

MON	TUE	WED	THU	FRI
Breakfast for Lunch 2 Scrambled Eggs & Crispy Hash Browns, Fresh Fruit, Fresh Baked Good Vegetarian 	Hearty Pasta Bolognese 3 Beef Bolognese over Pasta, Caesar Salad, Fresh Fruit Vegetarian: Lentil Bolognese	Burger Day 4 Turkey Burgers on Whole Wheat Bun, Crudité Vegetables, Fresh Fruit Vegetarian: Meatless Burger	Sweet & Sour Stir Fry 5 Sweet & Sour Chicken, Rice & Broccoli, Fresh Fruit Vegetarian: Sweet & Sour Tofu	Shawarma Day 6 Chicken Shawarma in Soft Pita, Romaine Salad, Fresh Baked Good Vegetarian: Falafel
Bagel Day 9 Whole Wheat Bagel, Cottage Cheese Fruit Spread, Cucumbers, Fresh Baked Good Vegetarian 	Meatball Madness 10 Meatballs with Marinara Sauce, Pasta & Seasonal Vegetables, Fresh Fruit Vegetarian: Cauliflower Quinoa Meatballs	Baked Salmon Surprise 11 Oven-Baked Salmon, Roasted Potatoes & Seasonal Vegetables, Fresh Fruit Vegetarian: Lentil Croquette	Maple Mustard Chicken 12 Maple Mustard Glazed Chicken, Rice & Fresh Crudité, Fresh Fruit Vegetarian: Honey Mustard Tofu Fingers	Chicken Alfredo 13 Chicken Alfredo with Penne, Italian Salad, Fresh Baked Good Vegetarian: White Bean Alfredo
Bright & Zesty Pasta 16 Lemon Turmeric Chickpea Pasta Shells, Cucumber, Fresh Baked Good Vegetarian	Chili Bowls 17 Beef & Sweet Potato Chili, Crispy Tostadas & Ranch Salad, Fresh Fruit Vegetarian: Three Bean Chili	Sausage & Roasted Potatoes 18 Turkey Sausage, Roasted Potatoes, Seasonal Vegetables & Fresh Fruit Vegetarian: Veggie Sausages	Greek Pita Party 19 Lemon Souvlaki Chicken in Pita, Greek Salad, Fresh Fruit Vegetarian: Paneer Lemon Souvlaki	Filipino Comfort Chicken 20 Chicken Adobo, Rice & Green Beans, Fresh Baked Good Vegetarian: Tempeh Adobo 
Parmesan Tomato Ragu 23 Lentil tomato sauce, Parmesan Cheese, Fusilli Pasta & Vegetable Medley, Fresh Baked Good Vegetarian 	Rainbow Rice Bowl 24 Beef Bulgogi, Rice, Carrots & Cucumber, Fresh Fruit Vegetarian: Tempeh Bulgogi	Build Your Own Chicken Nachos 25 Pulled Chicken, Corn Salsa & Cheese, Fresh Fruit Vegetarian: Black Bean Nachos	Butter Chicken Curry 26 Butter Chicken, Rice & Seasonal Vegetables, Fresh Fruit Vegetarian: Chana Masala	BBQ Lunch 27 BBQ Chicken, Caesar Salad & Whole Wheat Bun, Fresh Baked Good Vegetarian: BBQ Tofu Bites

WHAT'S NEW COOKING THIS MONTH?

Bagel Day

- Whole wheat bagels served with a creamy, protein-packed cottage cheese and fruit spread! Served with crunchy cucumber slices and a healthy scratch made baked good. 

Breakfast for Lunch

- Fluffy scrambled eggs paired with golden, crispy hash browns! Served with fresh fruit and a freshly baked good. Our favorite morning flavors, now perfect for lunchtime fun! 

Parmesan Tomato Ragu

- Twisty fusilli pasta tossed in a hearty lentil tomato sauce and topped with cheesy Parmesan! Served with a colourful medley of vegetables and a freshly baked good for a little sweet finish—comfort food made fun and full of flavor! 

YUM THIS MONTH!

Filipino Comfort Chicken

- A lunchtime twist on a classic Filipino favorite! Chicken adobo is a beloved dish in the Philippines, where it is traditionally simmered in a tangy mix of vinegar, soy sauce, and spices until tender and full of flavor. Served here with fluffy rice, crisp green beans, and a freshly baked good, this comforting meal brings a taste of home-style Filipino cooking to our kitchen.