

MAKE THE CHOICE THAT'S RIGHT FOR YOU.



EAT WELL



LOCALLY SOURCED



VEGETARIAN



VEGAN



PLANT-CENTRIC

LUNCH	MONDAY 11/18	TUESDAY 11/19	WEDNESDAY 11/20	THURSDAY 11/21	FRIDAY 11/22
KETTLE SOUP \$3.50	Cauliflower Soup 	Chicken & Rice Soup	Butternut Squash Soup 	Tofu Miso Soup 	Parents BBQ!
SANDWICHES \$7.50	Ham & Swiss Wrap	Turkey & Cheddar on White	Ham & Provolone on Wheat	Pastrami & Gouda Wrap	
GLOBAL FLAVOUR \$8.95/\$7.95	Chicken Parmesan Vegetarian Chicken Parmesan 	Fresh Sushi Choice of Nigiri or Roll Beyond Burgers 	Beouf Bourguignon Champignon Bourguignon 	Thanksgiving Feast! Roasted Turkey Breast Roasted Vegan Chicken 	Parents BBQ!
SIDES \$1.95	Buttered Spaghetti Noodles Cauliflower & Peppers 	Macaroni & Cheese French Fries 	Potato Gratin Haricot Vert Sautes au Buerre 	Stuffing & Mashed Potatoes Green Bean Casserole 	
ACTION \$9.95		Yakisoba Noodle Station Choice of Chicken or Beef Teriyaki with assorted toppings		Yakisoba Noodle Station Choice of Chicken or Beef Teriyaki with assorted toppings	Parents BBQ!
URBAN EATS \$7.95	Chicken Souvlaki with Crispy French Fries	Chicken Souvlaki with Crispy French Fries	Chicken Souvlaki with Crispy French Fries	Chicken Souvlaki with Crispy French Fries	
CITY GRILL \$6.95 PIZZA VILLAGGIO \$4.95	Kickin' Chicken: Classic 'Which Pepperoni Pizza	Kickin' Chicken: Buffalo Bacon Mac 'Which Margherita Pizza 	Kickin' Chicken: Vegan Buffalo Chicken 'Which Philly Cheesesteak Pizza	Kickin' Chicken: Korean Town 'Which Mushroom Pizza 	Parents BBQ!

Always Available for Mornings:

Fruit Cups and Parfaits, Seasonal Whole Fresh Fruit, Pastries and Hot Breakfast sandwiches

For Lunch

Salad Bar featuring Local Produce, Proteins, and Composed Salads,