

	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday		
<b>Meals Week 1</b>	September 11-15 September 25 – 29 October 9 – 13 October 23 – 27 November 6 – 10 November 20 -24 December 4 – 8 December 18 -22 January 15 – 19 January 29 – Feb. 2 February 12 – 16 Feb. 26 – March 2	Burger (Chicken or Beef) topped the way you want it. Served with Caesar Salad \$5.25	Soft Beef Tacos Served with Rice and Corn \$5.25	Spaghetti and Meat Sauce with Caesar Salad and Garlic Breadstick \$5.25	BBQ Chicken Drumsticks Served with Mashed Potato and side veggies \$5.25	Home made Goulash with a Breadstick and Side Garden Salad \$5.25		
	<b>Meals Week 2</b>	September 18-22 October 2 – 6 October 16-20 Oct. 30 – Nov. 3 November 13 – 17 November 27 – Dec 1 December 11 – 15 January 8 – 12 January 22 – 26 February 5 – 9 February 19 – 23 March 5 - 9	Chicken Tatter Bowl (Mashed Potato, Chicken, corn and Gravy in a bowl) \$5.25	Soft Chicken Taco Served with Mexican Rice and Corn \$5.25	Creamy Macaroni and Cheese Served with Breadstick and Side Salad \$5.25	Chicken Quesadilla Served with Mexican Rice and Side Salad \$5.25	Fettuccine Alfredo Served with Garlic Breadstick and Side Caesar Salad \$5.25	

**Every Day Favorites!**

Pizza Slice \$3.50, Grilled Cheese \$3.00, Home made Hamburgers \$3.00, Whole Fruit Slush Cups \$1.50

<b>Every Week</b>	Daily Combo \$5.00	Gourmet Grilled Cheese Sandwich Homemade Soup and ICEE Juice Cup	Taco Baked Potato with Side Garden Salad and Juice (200ml)	3 Cheese pizza Slice, served with Caesar Salad and ICEE Juice cup	Baked Chicken Nuggets with Baked Potato Wedges and Juice (200ml)	Garlic Wedge with Side Salad and ICEE Juice Cup
	Soup/Salad/Sandwich/Wrap Combo \$4.50	½ BLT Wrap with Side Pasta Salad	Egg Salad Sandwich with Home made soup of the day	½ Ham and Cheddar Wrap with Side Salad	½ Turkey and Cheddar Wrap with Home Made Soup of the Day	Chicken Salad Sandwich with Home made Soup of the Day

**Sandwiches (Pre order)**

Egg Salad Sandwich	\$3.25
Chicken Sandwich	\$3.50
Ham & Cheese Sandwich	\$3.50
6" Turkey Sub	\$4.25
6" Ham or Deli Sub	\$3.75
Chicken Snack Wrap	\$3.25
Sandwich Wraps	\$3.50-5.00

**Drinks:**

White Milk (250ml)	\$0.40
White Milk (500ml)	\$0.80
Chocolate Milk (250ml)	\$1.80
Chocolate Milk (500ml)	\$2.85
Juice (200ml)	\$1.25
Juice (340ml)	\$1.75
Water 500ml)	\$1.50
Water (591ml)	\$2.00

**Salads:**

Caesar Salad	\$3.25
Garden Salad	\$3.25
Pasta Salad	\$3.50

**Hot Grab & Go:**

7" Garlic Fingers w. Sauce	\$4.25
Chicken Parmesan Wrap	\$4.50
Chicken Burger	\$4.00
4oz Chicken Fingers w/Dip	\$4.50
Small Baked Fries/Wedges	\$2.75

**Snacks:**

Veggie sticks w. Dip	\$1.50
Fruit Kebob	\$2.50
Low Fat Cookie	\$0.75
Breadsticks	\$1.50
Cinnamon Bun	\$1.50
Rice Krispy Square	\$0.80
Reduced Fat Banana Loaf	\$1.50
Small Low Fat Muffins	\$1.00
Yogurt 100g	\$1.25
Fruit Cup (3oz)	\$2.00
Yogurt and Berry Cup	\$2.00
Pudding Cup (180ml)	\$1.75
Fruit Smoothie (8oz)	\$2.25
Frozen Yogurt cup (115ml)	\$1.50

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