



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
September 11-15 September 25 – 29 October 9 – 13 October 23 – 27 November 6 – 10 November 20 -24 December 4 – 8 December 18 -22 January 15 – 19 January 29 – Feb. 2 February 12 – 16 Feb 26 – March 2	Butter Chicken on a bed of Rice and served with Hot Vegetables \$5.25	2 Soft Chicken Tacos Mexican Rice \$5.25	Lasagna Served with Caesar Salad and a Garlic Bread Stick \$5.25	Chicken Pizza Served with Side Caesar Salad and Low Fat Cookie \$5.25	Grilled Cheese Sandwich and Home Made Soup of the Day \$5.25
	Burger Bar Home made Beef or Breaded Chicken with choice of Toppings \$4.75 - \$5.25	Nacho Bar WW Home made Baked Nachos with Choice of Chili or Cheese Sauce. Choice of Veggies and Topped with Cheese \$5.50	Soup/Wrap Combo ½ Turkey Wrap Home Made Soup of the Day \$4.50	Celebrity Chef Meal Today's Celebrity Chef Meal \$6.00	Pacific Rim Today's pacific rim meal served with fortune cookie \$6.00
	Hamburger with Lettuce and Tomato, Carrots and Dip Milk or 114ml Juice \$4.75	Ham and Cheese Breakfast Sandwich with Fresh Fruit Cup Milk or 114ml Juice \$4.75	3 Pancakes served with mixed Berries and Maple Syrup Milk or 114ml Juice \$4.75	Chicken Nuggets Potato Wedges Milk or 114ml Juice \$4.75	Small Slice Pizza Caesar Salad Low fat Cookie Milk or 114ml Juice \$4.75
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
September 18 -22 October 2 – 6 October 16-20 Oct. 30 – Nov. 3 November 13 – 17 November 27 – Dec 1 December 11 – 15 January 8 – 12 January 22 – 26 February 5 – 9 February 19 – 23 March 5 - 9	Chicken Tatter Bowl. (Mashed potato, Chicken and Corn with Gravy in a Bowl) \$5.25	2 Mexi Beef Melts Served with Mexican Rice and Corn \$5.25	Goulash Served with Caesar Salad and a Garlic Bread stick \$5.25	Pulled Pork on a Bun With Side Garden salad \$5.25	Chicken Ranch Wrap with Side Caesar Salad \$5.25
	Burger Bar Home made Beef or Breaded Chicken with choice of Toppings \$4.75 - \$5.25	Soup/Wrap Combo Chicken Snack Wrap Home Made Soup of the Day \$4.50	Salad/Sandwich Combo ½ Stacked honey and Ham Sandwich on Flatbread Dill Pickle Pasta Salad \$4.50	Celebrity Chef Meal Today's Celebrity Chef Meal \$6.00	Pacific Rim Today's pacific rim meal served with fortune cookie \$6.00
	Hamburger with Lettuce and Tomato, Carrots and dip Milk or 114ml Juice \$4.75	Chili with a Whole Wheat Roll Milk or 114ml Juice \$4.75	French Toast Fresh Fruit Salad Milk or 114ml Juice \$4.75	Chicken Nuggets Potato Wedges Milk or 114ml Juice \$4.75	Small Slice Pizza Caesar Salad Low fat Cookie Milk or 114ml Juice \$4.75

DAILY: Home Made Soups with Roll or Crackers \$3.25

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