

EACH HOT MEAL COMES WITH A BOTTLE OF WATER

ALL MENUS ARE NUT FREE



WEEK 1

	MONDAY 8/26	TUESDAY 8/27	WEDNESDAY 8/28	THURSDAY 8/29	FRIDAY 8/30
PROTEIN	BBQ DAY BEEF BURGER ON A ROLL	VEGAN CHICKEN CAESAR WRAP VEGAN CHICKEN NUGGETS FOR EC	BEEF OR CHICKEN TACOS WITH HARD OR SOFT SHELL	BAKED ZITI	PIZZA GLUTEN FREE PIZZA AVAILABLE
SIDE	FRENCH FRIES	PASTA SALAD	YELLOW RICE & BEANS	BROCCOLI	CHIPS
SALAD	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY
FRUIT	FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY

	MONDAY 9/16	TUESDAY 9/17	WEDNESDAY 9/18	THURSDAY 9/19	FRIDAY 9/20
PROTEIN	BBQ DAY BEEF BURGER ON A ROLL	VEGETABLE OF THE DAY CHEESY SOUFFLE	GRILLED SHAWARMA WITH HUMMUS & TEHIN	PANCAKES WITH SYRUP SCRAMBLED EGGS	PIZZA GLUTEN FREE PIZZA AVAILABLE
SIDE	FRENCH FRIES		WHITE RICE WITH BAKED BEANS IN RED SAUCE	POTATOES	CHIPS
SALAD	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY
FRUIT	FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY	FRUIT OF THE DAY

A LA CARTE MENU AVAILABLE EVERY DAY – SEE MEAT DAYS VS DAIRY DAYS

SUSHI

POKE

MIXED GREEN SALAD WITH SMALL CONTAINER OF TUNA SALAD & DRESSING

CAPRESE SANDWICH – AVAILABLE ON DAIRY DAYS

TUNA FISH SALAD SANDWICH ON ROLL

TURKEY/SCHNITZEL SANDWICH AVAILABLE ON MEAT DAYS ONLY