

MAKE THE CHOICE THAT'S RIGHT FOR YOU.














 EAT WELL

 LOCALLY SOURCED

 VEGETARIAN

 VEGAN

 PLANT-CENTRIC

LUNCH	MONDAY 12/9	TUESDAY 12/10	WEDNESDAY 12/11	THURSDAY 12/12	FRIDAY 12/13
<b>KETTLE SOUP</b> \$3.50	Tomato Soup with Grilled Cheese Croutons	Chicken Noodle Soup	Cauliflower Soup	Chicken & Rice Soup	<b>Parent Grill</b>
<b>SANDWICHES</b> \$7.50	Ham & Cheddar on Wheat	Chicken Caesar Wrap	Tuna Salad Wrap	Turkey & American on White Bread	
<b>GLOBAL FLAVOUR</b> \$8.95/\$7.95	Teriyaki Salmon Beyond Meat Vegan Teriyaki 	Beef Lomo Saltado Portobello Mushroom Saltado 	Roasted Turkey Breast with Gravy Vegan Chicken with Gravy 	Beef Meatballs in Sauce Rossa Vegan Meatball in Sauce Rossa 	<b>Parent Grill</b>
<b>SIDES</b> \$1.95	Garlic Fried Rice  Steamed Broccoli & Carrots 	Crispy Fries  Roasted Peppers & Onions 	Mashed Potatoes  Green Beans 	Spaghetti Noodles  Roasted Carrots & Peas 	
<b>ACTION</b> \$9.95		<b>BYO Ramen Bowl</b> Your Choice of Beef or Chicken with Assorted Toppings		<b>BYO Ramen Bowl</b> Your Choice of Beef or Chicken with Assorted Toppings	<b>Parent Grill</b>
<b>URBAN EATS</b> \$7.95	<b>Chicken Shawarma</b> <b>Zataar Fries</b>	<b>Chicken Shawarma</b> <b>Zataar Fries</b>	<b>Chicken Shawarma</b> <b>Zataar Fries</b>	<b>Chicken Shawarma</b> <b>Zataar Fries</b>	
<b>CITY GRILL</b> \$6.95 <b>PIZZA VILLAGGIO</b> \$4.95	Kickin' Chicken: Classic 'Which Three Cheese Pizza 	Kickin' Chicken: Honey Butter Chicken 'Which Pepperoni Pizza	Kickin' Chicken: Chicken Parm 'Which Bianca Spinach Pizza	Kickin' Chicken: Vegan Buffalo Chicken 'Which Sausage & Olives Pizza	<b>Parent Grill</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,