

	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Meals Week 1	Sept 3-7 Sept 17-21 Oct 1 - 5 Oct 15 - 19 Oct 29 - Nov 2 Nov 12 - 16 Nov 26 - 30 Dec 10 - 14	Sweet and Sour Meatballs. Served with Rice and Corn	Chicken Quesadilla Served with Mexican rice And Corn	Pasta Bake, Served with Caesar Salad and Garlic Bread Stick	Teriyaki Chicken, Served with Rice and Hot Vegetables	Honey Garlic Baked Pork Chop. Served with Local Mashed Potato and Veggies
	Sept 10 - 14 Sept 24 - 28 Oct 8 - 12 Oct 22 - 26 Nov 5 - 9 Nov 19-23 Dec 3 - 7 Dec 17 - 21	Chicken Drum stick Bowl (Mashed potato with chicken Drumstick, Corn and Gravy in a bowl)	Soft Beef Taco Served with Mexican Rice and Corn	Chicken Fettuccine Alfredo with WW Bread Stick and Side Caesar Salad	Pulled Pork on a bun. Served with Baked Potato and Hot Vegetables	Chicken Stir Fry served on Cantonese Noodles

**Every Day Favorites!**  
**Pizza Slice \$3.50, Grilled Cheese \$3.00, Home made Hamburgers \$3.75, Soup \$3.50**

Every Week	<b>Daily Combo \$5.00</b>	Burger Express Served with Side Caesar Salad	½ Buffalo Chicken Flat Bread. Served with Side Caesar Salad and 200ml Juice	3 Cheese pizza Slice, served with Caesar Salad and ICEE Juice cup	Baked Chicken Nuggets with Baked Potato Wedges and 200ml Juice	Ham and Cheese Breakfast Sandwich. Served with side of Fruit Salad and 200ml Juice
	<b>Soup/Salad/Sandwich/Wrap Combo \$4.50</b>	½ BLT Wrap with Dill Pickle Pasta Salad	Egg Salad Sandwich with Home made soup of the day	½ Ham and Cheddar Wrap with Side Pasta Salad	½ Turkey and Cheddar Wrap with Home Made Soup of the Day	Chicken Salad Sandwich with Home made Soup of the Day

<b>Daily Meal with Milk</b>	<b>\$5.50</b>
<b>Sandwiches (Pre order)</b>	
Egg Salad Sandwich	\$3.50
Chicken Sandwich	\$3.50
Ham & Cheese Sandwich	\$3.50
6" Turkey Sub	\$4.50
6" Ham or Deli Sub	\$4.00
Chicken Snack Wrap	\$3.50
Sandwich Wraps	\$4.00- \$5.25
<b>Drinks (Daily):</b>	
White Milk 250ml/500ml	\$0.50/0.80
Chocolate Milk 250ml/500ml	\$1.35/2.25
Juice 200ml/340ml	\$1.25/1.75
Water 500ml/591ml	\$1.50/2.00
<b>Salads:</b>	
Caesar Salad	\$3.50
Garden Salad	\$3.50
Pasta Salad	\$3.50
<b>Snacks assortment:</b>	
Veggie Sticks and dip	\$1.50
Fruit Kabob	\$2.75
Low Fat Cookie	\$0.75
Breadsticks	\$1.50
Cinnamon Bun	\$1.50
Rice Krispy Square	\$1.30
Reduced Fat Banana Loaf	\$1.50
Large Low Fat Muffins	\$1.50
Yogurt 100g	\$1.50
Fruit Cup (3oz)	\$2.00
Yogurt and Berry Gran 6oz	\$2.25
Pudding/cookie Parfait (6.5oz)	\$3.00
Fruit Smoothie (8oz)	\$2.50
Frozen Yogurt cup (115ml)	\$1.25
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