

MAKE THE CHOICE THAT'S RIGHT FOR YOU.



EAT WELL



LOCALLY SOURCED



VEGETARIAN



VEGAN



PLANT-CENTRIC

LUNCH	MONDAY 10/28	TUESDAY 10/29	WEDNESDAY 10/30	THURSDAY 10/31	FRIDAY 11/1
KETTLE SOUP \$3.50	Tofu Miso Soup	Tomato Soup with Grilled Cheese Croutons	"Eyeball" Soup		
SANDWICHES \$7.50	Tuna Salad Wrap	Turkey & Cheddar Sandwich	Salami & Provolone Wrap		
GLOBAL FLAVOUR. \$8.95/\$7.95	Thai Beef Curry Vegan Beyond Meat Curry 	Chicken Milanese Eggplant Milanese 	Roasted "Beast" in a "Ghoulis" Gravy Beyond Roasted "Beast" in a "Ghoulis" Gravy 		
SIDES \$1.95	Vegetable Pad Thai Noodles Jasmine Rice 	Roasted Potatoes Buttered Carrots & Peas 	Potatoes au Gratin Steamed "Witches' Fingers" 	Parent/Teacher Conferences NO Classes NO Food Services	Parent/Teacher Conferences NO Classes NO Food Services
ACTION \$9.95		Build Your Own Pasta Sausage, Chicken or Old Bay Shrimp Alfredo or Marinara Sauce			
URBAN EATS \$7.95	Greek Chicken Souvlaki Wrap with Fries	Greek Chicken Souvlaki Wrap with Fries	Greek Chicken Souvlaki Wrap with Fries		
KICKIN' CHICKEN 6.95 PIZZA VILLAGGIO \$4.95	Mozz Parm 'Wich Pizza Burger	Classic Chicken 'Wich Hawaiian Pizza	Beef "Mummy" Dogs 3 Cheese Margherita Pizza 	Parent/Teacher Conferences NO Classes NO Food Services	Parent/Teacher Conferences NO Classes NO Food Services

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,