

MAKE THE CHOICE THAT'S RIGHT FOR YOU.



EAT WELL



LOCALLY SOURCED



VEGETARIAN



VEGAN



PLANT-CENTRIC

LUNCH	MONDAY 10/21	TUESDAY 10/22	WEDNESDAY 10/23	THURSDAY 10/24	FRIDAY 10/25
KETTLE SOUP \$3.50	Italian Meatball Soup	Chicken Noodle Soup	Pumpkin Soup 	Filipino "Sopas" Chicken Soup	<b>Parent's BBQ</b>
SANDWICHES \$7.50	Turkey Apple Brie Wrap	Ham & Provolone on Wheat	Roast Beef & American Cheese on White Bread	Turkey & Cheddar on Wheat Wrap	<b>Parent's BBQ</b>
GLOBAL FLAVOUR. \$8.95/\$7.95	Chicken Parmesan  Portobello Parmesan 	Fajita Trio (Shrimp, Beef, Chicken)  Vegan Chicken Fajita 	Boeuf Bourguignon (French beef Stew)  Champignon Bourguignon (Mushroom Stew) 	Filipino Chicken Adobo  Vegan Chicken Adobo 	<b>Parent's BBQ</b>
SIDES \$1.95	Spaghetti Marinara/Alfredo  Steamed Broccoli 	Spanish Rice  Mexican Corn, Plantains 	Pommes Puree  Buttered Brussel Sprouts 	Scallion Fried Rice  Bok Choy 	<b>Parent's BBQ</b>
ACTION \$9.95		<b>Quesadillas to Order</b>  <b>Chicken or Beef Mexican Cheese Salsa Guacamole Sour cream</b>		<b>Quesadillas to Order</b>  <b>Chicken or Beef Mexican Cheese Salsa Guacamole Sour cream</b>	
URBAN EATS \$7.95	<b>Pork Bahn mi Sandwich (Vietnamese)</b>  <b>Thai Vegetable Spring roll</b> 	<b>Pork Bahn mi Sandwich (Vietnamese)</b>  <b>Thai Vegetable Spring roll</b> 	<b>Pork Bahn mi Sandwich (Vietnamese)</b>  <b>Thai Vegetable Spring roll</b> 	<b>Pork Bahn mi Sandwich (Vietnamese)</b>  <b>Thai Vegetable Spring roll</b> 	<b>Parent's BBQ</b>
KICKIN' CHICKEN 6.95  PIZZA VILLAGGIO \$4.95	Mozz Parm 'Wich  Pepperoni Pizza	Classic Chicken 'Wich  Ricotta Calzone 	Vegan Buffalo Chicken 'Wich  3 Cheese Margherita Pizza 	Buffalo Bacon Mac 'Wich  Peppers & Italian Sausage Pizza	<b>Parent's BBQ</b>

**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,