

MAKE THE CHOICE THAT'S RIGHT FOR YOU.



EAT WELL



LOCALLY SOURCED



VEGETARIAN



VEGAN



PLANT-CENTRIC

LUNCH	MONDAY 10/14	TUESDAY 10/15	WEDNESDAY 10/16	THURSDAY 10/17	FRIDAY 10/18
KETTLE SOUP \$3.50	CLOSED in Observance of Indigenous Peoples' Day	Chicken Noodle 	Butternut Squash 	Chicken Pot Pie Soup	Upper School/ Middle School Half Day NO Lunch in Student Center
SANDWICHES \$7.50		Ham & Provolone on Wheat	Roast Beef & American on White	Turkey & Cheddar Wheat Wrap	
GLOBAL FLAVOUR. \$8.95/\$7.95	CLOSED in Observance of Indigenous Peoples' Day	HERITAGE KITCHEN: Rasa will be on site serving up Vibrant Healthy Indian Style Bowls	Seared Salmon in Butter Sauce Grilled Portobello Mushroom 	Poulet Basquaise (French Chicken Stew) Tofu Basquaise 	Upper School/ Middle School Half Day NO Lunch in Student Center
SIDES \$1.95			Couscous Roasted Cauliflower 	Baked Potato Puree Roasted Brussel Sprouts 	
ACTION \$9.95		BYO Ramen Chasu Pork Chicken Katsu Teriyaki Beef		BYO Ramen Chasu Pork Chicken Katsu Teriyaki Beef	
URBAN EATS \$7.95	CLOSED in Observance of Indigenous Peoples' Day	Chicken Bulgogi Bao Buns Vegetable Spring Roll 	Chicken Bulgogi Bao Buns Vegetable Spring Roll 	Chicken Bulgogi Bao Buns Vegetable Spring Roll 	Upper School/ Middle School Half Day NO Lunch in Student Center
CITY GRILL PIZZA VILLAGGIO \$6.95		Hot Hero Chicken Sandwich Pepperoni pizza	Turkey Bacon Sandwich Broccoli Pizza 	Monte Cristo Sandwich Philly Cheesesteak Calzone	

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,