

MAKE THE CHOICE THAT'S RIGHT FOR YOU.

 EAT WELL

 LOCALLY SOURCED

 VEGETARIAN

 VEGAN

 PLANT-CENTRIC

LUNCH	MONDAY 10/07	TUESDAY 10/08	WEDNESDAY 10/09	THURSDAY 10/10	FRIDAY 10/11
KETTLE SOUP \$3.50	Chili con carne	Canja De Galinha (Brazilian Chicken & Rice Soup)	German Goulash Soup	Japanese Chicken Noodle Soup	Professional Day NO CLASSES
SANDWICHES \$7.50	Ham & American Cheese on Wheat	Buffalo Chicken on Wheat Wrap	Turkey & Provolone on Wheat Bread	Roast Beef & Swiss Cheese on Wheat Wrap	Professional Day NO CLASSES
GLOBAL FLAVOUR. \$8.95/\$7.95	Beef Birria Tacos  Tofu Tacos	Brazilian Braised Turkey Breast with Cranberry Sauce  Vegan Chicken with Cranberry Sauce	Slow Roasted Rosemary Beef with German Gravy  Roasted Portobello with Gravy	Japanese Chicken Curry  Vegan Japanese Chicken Curry	Professional Day NO CLASSES
SIDES \$1.95	Spanish Rice  Plantains & Grilled Peppers	Yucca Puree  Steamed French Beans	Roasted Yukon Gold Potatoes  Buttered Carrots	Japanese Mirin Rice  Bok Choy	Professional Day NO CLASSES
ACTION \$8.95		A Taste of the Middle East: Beef or Chicken Shawarma Bowls		A Taste of the Middle East: Beef or Chicken Shawarma Bowls	
URBAN EATS \$7.95	<b>Chicken Schnitzel Sandwich on Brioche with Cheese Sauce, side of Pickles &amp; Tater Tots</b>	<b>Chicken Schnitzel Sandwich on Brioche with Cheese Sauce, side of Pickles &amp; Tater Tots</b>	<b>Chicken Schnitzel Sandwich on Brioche with Cheese Sauce, side of Pickles &amp; Tater Tots</b>	<b>Chicken Schnitzel Sandwich on Brioche with Cheese Sauce, side of Pickles &amp; Tater Tots</b>	Professional Day NO CLASSES
CITY GRILL \$6.95  PIZZA VILLAGGIO \$4.95	Bacon Cheese Burger  Pepperoni Pizza	Chicken Cheese Steak  Margherita Pizza	Hot Hero Chicken Sandwich  Chicken & Peppers Pizza	Italian Sausage Sub  3 Cheese Pizza	Professional Day NO CLASSES

**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