


















































MAKE THE CHOICE THAT'S RIGHT FOR YOU.  EAT WELL  LOCALLY SOURCED  VEGETARIAN  VEGAN  PLANT-CENTRIC

LUNCH	MONDAY 9/9	TUESDAY 9/10	WEDNESDAY 9/11	THURSDAY 9/12	FRIDAY 9/13
SANDWICH SPECIAL \$7.50	Southwestern Chicken Caesar Wrap 	Chopped BLT Salad Hero 	BBQ Roast Beef & Cheddar Hero 	Falafel Pita Sandwich  	Turkey & American Cheese Sandwich
GLOBAL FLAVOUR \$8.95/\$7.95	Birria Beef Taco Casserole Southwestern Rice Bake 	Sweet Italian Sausage with Pecorino Cheese & Tri-Color Peppers & Onions Tofu Cacciatore  	Oven Roasted Turkey with Gravy Adobo Roasted Cauliflower 	Orange Chicken with Lo Mein Five Vegetable Fried Rice 	Creamy Baked Mac & Cheese 
SIDES \$1.95	Fried Plantains  Concina Vegetables 	Italian Roasted Potatoes   Warm Street Corn Salad  	Smashed Red Bliss Potatoes  Green Beans & Carrots  	Stir Fry Vegetables   Vegetable Egg Rolls 	Oven Roasted Carrot Fries 
Snack Packs \$3.95	Celery, Carrots, Sun Butter & Raisins   Apple, Grapes, Pretzels, Caramel  Hummus, Cumber, Olives, Pita  	Celery, Carrots, Sun Butter & Raisins   Apple, Grapes, Pretzels, Caramel  Hummus, Cumber, Olives, Pita  	Celery, Carrots, Sun Butter & Raisins   Apple, Grapes, Pretzels, Caramel  Hummus, Cumber, Olives, Pita  	Celery, Carrots, Sun Butter & Raisins   Apple, Grapes, Pretzels, Caramel  Hummus, Cumber, Olives, Pita  	Celery, Carrots, Sun Butter & Raisins   Apple, Grapes, Pretzels, Caramel  Hummus, Cumber, Olives, Pita  

MAKE THE CHOICE THAT'S RIGHT FOR YOU.

EAT WELL LOCALLY SOURCED VEGETARIAN VEGAN PLANT-CENTRIC

LUNCH	MONDAY 9/16	TUESDAY 9/17	WEDNESDAY 9/18	THURSDAY 9/19	FRIDAY 9/20
SANDWICH SPECIAL \$7.50	Corned Beef Reuben on Rye	Turkey, Apple & Brie Wrap	Tuna Salad on Whole Wheat Wrap	Grilled Veggie & Mozzarella Wrap 	Half Day No Lunch
GLOBAL FLAVOUR \$8.95/\$7.95	Slow Roasted Beef with Mushrooms Tofu & Mushroom Stir Fry 	Seared Salmon with Teriyaki Glaze Vegan Chicken Teriyaki 	Filipino Style Beef Picadillo Vegan Filipino Style Picadillo 	Indian Butter Chicken Tofu Marsala 	Half Day No Lunch
SIDES \$1.95	Roasted Brussel Sprouts Potatoes Au Gratin 	Bok Choy Cilantro Jasmine Rice Pilaf 	Yucca Fries Sweet Plantains 	Aloo Gobi Cauliflower Basmati Rice 	Half Day No Lunch
Snack Packs \$3.95	Celery, Carrots, Sun Butter & Raisins Apple, Grapes, Pretzels, Caramel Hummus, Cumber, Olives, Pita 	Celery, Carrots, Sun Butter & Raisins Apple, Grapes, Pretzels, Caramel Hummus, Cumber, Olives, Pita 	Celery, Carrots, Sun butter & Raisins Apple, Grapes, Pretzels, Caramel Hummus, Cumber, Olives, Pita 	Celery, Carrots, Sun Butter & Raisins Apple, Grapes, Pretzels, Caramel Hummus, Cumber, Olives, Pita 	Half Day No Lunch