



MON	TUE	WED	THU	FRI
Cozy Comfort Mac & Cheese 4 Creamy Butternut Mac & Cheese, Edamame & Corn, Fresh Baked Good Vegetarian	Taco Time! 5 Seasoned Beef Tacos in Soft Tortilla, Rice & Seasonal Vegetable, Fresh Fruit Vegetarian: Refried Beans Taco	Tropical Crunch Cod 6 Coconut-Crusted Cod, Roasted Potatoes & Seasonal Vegetables, Fresh Fruit Vegetarian: Coconut Chickpea Curry	Picnic Lunch 7 Chicken & Cheddar Sandwiches, Fresh Crudit� with Ranch, Fresh Fruit Vegetarian: Cocoa Sunbutter & Banana Sandwich	Warm Persian Beef & Carrots 8 Beef & Carrots, Rice & Seasonal Vegetables, Fresh Baked Good Vegetarian: Persian-Spiced Lentils with Carrots
Breakfast for Lunch 11 Scrambled Eggs & Crispy Hash Browns, Fresh Fruit, Fresh Baked Good Vegetarian	Hearty Pasta Bolognese 12 Beef Bolognese over Pasta, Seasonal Vegetable, Baked Good Vegetarian: Lentil Bolognese	Burger Day 13 Turkey Burgers on Whole Wheat Bun, Crudit� Vegetables, Fresh Fruit Vegetarian: Meatless Burger	Sweet & Sour Stir Fry 14 Sweet & Sour Chicken, Rice & Broccoli, Fresh Fruit Vegetarian: Sweet & Sour Tofu	Shawarma Day 15 Chicken Shawarma in Soft Pita, Romaine Salad, Fresh Baked Good Vegetarian: Falafel
Victoria Day 18	Meatball Madness 19 Meatballs with Marinara Sauce, Pasta & Seasonal Vegetables, Fresh Fruit Vegetarian: Cauliflower Quinoa Meatballs	Baked Salmon Surprise 20 Oven-Baked Salmon, Roasted Potatoes & Seasonal Vegetables, Fresh Fruit Vegetarian: Lentil Croquette	Maple Mustard Chicken 21 Maple Mustard Glazed Chicken, Rice & Fresh Crudit�, Fresh Fruit Vegetarian: Honey Mustard Tofu Fingers	Chicken Alfredo 22 Chicken Alfredo with Penne, Italian Salad, Fresh Baked Good Vegetarian: White Bean Alfredo
Creamy Broccoli Cheddar Pasta 25 Broccoli & Cheddar Sauce, Noodles, Crunchy Carrots, Fresh Baked Good Vegetarian	Chili Bowls 26 Beef & Sweet Potato Chili, Crispy Tostadas & Ranch Salad, Fresh Fruit Vegetarian: Three Bean Chili	Sausage & Roasted Potatoes 27 Turkey Sausage, Roasted Potatoes, Seasonal Vegetables & Fresh Fruit Vegetarian: Veggie Sausages	Greek Pita Party 28 Lemon Souvlaki Chicken in Pita, Greek Salad, Fresh Fruit Vegetarian: Paneer Lemon Souvlaki	Filipino Comfort Chicken 29 Chicken Adobo, Rice & Green Beans, Fresh Baked Good Vegetarian: Tempeh Adobo

YUM THIS MONTH!

Baked Salmon Surprise

- What's the surprise? A super tasty plate! Flaky, tender salmon, crispy golden potatoes, and colourful veggies come together for a meal that's cozy and delicious. Plus a side of fresh fruit to keep things sweet!