



# 2024-2025



 <b>CHEF'S TABLE</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 1</b>	BBQ Chicken With Mashed Potatoes and Steamed Veg <small>served with choice of milk or 500ml Water</small> \$7.00	2 Soft Beef Tacos, Mexican Rice & Corn <small>served with choice of milk or 500ml Water</small> \$7.00	Cinnamon French Toast Sticks with Ham & Apple Slices <small>served with choice of milk or 500ml Water</small> \$7.00	Chicken Fingers with Roasted Wedges, Veggie sticks & Dip <small>served with choice of milk or 500ml Water</small> \$7.00	Fettuccine Alfredo with Caesar Salad <small>served with choice of milk or 500ml Water</small> \$7.00
<b>VALUE MEAL</b>	1/2 Buffalo Chicken Flatbread & Caesar Salad \$6.00	2 Pizza Rolls & Fruit Slushie \$5.00	Chicken Snack Wrap and Homemade Nacho Chips \$5.00	Grilled Cheese Sandwich & Chicken Noodle Soup \$5.00	Pizza Pocket & Caesar Salad \$5.00
<b>WEEK 2</b>	Mac 'n Cheese with Caesar Salad <small>served with choice of milk or 500ml Water</small> \$7.00	2 Soft Chicken Tacos, Mexican Rice & Corn <small>served with choice of milk or 500ml Water</small> \$7.00	Sweet & Sour Chicken and Rice Bowl with Stir-Fried Veggies <small>served with choice of milk or 500ml Water</small> \$7.00	Pasta with Meat Sauce & Caesar Salad <small>served with choice of milk or 500ml Water</small> \$7.00	Pancakes with Syrup, Side of Ham and Fruit Salad <small>served with choice of milk or 500ml Water</small> \$7.00
<b>VALUE MEAL</b>	Hamburger & Caesar Salad \$5.00	Mexican Mashed Potato Bowl & Juice Box \$6.00	Cheese Pizza Bagel & Juice Box \$5.00	1/2 Chicken Caesar Wrap & Baked Potato Wedges \$5.00	Pizza Slice and 500ml Water \$5.00





<b>WEEK 1 DATES</b>			<b>WEEK 2 DATES</b>		
September 2-6	December 9-13	April 7-11	September 9-13	December 16-20	April 14-18
September 16-20	January 6-10	April 21-25	September 23-27	January 13-17	Apr 28 - May 2
Sept 30 - Oct 4	January 20-24	May 5-9	October 7-11	January 27-31	May 12-16
October 14-18	February 3-7	May 19-23	October 21-25	February 10-14	May 26-30
Oct 28 - Nov 1	February 17-21	June 2-6	November 4-8	February 24-28	June 9-13
November 11-15	March 10-14	June 16-20	November 18-22	March 17-21	June 23-27
November 25-29	March 24-28		December 2-6	Mar 31 - Apr 4	



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 <b>BREAKFAST</b> <small>RISE N' DINE</small>	Bagel with Butter \$ 2.75 Bagel with Cream Cheese \$ 3.75 Bagel with Cheese Slice \$ 3.75 Egg and Cheese Breakfast Sandwich \$ 4.25 Baked Home Fries \$ 3.25 Yogurt Parfait \$ 4.50
 <b>GRILL</b> <small>LIZZLE WITH STYLE</small>	Grilled Hamburger \$ 4.75 Cheeseburger \$ 5.50 Crispy Chicken Burger \$ 5.75 Chicken Nuggets (5) with Sauce \$ 4.75 Hand Made Oven Roasted Potato Wedges \$ 3.50 Baked Chicken Fingers (3) with Sauce \$ 5.50 Baked Popcorn Chicken with Sauce \$ 4.25 Baked Fries \$ 3.50
 <b>SALAD</b> <small>GREEN WITH ENVY</small>	Garden Salad \$ 5.25 Caesar Salad \$ 5.25 Dill Pickle Pasta Salad \$ 5.25
 <b>PIZZA</b> <small>FAST. FRESH. DELICIOUS.</small>	Pizza Slice \$ 4.75 Pita Pizza \$ 4.75 Pizza Pretzel \$ 3.75 7" Personal Pizza \$ 6.50 Pizza Roll \$ 2.50 Pizza Bagel \$ 3.00 Garlic Fingers \$ 5.50 Panzarotti \$ 6.50

 <b>GRAB &amp; GO</b> <small>QUICK CUISINE</small>	Baked Tortillas and Salsa \$ 3.25 Homemade Nacho Chips \$ 2.25 Veggies and Dip with Hummus \$ 4.50 Veggies and Dip with Ranch \$ 3.75 Apple Wedges with Honey Yogurt Dip \$ 3.75 Fresh Fruit Parfait \$ 5.50 Local Apples \$ 1.75 Bananas \$ 1.75 Fresh Grapes \$ 4.50 Fruit Smoothie (8oz) \$ 3.75 Greek Yogurt \$ 2.50
 <b>GRAB &amp; GO</b> <small>QUICK CUISINE</small>	Small Milk \$ 0.65 500ml Water Nestle \$ 1.75 591ml Water Aquafina/Dasani \$ 2.50 Juice Box \$ 1.50 Sparkling Can Water \$ 2.50 300 ml juice \$ 2.50 Tropicana Juice \$ 3.90
 <b>BAKERY</b> <small>HAVE A BITE</small>	1oz Cookie \$ 1.00 Fresh Baked Muffin \$ 1.75 Reduced Fat Banana Loaf \$ 2.50 Rice Krispie Square \$ 2.25 Cinnamon Buns \$ 2.25
 <b>SANDWICH</b> <small>DELICIOUS</small>	Tuna Salad Sandwich on WW \$ 4.80 Egg Salad Sandwich On WW \$ 4.80 Ham & Cheese on WW \$ 4.80 Chicken Snack Wrap \$ 4.50 Cheeseburger Snack Wrap \$ 4.50 Chicken Caesar Wrap on WW \$ 6.50