

MAKE THE CHOICE THAT'S RIGHT FOR YOU.



EAT WELL



LOCALLY SOURCED



VEGETARIAN



VEGAN



PLANT-CENTRIC

LUNCH	MONDAY 9/9	TUESDAY 9/10	WEDNESDAY 9/11	THURSDAY 9/12	FRIDAY 9/13
KETTLE SOUP \$3.50	Chicken Noodle	Beef Chili	Corn Chowder 	Chicken Pot Pie	Parent's BBQ
SANDWICH SPECIAL \$7.50	Southwestern Chicken Caesar Wrap 	Chopped BLT Salad Hero 	BBQ Roast Beef & Cheddar Hero 	Falafel Pita Sandwich 	Parent's BBQ
GLOBAL FLAVOUR. \$8.95/\$7.95	Birria Beef Taco Casserole \$8.95 Southwestern Rice Bake \$7.95 	Sweet Italian Sausage with Pecorino Cheese & Tri-Color Peppers & Onions \$8.95 Tofu Cacciatore \$7.95 	Oven Roasted Turkey with Gravy \$8.95 Adobo Roasted Cauliflower \$7.95 	Orange Chicken with Lo Mein \$8.95 Five Vegetable Fried Rice \$7.95 	Parents BBQ
SIDES \$1.95	Fried Plantains Cocina Vegetables 	Italian Roasted Potatoes Roasted Mushrooms 	Smashed Red Bliss Potatoes Green Beans & Carrots 	Stir Fry Vegetables Vegetable Egg Roll 	Parents BBQ
ACTION \$8.95	Stir Fry	Assorted Proteins	Locally Sourced Vegetables	House Made Sauces	Parent's BBQ
URBAN EATS \$7.95	Ultimate Cheesesteaks Bacon Chicken Or Portobello Mushroom 	Ultimate Cheesesteaks Bulgogi Beef Or Portobello Mushroom 	Ultimate Cheesesteaks Bacon Chicken Or Portobello Mushroom 	Ultimate Cheesesteaks Bulgogi Beef Or Portobello Mushroom 	Parent's BBQ
CITY GRILL PIZZA VILLAGGIO \$6.95	Pizza Burger Cheese Pizza Mushroom Flatbread 	Fully Loaded Nacho Tater Tots Cheese Stromboli Rustica Flatbread 	Honey Mustard Chicken Tenders with Fries Broccoli White Pizza Pepperoni Flatbread 	Street Corn Hot Dog Buffalo Chicken Stromboli Margherita Pizza 	Parent's BBQ

Always Available for Mornings & Lunch

Salad Bar featuring Local Produce, Proteins, and Composed Salads, Deli Bar with Fresh Sliced Meats, Salads, Toppings and Cheese. Seasonal Whole Fresh Fruit.

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LUNCH	MONDAY 9/16	TUESDAY 9/17	WEDNESDAY 9/18	THURSDAY 9/19	FRIDAY 9/20
KETTLE SOUP 3.95	Butternut Squash 	Chicken & Wild Rice	Cuban Black Bean	Lentil	Half Day No Lunch
SANDWICH SPECIAL 7.95	Comed Beef Ryebein on Rye	Turkey, Apple and Brie Wrap	Tuna Salad on Whole Wheat Wrap	Grilled Veggie and Mozzarella Wrap 	Half Day No Lunch
GLOBAL FLAVOUR 8.95/ 7.95	Slow roasted Beef with Mushrooms Tofu and Mushroom Stir Fry 	Seared Salmon with Teriyaki Glaze Vegan Chicken Teriyaki 	Filipino style Beef Picadillo Vegan Filipino Style Picadillo 	Indian Butter Chicken Tofu Marsala 	Half Day No Lunch
SIDES 1.95	Roasted Brussel Sprouts  Potato Gratin 	Bok Choy  Cilantro Jasmine Rice Pilaf 	Yucca Fries  Sweet Plantains 	Aloo Gobi Cauliflower  Basmati Rice 	Half Day No Lunch
URBAN EATS- Kickin' Chickin 7.95	Honey Mustard Chicken Tender Sandwich	Smokey BLT Chicken Tender Sandwich	Southern Fried Chicken Tender Sandwich	Nashville Hot Fried Chicken Tender Sandwich	Half Day No Lunch
CITY GRILL 8.95 PIZZA VILLAGGIO	Philly Cheese Steak Hero  Pepperoni Pizza 	Cheesesteak Stromboli  Veggie Pizza 	Cheese Calzone  BBQ Chicken Pizza 	Sausage and Pepper Stromboli  Spinach White Pizza 	Half Day No Lunch

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