

DIET	MONDAY JAN 24	TUESDAY JAN 25	WEDNESDAY JAN 26	THURSDAY JAN 27
Regular BREAKFAST	Poached Egg / Sausages Home Fries Fruit / Yogurt	Egg/Ham / Cheese Sandwich Home Fries Fruit / Yogurt	Scrambled Egg / Bologna Home Fries Fruit / Yogurt	Fried Eggs / Sausages Home Fries Fruit / Yogurt
Gluten Restricted BREAKFAST	Poached Eggs Home Fries GF Muffin / Fruit / Yogurt	Fried Eggs / Ham Home Fries GF Muffin / Fruit / Yogurt	Scrambled Egg Home Fries GF Muffin / Fruit / Yogurt	Fried Eggs Home Fries GF Muffin / Fruit / Yogurt
Vegetarian BREAKFAST	Boiled Eggs Oatmeal Home Fries Fruit / Yogurt	Boiled Eggs Oatmeal Home Fries Fruit / Yogurt	Boiled Eggs Oatmeal Home Fries Fruit / Yogurt	Boiled Eggs Oatmeal Home Fries Fruit / Yogurt
Vegan BREAKFAST	Vegan Eggs Home Fries Oatmeal Fruit	Vegan Eggs Home Fries Oatmeal Fruit	Vegan Eggs Home Fries Oatmeal Fruit	Vegan Eggs Home Fries Oatmeal Fruit

	MONDAY JAN 24	TUESDAY JAN 25	WEDNESDAY JAN 26	THURSDAY JAN 27
Regular LUNCH	Chicken Burgers Fries Side Salad	Cheese Ravioli Garlic Bread Side Salad	Red Thai Chicken Stir-Fry Rice	Sweet & Sour Chicken Balls Veggie Fried Rice
Gluten Restricted LUNCH	Chicken Burger (G/F bun) Fries Side Salad	Pineapple Curry Beef Stir-Fry Rice	Red Thai Chicken Stir-Fry Rice	Baked Haddock Fries Coleslaw
Vegetarian LUNCH	Veggie Burger Fries Side Salad	Coconut Chickpea Fritters Asian Fusion Salad	Black Bean Taco Pasta Roasted Red Beet Salad	Roasted Veg Polenta Bowl Chickpea Barley Salad
Vegan LUNCH	Veggie Burger / Fries Side Salad	Coconut Chickpea Fritters Asian Fusion Salad	Cauliflower Tinga Taco Side Salad	3-Bean Chili Side Salad

	MONDAY JAN 24	TUESDAY JAN 25	WEDNESDAY JAN 26	THURSDAY JAN 27
Regular DINNER	Beef Calderetta Bowl Side Salad	Chicken Shishtawook Bowl Side Salad	Roast Chicken Mashed Potato Veg	Teriyaki Chicken Bowl Side Salad
Gluten Restricted DINNER	Beef Calderetta Bowl Side Salad	Chicken Shishtawook Bowl Side Salad	Roast Chicken Mashed Potato Veg	Sweet & Sour Shrimp Stir-Fry Rice
Vegetarian DINNER	Chickpea Kale Lemon Cream Pasta Side Salad	Kung Pao Tofu Stir-Fry Rice Side Salad	Harissa Sweet Potato Chickpea Frittata Bulgar Pilaf Side Salad	Tofu Rice Bibimbap Bowl Beet & Orange Salad
Vegan DINNER	Vegan Enchilladas Side Salad	Vegetable Masala / Rice Side Salad	Vegan Stir-Fry / Rice Side Salad	Cabbage Rolls / Rice Side Salad

FRIDAY JAN 28	SATURDAY JAN 29	SUNDAY JAN 30
Fried Eggs / Bacon Home Fries Fruit / Yogurt	Scrambled Eggs / Balogna Home Fries Fruit / Yogurt	Scrambled Eggs / Ham Home Fries Fruit / Yogurt
Fried Eggs / Bacon Home Fries GF Muffin / Fruit / Yogurt	Scrambled Eggs Home Fries GF Muffin / Fruit / Yogurt	Scrambled Eggs / Ham Home Fries GF Muffin / Fruit / Yogurt
Boiled Eggs Oatmeal Home Fries Fruit / Yogurt	Boiled Eggs Oatmeal Home Fries Fruit / Yogurt	Boiled Eggs Oatmeal Home Fries Fruit / Yogurt
Vegan Eggs Home Fries Oatmeal Fruit	Vegan Eggs Home Fries Oatmeal Fruit	Vegan Eggs Home Fries Oatmeal Fruit

FRIDAY JAN 28	SATURDAY JAN 29	SUNDAY JAN 30
Soft Shell Beef Tacos Side Salad	Pasta Bar Side Salad	Pasta Bar Side Salad
G/F Soft Shell Beef Tacos Side Salad	GF Pasta Bar Side Salad	GF Pasta Bar Side Salad
Tofu Rice Satay Bowl Cucumber Salad	Vegetarian Pasta Bar Side Salad	Vegetarian Pasta Bar Side Salad
Mushroom Bourguignon / Rice Side Salad	Vegan Pasta Bar Side Salad	Vegan Pasta Bar Side Salad

FRIDAY JAN 28	SATURDAY JAN 29	SUNDAY JAN 30
Meatloaf Mashed Potato Veg	Pork Ribs Cornbread Coleslaw	Meatball Sub Kettle Chips Side Salad
Meatloaf Mashed Potato Veg	Pork Ribs Rice Coleslaw	Sweet & Sour Beef Stir-Fry Rice
Spicy Mango Stir-Fry Prairie Lentil Salad	Tofu Spaghetti Squash Bowl Sweet Potato Superfood Salad	Veggie Hummus Quesadilla Curried Quinoa Apple Salad
Vegan Pasta Alfredo Side Salad	Vegan Stir-Fry / Rice Side Salad	Roasted Veg & Quinoa Bowl Side Salad