BIG SALAD OF THE DAY</b> Garden salad with roasted chicken, mixed vegetables, &amp; balsamic vinaigrette</p>	<p><b>BIG SALAD OF THE DAY</b> Tofu rice noodle salad with avocado pickled vegetables, &amp; roasted seaweed</p>	<p><b>BIG SALAD OF THE DAY</b> Beef / vegetarian taco salad with organic black beans &amp; cilantro dressing</p>	<p><b>BIG SALAD OF THE DAY</b> Spicy pork / tofu rice noodle salad with mixed vegetables</p>
	<p><b>PASTA OF THE DAY</b> Mac n cheese with steamed broccoli</p>	<p><b>PASTA OF THE DAY</b> Spaghetti with marinara sauce</p>	<p><b>PASTA OF THE DAY</b> Pasta with roasted red pepper cream sauce</p>	<p><b>PASTA OF THE DAY</b> Sweet &amp; spicy Shanghai noodles with mixed vegetables &amp; tofu</p>	<p><b>PASTA OF THE DAY</b> Sesame chow mein noodles with mixed vegetables, tofu &amp; ginger</p>
	<p><b>HOT OPTION</b> Cheddar quiche with home fries</p>	<p><b>HOT OPTION</b> Chicken quesadilla with Mexican style rice &amp; spicy corn</p>	<p><b>HOT OPTION</b> Ginger chicken balls with sweet soy sauce, rice &amp; mixed vegetables</p>	<p><b>HOT OPTION</b> Buffalo style chicken drumsticks with creamy macaroni salad &amp; mixed greens</p>	<p><b>HOT OPTION</b> Prime rib beef / vegetarian burger with macaroni salad &amp; mixed greens</p>

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

LUNCH

SEPTEMBER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9	10	11	12	13
	<p><b>CHOICE OF SANDWICH</b> Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>	<p><b>CHOICE OF SANDWICH</b> Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>	<p><b>CHOICE OF SANDWICH</b> Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>	<p><b>CHOICE OF SANDWICH</b> Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>	<p><b>CHOICE OF SANDWICH</b> Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>
	<p><b>BIG SALAD OF THE DAY</b> Greek salad with mixed greens, vegetables, white beans, feta cheese, olives &amp; balsamic dressing</p>	<p><b>BIG SALAD OF THE DAY</b> Grilled chicken / tofu salad with grilled vegetables, millet &amp; baba ganoush</p>	<p><b>BIG SALAD OF THE DAY</b> Tofu rice noodle salad with avocado pickled vegetables, &amp; roasted seaweed</p>	<p><b>BIG SALAD OF THE DAY</b> Buffalo chicken salad with blue cheese dressing, carrots, celery &amp; avocado</p>	<p><b>BIG SALAD OF THE DAY</b> Tofu rice noodle salad with avocado pickled vegetables, &amp; roasted seaweed</p>
	<p><b>PASTA OF THE DAY</b> Buttered noodles with parmesan cheese</p>	<p><b>PASTA OF THE DAY</b> Creamy pasta primavera</p>	<p><b>PASTA OF THE DAY</b> Pasta with roasted red pepper cream sauce</p>	<p><b>PASTA OF THE DAY</b> Cheese tortellini with browned butter, baby spinach &amp; butternut squash</p>	<p><b>PASTA OF THE DAY</b> Teriyaki noodles with mixed vegetables &amp; tofu</p>
	<p><b>HOT OPTION</b> Braised beef hand pie with Caesar salad</p>	<p><b>HOT OPTION</b> Panko crusted fish cakes with tartar sauce &amp; mixed vegetables</p>	<p><b>HOT OPTION</b> Ginger chicken balls with sweet soy sauce, rice &amp; mixed vegetables</p>	<p><b>HOT OPTION</b> Pancakes with maple syrup, pork sausages, &amp; home fries</p>	<p><b>HOT OPTION</b> Chickpea and potato curry with naan</p>

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

LUNCH

SEPTEMBER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	16	17	18	19	20
	<p>CHOICE OF SANDWICH Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>
	<p><b>BIG SALAD OF THE DAY</b> Fattoush salad with mixed vegetables, organic green lentils, &amp; sumac dressing</p>	<p><b>BIG SALAD OF THE DAY</b> Tuna Nicoise salad with boiled eggs, mixed vegetables &amp; black olives</p>	<p><b>BIG SALAD OF THE DAY</b> Garden salad with mixed vegetables, beans, cheese &amp; balsamic</p>	<p><b>BIG SALAD OF THE DAY</b> Spicy chicken / tofu rice noodle salad with mixed vegetables</p>	<p><b>BIG SALAD OF THE DAY</b> Chicken / vegetarian Caesar salad with croutons, cheese, &amp; creamy garlic dressing</p>
	<p><b>PASTA OF THE DAY</b> Buttered noodles with parmesan cheese</p>	<p><b>PASTA OF THE DAY</b> Cheese tortellini with browned butter, baby spinach &amp; butternut squash</p>	<p><b>PASTA OF THE DAY</b> Beef / cheese tortellini with marinara sauce</p>	<p><b>PASTA OF THE DAY</b> Baked ziti with vegetarian Bolognese sauce</p>	<p><b>PASTA OF THE DAY</b> Creamy mac n cheese</p>
	<p><b>HOT OPTION</b> Grilled cheese with soup of the day</p>	<p><b>HOT OPTION</b> Vegetarian chili with corn chips, sour cream &amp; cheddar cheese</p>	<p><b>HOT OPTION</b> Thai coconut curry chicken balls with rice &amp; mixed vegetables</p>	<p><b>HOT OPTION</b> Cottage beef pie with creamy mashed potatoes &amp; garden salad</p>	<p><b>HOT OPTION</b> Poutine style baked potato with cheese curds, homemade beef / mushroom gravy &amp; garden salad</p>

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

LUNCH

SEPTEMBER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	23	24	25	26	27
	<p>CHOICE OF SANDWICH Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH Ham &amp; Cheese Egg Salad Wow Butter &amp; Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)</p>
	<p><b>BIG SALAD OF THE DAY</b> Grilled chicken / tofu salad with grilled vegetables, millet &amp; baba ganoush</p>	<p><b>BIG SALAD OF THE DAY</b> Chicken / vegetarian Waldorf salad with kale, apples, pumpkin seeds, &amp; celery</p>	<p><b>BIG SALAD OF THE DAY</b> Cheese tortellini pasta salad with mixed fresh vegetables, bocconcini &amp; black olives</p>	<p><b>BIG SALAD OF THE DAY</b> Spicy chicken / tofu rice noodle salad with mixed vegetables</p>	<p><b>BIG SALAD OF THE DAY</b> Roast chicken / vegetarian salad with quinoa, pumpkin seeds, dried cranberries, &amp; pickled beets</p>
	<p><b>PASTA OF THE DAY</b> Pasta with pesto, potatoes, &amp; green beans</p>	<p><b>PASTA OF THE DAY</b> Curried tofu chow mein with mixed vegetables</p>	<p><b>PASTA OF THE DAY</b> Ginger noodles with tofu &amp; mixed vegetables</p>	<p><b>PASTA OF THE DAY</b> Pasta with roasted red pepper cream sauce</p>	<p><b>PASTA OF THE DAY</b> Creamy pasta primavera</p>
	<p><b>HOT OPTION</b> Chicken burger with macaroni salad &amp; mixed greens</p>	<p><b>HOT OPTION</b> Cheese Focaccia with fresh rosemary &amp; soup of the day</p>	<p><b>HOT OPTION</b> Egg &amp; cheese breakfast sandwich with homefries</p>	<p><b>HOT OPTION</b> Chicken dumplings with sweet chili sauce, rice &amp; mixed vegetables</p>	<p><b>HOT OPTION</b> Chicken pot pie with mashed potatoes &amp; garden salad</p>