



	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Meals Week 1	January 14 – 18 January 28 – Feb. 1 February 11 – 15 February 25 – March 1 March 10 -14 April 1-5 April 15-19 April 29 – May 3 May 13-17 May 27-31 June 10-14	Burger (Chicken or Beef) topped the way you want it. Served with Caesar Salad \$5.00	Soft Beef Tacos Served with Mexican Rice and Corn \$5.00	Spaghetti and Meat Sauce with Caesar Salad and \$5.00	BBQ Chicken Drumsticks Served with Mashed Potato and side veggies \$5.00	Chicken Fajita (Chicken, peppers, Onion, salsa in Tortilla) \$5.00
	January 7 – 11 January 21– 25 February 4 – 8 February 18 – 22 March 4 – 8 March 24 – 28 April 8-12 April 22 -16 May 6-10 May 20 -24 June 3-7 June 17-21	Chicken Alfredo bake in Alfredo blush sauce served with Caesar salad \$5.00	oft Beef Tacos Served with Mexican Rice and Corn \$5.00	Home made Lasagna with a Breadstick \$5.00	Chicken Quesadilla Served with Mexican Rice and Side Salad \$5.00	Sweet and Sour Meatballs Served with Rice and Vegetables \$5.00
Every Day Favorites!						
Pizza Slice \$3.50, Grilled Cheese \$3.25, Home made Hamburgers \$3.75, Whole Fruit Slush Cups \$1.50						
Every Week	Daily Combo \$5.00	Grilled Cheese Sandwich Homemade Soup and ICEE Juice Cup	Taco Baked Potato with Side Garden Salad and Juice (200ml)	3 Cheese pizza Slice, served with Caesar Salad and ICEE Juice cup	Baked Chicken Strips with Baked Potato Wedges and Juice (200ml)	Garlic Wedge with Side Salad and ICEE Juice Cup
	Soup/Salad/Sandwich/Wrap Combo \$4.50	Chicken Snack Wrap with Side Salad	Ham and Cheese Sandwich with Home made soup of the day	Buffalo chicken Flat Bread (1/2) with Side Garden Salad	½ Turkey and Cheddar Wrap with Home Made Soup of the Day	Chicken Salad Sandwich with Home made Soup of the Day

Sandwiches (Pre order)	
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	\$3.75-5.50
Drinks:	
White Milk (250ml)	\$0.40
White Milk (500ml)	\$0.80
Chocolate Milk (250ml)	\$1.80
Chocolate Milk (500ml)	\$2.80
Juice (200ml)	\$1.25
Juice (340ml)	\$1.75
Water 500ml)	\$1.50
Water (591ml)	\$2.00
Salads:	
Caesar Salad	\$3.50
Garden Salad	\$3.50
Pasta Salad	\$3.50
Hot Grab & Go:	
7" Garlic Fingers w. Sauce	\$4.25
Assorted Flat Breads	2.75 - 7.25
Chicken Burger	\$4.00
4oz Chicken Fingers w/Dip	\$4.50
Small Baked Fries/Wedges	\$2.90
Snacks:	
Veggie sticks w. Dip	\$1.50
Low Fat Cookie	\$0.75
Breadsticks	\$1.50
Cinnamon Bun	\$1.50
Rice Krispy Square	\$0.80
Reduced Fat Apple Cinn.Loaf	\$1.50
Small Low Fat Muffins	\$1.00
Yogurt 100g	\$1.25
Fruit Cup (3oz)	\$2.00
Yogurt and Berry Cup	\$2.00
Pudding Cup (180ml)	\$1.75
Fruit Smoothie (8oz)	\$2.50
Frozen Yogurt cup (115ml)	\$1.25
Baked Chips	\$1.75
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