

		Monday	Tuesday	Wednesday	Thursday	Friday				
Lunch - WEEK 1	Featuring:			Noodle		Classic Comfort			Fun Day Friday	
	Main	Char Sui Pork Roast with Sticky Coconut Rice and Garlic Soy Roasted Bok Choy	Halal Chicken & Beef Meatball, Arrabbiata Sauce, Fettuccine Pasta and Chili Broccoli	 Turkey Bangers, Mashed Potatoes, Gravy and Garlic Peas	Salmon Meunière with Wild Rice and Green Beans	 Ghost Pepper Ranch Crispy Chicken Sandwich with Caesar Salad				
	Veggie Option	Char Sui Grilled Tofu	 Veggie Balls with Fettuccine and Arrabbiata Sauce	Veggie Sausage and Mash	 Spanish Frittata with Potato, Red Peppers and Cheddar	Fried Tempeh Ghost Pepper Ranch Sandwich				
	Fun Addition	Mango Sticky Rice Pudding	Garlic Knots	Tea Biscuit	Mini Chocolate Eclairs	 Baked Cheese Sauce Wedges				
	Sandwich	 Kale, Fried Noodle, Carrots and Chicken Wrap	Egg Salad Sandwich on Ciabatta	 Canadian Peameal Bacon, Tomato, Lettuce BLT Multigrain	 Turkey Tomatoes and Cheddar Croissant	Saucisson Beurre Baguette Sandwich				
	Salad	Soy Ginger Broccoli and Peppers Slaw	 Greek Salad	English Garden Salad with Lettuce Radish, Tomatoes and Asparagus	 Quinoa, Chickpea, Cucumber Mint, Tomatoes and Black Olives	Summer Gazpacho Salad				
	Soup	Hand Crafted One Meat One Vegetarian, From Scratch, Every Day								

*Allergen Note: We are a peanut and nut aware kitchen. Please speak directly to our trained Manager/Chef in regards to any special food considerations and Allergies.
 "No Gluten" items may come in cross-contamination with wheat during preparation.