



THIS WEEK'S MENU

Monday September 7 to Friday September 11

Look
for
the
symbol



Balanced
Healthy Menu
Choice



Vegetarian
Choice



Café Favourite



Chef's Choice

MONDAY

Morning Start	Big Breakfast
Soup Corner	Coconut Chicken Curry / Broccoli Cheddar
Market Kitchen	Closed
Kitchen + Co	Chicken Teriyaki / Veggie Teriyaki
Napoli	Veggie Delight Pizza
Stir Fry	Closed
Superfoods	Closed

TUESDAY

Morning Start	Sunrise Breakfast
Soup Corner	Chicken Gumbo / Veg Chili
Market Kitchen	Closed
Kitchen + Co	Beef Rogan Josh / Chana Masala
Napoli	BBQ Chicken Pizza ★
Stir Fry	Closed
Superfoods	Closed



WEDNESDAY

Morning Start	Oatmeal
Soup Corner	Chicken Noodle / Harvest Mushroom
Market Kitchen	Closed
Kitchen + Co	Lobster Mac n' Cheese/ Mac n' Cheese
Napoli	Caribbean Chicken Pizza 🚫
Stir Fry	Closed
Superfoods	Closed

THURSDAY

Morning Start	Breakfast Wrap
Soup Corner	Beef Chili / French Onion
Market Kitchen	Closed
Napoli	Hawaiian Pizza
Kitchen + Co	Vegetable Chow Mein / Sweet & Sour Pork
Stir Fry	Closed
Superfoods	Closed

FRIDAY

Morning Start	Pancake Breakfast
Soup Corner	Cream of Chicken / Roasted Tomato Bisque
Market Kitchen	Closed
Kitchen + Co	Roasted Chicken W/ Fries, Salad / Falafel Wrap
Napoli	Tandoori Chicken Pizza
Stir Fry	Closed
Superfoods	Closed



Informed
Dining
Program

Nutrition information at your fingertips