

BREAKFAST							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	09-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
Style of Eggs	Scrambled or Over Hard	Scrambled or Over Hard	Scrambled or Over Hard	Scrambled or Over Hard	Scrambled Or Over Hard	Scrambled or Over Hard	Scrambled or Over Hard
Special # 1	Breakfast Sandwich	Pancakes	Breakfast Sandwich	Scrambled Western	Breakfast Sandwich	Breakfast Burrito	Breakfast Sandwich
Special # 2	Full Breakfast	Breakfast Burrito	Full Breakfast	Full Breakfast	Full Breakfast	Breakfast Bagel	Full Breakfast
Side Protein	Bacon or Tofu	Bacon or Tofu	Sausages, Bacon or Tofu	Sausage or Tofu	Bacon or Tofu or Ham	Bacon or Tofu	Bacon or Tofu
Side 2	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
Side 3	Toast or English Muffin	Bagel	Toast	Toast or Bagel	Toast	Bagel	Toast
Side 4	Home Fries	Hash Browns	Hash Browns	Home Fries	Home Fries	Hash Browns	Home Fries
Pastry	Muffin	Bagel with Cream Cheese	Cinnamon Roll	Bagel with Cream Cheese	Apple Turn Over	Bagel with Cream Cheese	Muffin
Fruit	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup
Cereal	Cold Cereal	Hot Oatmeal Cereal	Cold Cereal	Hot Oatmeal Cereal	Cold Cereal	Hot Oatmeal Cereal	Cold Cereal
Beverage Choices	Milk, Juice, Tea, Coffee, Hot Chocolate or Soy Milk	Milk, Juice, Tea, Coffee, Hot Chocolate or Soy Milk	Milk, Juice, Tea, Coffee, Hot Chocolate or Soy Milk	Milk, Juice, Tea, Coffee, Hot Chocolate or Soy Milk	Milk, Juice, Tea, Coffee, Hot Chocolate or Soy Milk	Milk, Juice, Tea, Coffee, Hot Chocolate or Soy Milk	Milk, Juice, Tea, Coffee, Hot Chocolate or Soy Milk
LUNCH							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup of the Day	Butternut Squash	Butternut Squash	Butternut Squash	Butternut Squash	Butternut Squash	Butternut Squash	Butternut Squash
Salad of the Day	Garden	Cucumber Tomato	Greek	Caesar	Coleslaw	N/A	N/A
Sandwiches	Beef, Turkey, Ham, Spiced Tofu, Egg Salad	Beef, Turkey, Ham, Spiced Tofu, Egg Salad	Beef, Turkey, Ham, Spiced Tofu, Egg Salad	Beef, Turkey, Ham, Spiced Tofu, Egg Salad	Beef, Turkey, Ham, Spiced Tofu, Egg Salad	Beef, Turkey, Ham, Spiced Tofu, Egg Salad	Beef, Turkey, Ham, Spiced Tofu, Egg Salad
Hot Sandwich	Ham & Cheese Crepe	Steak Quesadilla	Turkey Club with Gaucamole	Pulled Pork Sliders	Meatball Sub	N/A	N/A
Lunch Entrée	Roasted Vegetable Crepe	Grilled Salmon or Tofu Salad	Poutine	Tomato Pasta	Chicken Fingers & Fries	N/A	N/A
Daily Pizza	Margherita	Margherita	Margherita	Margherita	Margherita	N/A	N/A
Vegan Dessert	Apple Strudel	Apple Strudel	Apple Strudel	Apple Strudel	Apple Strudel	Apple Strudel	Apple Strudel
Desserts	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip
DINNER ENTRÉE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner Option 1	Pulled Chicken Burger	Sausage Pasta Bake	Sweet & Sour Chicken Balls	Beef Stroganoff	Grilled Chicken Burger	Chinese Platter	Roast Turkey
Dinner Option 2	Chickpea Burger	Vegan Pasta Bake	Sweet & Sour Tofu	Vegan Stew	Vegan Sloppy Joe	Chinese Platter	Chana Masala
Grill Option	Black Bean Burger	Black Bean Burger	Black Bean Burger	Black Bean Burger	Black Bean Burger	Black Bean Burger	Black Bean Burger
Starch	Mashed Potato	Garlic Bread	Steamed Rice	Dinner Roll	Basmati Rice	Steamed Rice	Roasted Sweet Potatoes
Vegetable	Roasted Carrot	Broccoli	Corn	Broccoli	Asparagus	Stir Fry Vegetables	Green Beans
Side Dish	French Fries	Salad	French Fries	Salad	French Fries	Salad	French Fries
Pizza	Ham & Pineapple	Roasted Pepper	BBQ Chicken	Three Cheese	Italian Sausage	Vegetable	Cheese
Vegan Dessert	Apple Strudel	Apple Strudel	Apple Strudel	Apple Strudel	Apple Strudel	Apple Strudel	Apple Strudel
Desserts	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit, Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip	Butter or Lemon Tart, Pudding, Banana Loaf, Brownies, Fresh Fruit Potato Chip

VEGAN	VEGETARIAN OPTION AVAILABLE	VEGAN PROTEIN/ GLUTEN FREE AVAILABLE	GLUTEN FREE
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