

MON	TUE	WED	THU	FRI
<b>Plant-Powered Sloppy Jacks</b> 2 BBQ Jackfruit & Bean Sloppy Jacks, Whole Wheat Bun & Cucumbers, Fresh Baked Good Vegetarian 	<b>Meatball Madness</b> 3 Meatballs with Marinara Sauce, Pasta & Seasonal Vegetables, Fresh Fruit Vegetarian: Cauliflower Quinoa Meatballs	<b>Baked Salmon Surprise</b> 4 Oven-Baked Salmon, Roasted Potatoes & Seasonal Vegetables, Fresh Fruit Vegetarian: Lentil Croquette	<b>Maple Mustard Chicken</b> 5 Maple Mustard Glazed Chicken, Rice & Fresh Crudit�, Fresh Fruit Vegetarian: Honey Mustard Tofu Fingers	<b>Chicken Alfredo</b> 6 Chicken Alfredo with Penne, Italian Salad, Fresh Baked Good Vegetarian: White Bean Alfredo
<b>Bright &amp; Zesty Pasta</b> 9 Lemon Turmeric Chickpea Pasta Shells, Cucumber, Fresh Baked Good Vegetarian 	<b>Chili Bowls</b> 10 Beef & Sweet Potato Chili, Crispy Tostadas & Ranch Salad, Fresh Fruit Vegetarian: Three Bean Chili	<b>Turkey Sausage &amp; Roasted Potatoes</b> 11 Turkey Sausage, Roasted Potatoes & Seasonal Vegetables Vegetarian: Veggie Sausages 	<b>Greek Pita Party</b> 12 Lemon Souvlaki Chicken in Pita, Greek Salad, Fresh Fruit Vegetarian: Paneer Lemon Souvlaki 	<b>Filipino Comfort Chicken</b> 13 Chicken Adobo, Rice & Green Beans, Fresh Baked Good Vegetarian: Tempeh Adobo 
<b>Family Day</b> 16	<b>Rainbow Rice Bowl</b> 17 Beef Bulgogi, Rice, Carrots & Cucumber, Fresh Fruit  Vegetarian: Tempeh Bulgogi	<b>Build Your Own Chicken Nachos</b> 18 Pulled Chicken, Corn Salsa & Cheese, Fresh Fruit  Vegetarian: Black Bean Nachos	<b>Butter Chicken Curry</b> 19 Butter Chicken, Rice & Seasonal Vegetables, Fresh Fruit  Vegetarian: Chana Masala	<b>BBQ Lunch</b> 20 BBQ Chicken, Caesar Salad & Whole Wheat Bun, Fresh Baked Good Vegetarian: BBQ Tofu Bites
<b>Cozy Comfort Mac &amp; Cheese</b> 23 Creamy Butternut Mac & Cheese, Edamame & Corn, Fresh Baked Good Vegetarian	<b>Taco Time!</b> 24 Seasoned Beef Tacos in Soft Tortilla, Rice & Seasonal Vegetable, Fresh Fruit Vegetarian: Refried Beans Taco	<b>Tropical Crunch Cod</b> 25 Coconut-Crusted Cod, Roasted Potatoes & Seasonal Vegetables, Fresh Fruit Vegetarian: Coconut Chickpea Curry	<b>Picnic Lunch</b> 26 Chicken & Cheddar Sandwiches, Fresh Crudit� with Ranch, Fresh Fruit Vegetarian: Cocoa Sunbutter & Banana Sandwich	<b>Warm Persian Beef &amp; Carrots</b> 27 Beef & Carrots, Rice & Seasonal Vegetables, Fresh Baked Good Vegetarian: Persian-Spiced Lentils with Carrots 

## WHAT'S NEW COOKING THIS MONTH?

### Plant-Powered Sloppy Jacks

- Our fun vegetarian take on sloppy joes. Tender pulled jackfruit with blended kidney beans and a sweet and tangy BBQ sauce! 

### Bright & Zesty Pasta

- Pasta shells tossed in a light lemon-turmeric dressing for a fresh, cheerful twist on a classic favourite. 

### Build Your Own Chicken Nachos

- Crunchy chips, shredded chicken, cheese and corn salsa to mix, match, and enjoy. 

### Turkey Sausage & Roasted Potatoes

- Tasty turkey sausage with crispy roasted potatoes, a classic combo kids know and love. 

## YUM THIS MONTH!

### Warm Persian Beef and Carrots

- This is a special family recipe from Chef Mojdeh. She made this dish, known as *Havij Polow*, for her children growing up — and it's still a favourite thanks to it  sweet, comforting flavour.

QUESTIONS? CALL THE KITCHEN AT 226-503-8473