

LUNCH

SEPTEMBER 2023

FRIDAY

1

CHOICE OF SANDWICH

Ham & Cheese

Egg Salad

Wow Butter & Jam

Tuna Salad

Chicken Caesar Wrap

(All sandwiches include a
side order of vegetables
and dip)

BIG SALAD OF THE DAY

Roast chicken / vegetarian
salad with quinoa,
pumpkin seeds,
cranberries & pickled beets

PASTA OF THE DAY

Pasta with pesto, potatoes,
& green beans

HOT OPTION

Roasted chicken
drumsticks, chow mein
noodles & mixed
vegetables

LUNCH
SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
CHOICE OF SANDWICH Ham & Cheese Egg Salad Wow Butter & Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)	CHOICE OF SANDWICH Ham & Cheese Egg Salad Wow Butter & Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)	CHOICE OF SANDWICH Ham & Cheese Egg Salad Wow Butter & Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)	CHOICE OF SANDWICH Ham & Cheese Egg Salad Wow Butter & Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)	CHOICE OF SANDWICH Ham & Cheese Egg Salad Wow Butter & Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)
BIG SALAD OF THE DAY Chicken / vegetarian Caesar salad with croutons, cheese, & creamy garlic dressing	BIG SALAD OF THE DAY Garden salad with roasted chicken, mixed vegetables, & balsamic vinaigrette	BIG SALAD OF THE DAY Tofu rice noodle salad with avocado pickled vegetables, & roasted seaweed	BIG SALAD OF THE DAY Beef / vegetarian taco salad with organic black beans & cilantro dressing	BIG SALAD OF THE DAY Spicy pork / tofu rice noodle salad with mixed vegetables
PASTA OF THE DAY Mac n cheese with steamed broccoli	PASTA OF THE DAY Spaghetti with marinara sauce	PASTA OF THE DAY Pasta with roasted red pepper cream sauce	PASTA OF THE DAY Sweet & spicy Shanghai noodles with mixed vegetables & tofu	PASTA OF THE DAY Sesame chow mein noodles with mixed vegetables, tofu & ginger
HOT OPTION Cheddar quiche with home fries	HOT OPTION Chicken quesadilla with Mexican style rice & spicy corn	HOT OPTION Ginger chicken balls with sweet soy sauce, rice & mixed vegetables	HOT OPTION Buffalo style chicken drumsticks with creamy macaroni salad & mixed greens	HOT OPTION Prime rib beef / vegetarian burger with macaroni salad & mixed greens

LUNCH

SEPTEMBER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11	12	13	14	15
	<p>CHOICE OF SANDWICH</p> <p>Ham & Cheese</p> <p>Egg Salad</p> <p>Wow Butter & Jam</p> <p>Tuna Salad</p> <p>Chicken Caesar Wrap</p> <p>(All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH</p> <p>Ham & Cheese</p> <p>Egg Salad</p> <p>Wow Butter & Jam</p> <p>Tuna Salad</p> <p>Chicken Caesar Wrap</p> <p>(All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH</p> <p>Ham & Cheese</p> <p>Egg Salad</p> <p>Wow Butter & Jam</p> <p>Tuna Salad</p> <p>Chicken Caesar Wrap</p> <p>(All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH</p> <p>Ham & Cheese</p> <p>Egg Salad</p> <p>Wow Butter & Jam</p> <p>Tuna Salad</p> <p>Chicken Caesar Wrap</p> <p>(All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH</p> <p>Ham & Cheese</p> <p>Egg Salad</p> <p>Wow Butter & Jam</p> <p>Tuna Salad</p> <p>Chicken Caesar Wrap</p> <p>(All sandwiches include a side order of vegetables and dip)</p>
	<p>BIG SALAD OF THE DAY</p> <p>Greek salad with mixed greens, vegetables, white beans, feta cheese, olives & balsamic dressing</p>	<p>BIG SALAD OF THE DAY</p> <p>Grilled chicken / tofu salad with grilled vegetables, millet & baba ganoush</p>	<p>BIG SALAD OF THE DAY</p> <p>Tofu rice noodle salad with avocado pickled vegetables, & roasted seaweed</p>	<p>BIG SALAD OF THE DAY</p> <p>Buffalo chicken salad with blue cheese dressing, carrots, celery & avocado</p>	<p>BIG SALAD OF THE DAY</p> <p>Tofu rice noodle salad with avocado pickled vegetables, & roasted seaweed</p>
	<p>PASTA OF THE DAY</p> <p>Buttered noodles with parmesan cheese</p>	<p>PASTA OF THE DAY</p> <p>Creamy pasta primavera</p>	<p>PASTA OF THE DAY</p> <p>Pasta with roasted red pepper cream sauce</p>	<p>PASTA OF THE DAY</p> <p>Cheese tortellini with browned butter, baby spinach & butternut squash</p>	<p>PASTA OF THE DAY</p> <p>Teriyaki noodles with mixed vegetables & tofu</p>
	<p>HOT OPTION</p> <p>Braised beef hand pie with Caesar salad</p>	<p>HOT OPTION</p> <p>Panko crusted fish cakes with tartar sauce & mixed vegetables</p>	<p>HOT OPTION</p> <p>Ginger chicken balls with sweet soy sauce, rice & mixed vegetables</p>	<p>HOT OPTION</p> <p>Pancakes with maple syrup, pork sausages, & home fries</p>	<p>HOT OPTION</p> <p>Chickpea and potato curry with naan</p>

LUNCH

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18	19	20	21	22
CHOICE OF SANDWICH Ham & Cheese Egg Salad Wow Butter & Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)	CHOICE OF SANDWICH Ham & Cheese Egg Salad Wow Butter & Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)	CHOICE OF SANDWICH Ham & Cheese Egg Salad Wow Butter & Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)	CHOICE OF SANDWICH Ham & Cheese Egg Salad Wow Butter & Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)	CHOICE OF SANDWICH Ham & Cheese Egg Salad Wow Butter & Jam Tuna Salad Chicken Caesar Wrap (All sandwiches include a side order of vegetables and dip)
BIG SALAD OF THE DAY Fattoush salad with mixed vegetables, organic green lentils, & sumac dressing	BIG SALAD OF THE DAY Tuna Nicoise salad with boiled eggs, mixed vegetables & black olives	BIG SALAD OF THE DAY Garden salad with mixed vegetables, beans, cheese & balsamic	BIG SALAD OF THE DAY Spicy chicken / tofu rice noodle salad with mixed vegetables	BIG SALAD OF THE DAY Chicken / vegetarian Caesar salad with croutons, cheese, & creamy garlic dressing
PASTA OF THE DAY Buttered noodles with parmesan cheese	PASTA OF THE DAY Cheese tortellini with browned butter, baby spinach & butternut squash	PASTA OF THE DAY Beef / cheese tortellini with marinara sauce	PASTA OF THE DAY Baked ziti with vegetarian Bolognese sauce	PASTA OF THE DAY Creamy mac n cheese
HOT OPTION Grilled cheese with soup of the day	HOT OPTION Vegetarian chili with corn chips, sour cream & cheddar cheese	HOT OPTION Thai coconut curry chicken balls with rice & mixed vegetables	HOT OPTION Cottage beef pie with creamy mashed potatoes & garden salad	HOT OPTION Poutine style baked potato with cheese curds, homemade beef / mushroom gravy & garden salad



LUNCH

SEPTEMBER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	25	26	27	28	29
	<p>CHOICE OF SANDWICH</p> <p>Ham & Cheese</p> <p>Egg Salad</p> <p>Wow Butter & Jam</p> <p>Tuna Salad</p> <p>Chicken Caesar Wrap</p> <p>(All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH</p> <p>Ham & Cheese</p> <p>Egg Salad</p> <p>Wow Butter & Jam</p> <p>Tuna Salad</p> <p>Chicken Caesar Wrap</p> <p>(All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH</p> <p>Ham & Cheese</p> <p>Egg Salad</p> <p>Wow Butter & Jam</p> <p>Tuna Salad</p> <p>Chicken Caesar Wrap</p> <p>(All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH</p> <p>Ham & Cheese</p> <p>Egg Salad</p> <p>Wow Butter & Jam</p> <p>Tuna Salad</p> <p>Chicken Caesar Wrap</p> <p>(All sandwiches include a side order of vegetables and dip)</p>	<p>CHOICE OF SANDWICH</p> <p>Ham & Cheese</p> <p>Egg Salad</p> <p>Wow Butter & Jam</p> <p>Tuna Salad</p> <p>Chicken Caesar Wrap</p> <p>(All sandwiches include a side order of vegetables and dip)</p>
	<p>BIG SALAD OF THE DAY</p> <p>Grilled chicken / tofu salad with grilled vegetables, millet & baba ganoush</p>	<p>BIG SALAD OF THE DAY</p> <p>Chicken / vegetarian</p> <p>Waldorf salad with kale, apples, pumpkin seeds, & celery</p>	<p>BIG SALAD OF THE DAY</p> <p>Cheese tortellini pasta salad with mixed fresh vegetables, bocconcini & black olives</p>	<p>BIG SALAD OF THE DAY</p> <p>Spicy chicken / tofu rice noodle salad with mixed vegetables</p>	<p>BIG SALAD OF THE DAY</p> <p>Roast chicken / vegetarian salad with quinoa, pumpkin seeds, dried cranberries, & pickled beets</p>
	<p>PASTA OF THE DAY</p> <p>Pasta with pesto, potatoes, & green beans</p>	<p>PASTA OF THE DAY</p> <p>Curried tofu chow mein with mixed vegetables</p>	<p>PASTA OF THE DAY</p> <p>Ginger noodles with tofu & mixed vegetables</p>	<p>PASTA OF THE DAY</p> <p>Pasta with roasted red pepper cream sauce</p>	<p>PASTA OF THE DAY</p> <p>Creamy pasta primavera</p>
	<p>HOT OPTION</p> <p>Chicken burger with macaroni salad & mixed greens</p>	<p>HOT OPTION</p> <p>Cheese Foccacia with fresh rosemary & soup of the day</p>	<p>HOT OPTION</p> <p>Egg & cheese breakfast sandwich with homefries</p>	<p>HOT OPTION</p> <p>Chicken dumplings with sweet chili sauce, rice & mixed vegetables</p>	<p>HOT OPTION</p> <p>Chicken pot pie with mashed potatoes & garden salad</p>