## Menu Item

### MONDAY
- **Soups**
  - Borscht, Loaded Baked Potato Chowder

- **Deli and Salad Bar**
  - An assortment of cold meats, tuna salad, egg salad accompanied with a variety of selected toppings and sauces.

- **Sizzles**
  - Beef Burger, Chicken Burger, Hot Dog, Double Onion Grilled Cheese

- **Vegetables and Starches**
  - Fried Plantains, Rice & Peas

- **Flavours**
  - Fried Rice

- **Greens and Things**
  - Ontario Apple Cobb Salad: Grilled Chicken, Blue Cheese, Avocado, Bacon, Tomato, Egg, Red Onions, Apple

- **Pizza Station**
  - Pepperoni, Cheese, Margherita, Chicken, Red Pepper & Goat Cheese

- **Desserts**
  - Chef's Choice

### TUESDAY
- **Soups**
  - Three Onion Puree, Chicken Minestrone

- **Deli and Salad Bar**
  - An assortment of cold meats, tuna salad, egg salad accompanied with a variety of selected toppings and sauces.

- **Sizzles**
  - Beef Burger, Hot Italian Sausage, Falafel, Chicken Shawarma

- **Vegetables and Starches**
  - Sautéed Zucchini, Greek Potatoes

- **Flavours**
  - Pasta

- **Greens and Things**
  - Vietnamese Bahn Mi: Chicken Liver Pate, Cold Cuts, Pickled Carrots & Daikon, Cucumber, Cilantro, Siracha Mayo

- **Pizza Station**
  - Pepperoni, Cheese, Classic Vegetarian, Bacon & Onion Alfredo

- **Desserts**
  - Chef's Choice

### WEDNESDAY
- **Soups**
  - Curried Vegetable & Rice, Beef Vegetable

- **Deli and Salad Bar**
  - An assortment of cold meats, tuna salad, egg salad accompanied with a variety of selected toppings and sauces.

- **Sizzles**
  - Beef Burger, Chicken Burger, Corn Dog, Ham & Swiss Cheese Panini

- **Vegetables and Starches**
  - Multigrain Pilaf

- **Flavours**
  - Pasta

- **Greens and Things**
  - Mediterranean Quinoa Salad: Quinoa, Chickpeas, Roasted Peppers, Red Onions, Black Olives, Cucumber, Cherry Tomatoes, Feta Cheese

- **Pizza Station**
  - Pepperoni, Cheese, Sweet Potato & Spinach Texas Pulled Pork

- **Desserts**
  - Chef's Choice

### THURSDAY
- **Soups**
  - Tomato Orzo, Chicken & Edamame Broth

- **Deli and Salad Bar**
  - An assortment of cold meats, tuna salad, egg salad accompanied with a variety of selected toppings and sauces.

- **Sizzles**
  - Beef Burger, Octoberfest Sausage, Tandoori Chicken Wrap, Local Cut Fries, Curry Mayo

- **Vegetables and Starches**
  - Collard Greens, Rice & Peas

- **Flavours**
  - Pasta

- **Greens and Things**
  - Subs Away: Cold Cuts, Turkey, Roasted Vegetables, Egg Salad, Tuna Salad, Cheddar, Swiss, Tomatoes, Red Onions, Hot Peppers, Cucumber, Sub Sauce

- **Pizza Station**
  - Pepperoni, Cheese, Bianca, Sausage & Onion

- **Desserts**
  - Chef's Choice

### FRIDAY
- **Soups**
  - Mexican Bean, New England Clam Chowder

- **Deli and Salad Bar**
  - An assortment of cold meats, tuna salad, egg salad accompanied with a variety of selected toppings and sauces.

- **Sizzles**
  - Beef Burger, Octoberfest Sausage, Octoberfest Sausage, Tandoori Chicken Wrap, Local Cut Fries, Curry Mayo

- **Vegetables and Starches**
  - Green Beans, Lemon Scented Couscous Pilaf

- **Flavours**
  - Fried Rice

- **Greens and Things**
  - Chicken Kale Caesar Salad: Chicken, Kale, Romaine, Croutons, Parmesan Cheese, Bacon, Cherry Tomatoes, Spanish Onions

- **Pizza Station**
  - Pepperoni, Cheese, Sundried Tomatoes & Red Onion, Italian

- **Desserts**
  - Chef's Choice

### SATURDAY
- **Soups**
  - Mediterranean Pasta Bake

- **Deli and Salad Bar**
  - Jerk Fried Tofu

- **Sizzles**
  - Caribbean Curry Beef

- **Vegetables and Starches**
  - Collard Greens, Rice & Peas

- **Flavours**
  - Pasta

- **Greens and Things**
  - Moroccan Bean Tagine

- **Pizza Station**
  - Subs Away: Cold Cuts, Turkey, Roasted Vegetables, Egg Salad, Tuna Salad, Cheddar, Swiss, Tomatoes, Red Onions, Hot Peppers, Cucumber, Sub Sauce

- **Desserts**
  - Chef's Choice

### SUNDAY
- **Soups**
  - Jerk Fried Chicken Legs

- **Deli and Salad Bar**
  - Blackened Cod with Tomato, Cilantro & Corn Relish

- **Sizzles**
  - Moroccan Lamb Stew

- **Vegetables and Starches**
  - Green Beans, Lemon Scented Couscous Pilaf

- **Flavours**
  - Fried Rice

- **Greens and Things**
  - Blackened Cod with Tomato, Cilantro & Corn Relish

- **Pizza Station**
  - Subs Away: Cold Cuts, Turkey, Roasted Vegetables, Egg Salad, Tuna Salad, Cheddar, Swiss, Tomatoes, Red Onions, Hot Peppers, Cucumber, Sub Sauce

- **Desserts**
  - Chef's Choice