

# MENU ONE

## LUNCH

MONDAY: Beef Chili 🍗 OR Bean Chili 🌿  
TUESDAY: Turkey Burgers 🍗 OR Veggie Burgers 🌿  
WEDNESDAY: Deli Day 🍗 🌿  
THURSDAY: Pork Souvlaki 🍗 OR Tofu Souvlaki 🌿  
FRIDAY: Smoked Special 🍗 OR Chef Choice 🌿

## DINNER

MONDAY: Baked Ham 🍗 OR Potato Curry 🌿  
TUESDAY: Veggie Tacos 🌿  
WEDNESDAY: Steak Dinner 🍗  
OR Stuffed Portobellos 🌿  
THURSDAY: Chicken Stir Fry 🍗  
OR Ficken Stir Fry 🌿

# MENU TWO

## LUNCH

MONDAY: Chicken Souvlaki in a pita  
OR Ficken Souvlaki 🌿  
TUESDAY: Turkey Meatloaf 🍗  
OR Lentil Meatloaf 🌿  
WEDNESDAY: Beef Fajitas 🍗  
OR Black Bean Fajitas 🌿  
THURSDAY: Beef Lasagna 🍗 OR Veg Lasagna 🌿  
FRIDAY: Jerk Chicken 🍗 OR Jerk Tofu Kebabs 🌿

## DINNER

MONDAY: Coconut Ginger Salmon 🍗  
OR Stuffed Peppers 🌿  
TUESDAY: Pasta Bar 🌿  
WEDNESDAY: Lamb Keema 🍗  
OR Vegetarian Keema 🌿  
THURSDAY: Roast Pork Loin 🍗 OR Chef Choice 🌿

🍗 = Meat Option

🌿 = Vegetarian Option

# MENU THREE

## LUNCH

MONDAY: Sloppy Joes 🍗 OR Snobby Joes 🌿

TUESDAY: Pork Paprikash 🍗  
OR Mushroom Paprikash 🌿

WEDNESDAY: Chicken Quesadillas 🍗  
OR Bean Quesadillas 🌿

THURSDAY: Shrimp/Chicken Pad Thai 🍗  
OR Vegetarian Pad Thai 🌿

FRIDAY: Smoked Canadian Bacon Poutine 🍗  
OR Veg Tourtiere 🌿

## DINNER

MONDAY: Chicken Provencal 🍗 OR Ratatouille 🌿

TUESDAY: Chickpea Curry 🍗 OR Paneer 🌿

WEDNESDAY: Pork Schnitzel 🍗  
OR Eggplant Schnitzel 🌿

THURSDAY: Chef Choice 🍗 🌿

🍗 = Meat Option

🌿 = Vegetarian Option