

# Menu Options (September 2023 - January 2024)

^ denotes as vegetarian meal

| Options for ODD days (e.g. Oct 01, 03, 05, 07, etc.) |                                                 | Options for EVEN days (e.g. Oct 02, 04, 06, 08, etc.) |                                                 |
|------------------------------------------------------|-------------------------------------------------|-------------------------------------------------------|-------------------------------------------------|
| <b>A</b>                                             | Mac & Cheese + Bacon Bits                       | <b>A</b>                                              | Meatball Pasta + Tomato Sauce                   |
| <b>B</b>                                             | Mac & Cheese ^                                  | <b>B</b>                                              | Pasta + Tomato Sauce ^                          |
| <b>C</b>                                             | Chicken Burger + Hashbrown                      | <b>C</b>                                              | Chicken Pasta + White Sauce                     |
| <b>D</b>                                             | Beef Burger + Hashbrown                         | <b>D</b>                                              | Plain Pasta (with Olive Oil) ^                  |
| <b>E</b>                                             | Veggie Burger + Hashbrown ^                     | <b>E</b>                                              | Chicken Strips + Poutine Fries                  |
| <b>F</b>                                             | Bacon/Egg/Sausage Wrap + Cheese Perogies        | <b>F</b>                                              | Chicken Nuggets + Brioche Bun                   |
| <b>G</b>                                             | Baked Fish Wrap + Cheese Perogies               | <b>G</b>                                              | Cheese & Egg English Muffin + Cheese Perogies ^ |
| <b>H</b>                                             | Baked Chicken Wrap + Cheese Perogies            | <b>H</b>                                              | Turkey & Egg English Muffin + Cheese Perogies   |
| <b>I</b>                                             | Veggie Wrap + Cheese Perogies ^                 | <b>I</b>                                              | Bacon & Egg English Muffin + Cheese Perogies    |
| <b>J</b>                                             | Mini Pepperoni Pizza Slices                     | <b>J</b>                                              | Two Hot Dogs (Chicken)                          |
| <b>K</b>                                             | Mini Pepperoni Pizza Slices + Hot Dog (Chicken) | <b>K</b>                                              | Hot Dog (Chicken) + Poutine Fries               |
| <b>L</b>                                             | Veggie Dog + Poutine Fries ^                    | <b>L</b>                                              | Mini Cheese Pizza Slices + Hot Dog (Chicken)    |
| <b>M</b>                                             | Hot Dog (Beef) + Poutine Fries                  | <b>M</b>                                              | Mini Cheese Pizza Slices ^                      |
| <b>N</b>                                             | Soy Sauce Chicken + White Rice                  | <b>N</b>                                              | Soy Sauce Chicken + Dry Noodle                  |
| <b>O</b>                                             | Shredded Chicken + Savoury Rice                 | <b>O</b>                                              | Shredded Chicken + Dry Noodle                   |
| <b>P</b>                                             | Teriyaki Chicken + White Rice                   | <b>P</b>                                              | Chicken Dumplings + Dry Noodle                  |
| <b>Q</b>                                             | Chicken Dumplings                               | <b>Q</b>                                              | Cucumber Roll + Edamame ^                       |
| <b>R</b>                                             | Chicken Onigiri + Edamame                       | <b>R</b>                                              | Baked Fish Roll + Edamame                       |
| <b>S</b>                                             | Beef Onigiri + Edamame                          | <b>S</b>                                              | Tamago (Egg) Roll + Edamame ^                   |
| <b>T</b>                                             | Tuna Onigiri + Edamame                          | <b>T</b>                                              | Ham & Cheese Sandwich                           |
| <b>U</b>                                             | Chicken Ceasar Salad + Pita Bread               | <b>U</b>                                              | Turkey & Cheese Sandwich                        |
| <b>V</b>                                             | Ceasar Salad + Pita Bread ^                     | <b>V</b>                                              | Egg & Cheese Sandwich ^                         |
| <b>W</b>                                             | Greek Salad + Pita Bread ^                      | <b>W</b>                                              | Bacon & Cheese Sandwich                         |