| Week 3 | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast | Hot Breakfast | Hot Breakfast | Hot Breakfast | Hot Breakfast | Hot Breakfast | Hot Breakfast | Hot Breakfast |
| Daily Soup Features |  | Daily Soup Feature | Daily Soup Feature | Daily Soup Feature | Daily Soup Feature | Daily Soup Feature |  |
| Leaves and Veggies |  | Assorted Lettuce with a variety of toppings and dressings Daily composed Salad | Assorted Lettuce with a variety of toppings and dressings Daily composed Salad | Assorted Lettuce with a variety of toppings and dressings Daily composed Salad | Assorted Lettuce with a variety of toppings and dressings Daily composed Salad | Assorted Lettuce with a variety of toppings and dressings Daily composed Salad |  |
| Grab it off the Grill |  | Grilled Hotdog or Hamburger | Grilled Hotdog or Hamburger | Grilled Hotdog or Hamburger | Grilled Hotdog or Hamburger | Grilled Hotdog or Hamburger |  |
| Deli Counter |  | Assorted Premade Sandwiches, Roast beef, Blackforest ham, Smoked Turkey, Tuna salad, Egg salad, and Vegetarian | Assorted Premade Sandwiches, Roast beef, Blackforest ham, Smoked Turkey, Tuna salad, Egg salad, and Vegetarian | Assorted Premade Sandwiches, Roast beef, Blackforest ham, Smoked Turkey, Tuna salad, Egg salad, and Vegetarian | Assorted Premade Sandwiches, Roast beef, Blackforest ham, Smoked Turkey, Tuna salad, Egg salad, and Vegetarian | Assorted Premade Sandwiches, Roast beef, Blackforest ham, Smoked Turkey, Tuna salad, Egg salad, and Vegetarian |  |
| Daily Lunch Features |  | Turkey Schnitzel with Mushroom and Caramelized Onions Fried Rice with Tofu | Chicken Shawarma Chickpea and Lentil Stew | Italian Pork Cacciatore Stew Sweet Pepper Mixed Bean and Cheese Quesadilla with Salsa and Sour Cream | Chicken Alfredo <br> Tofu and Vegetable Stir fry | Chicken and Vegetable Dumplings Perogies with Sour Cream and Chives |  |
| Your Daily Dinner Features |  | Spaghetti and Meatballs Vegetarian Thai Red Curry | Ginger, Soya and Sesame Marinated White fish Vegetarian Jambalaya | Chicken Pot Pie Ricotta Cannelloni With Tomato Pesto Sauce | Fried Chicken with Coleslaw Potato Gnocchi with Tomato Pesto Sauce | Taco Night |  |
| Sweets and Treats | Assorted Mini Cupcakes, Cookies, pies or cakes and Fresh Fruit Check out the Dessert fridge to see the daily treats | Assorted Mini Cupcakes, Cookies, pies or cakes and Fresh Fruit Check out the Dessert fridge to see the daily treats | Assorted Mini Cupcakes, Cookies, pies or cakes and Fresh Fruit Check out the Dessert fridge to see the daily treats | Assorted Mini Cupcakes, Cookies, pies or cakes and Fresh Fruit Check out the Dessert fridge to see the daily treats | Assorted Mini Cupcakes, Cookies, pies or cakes and Fresh Fruit Check out the Dessert fridge to see the daily treats | Assorted Mini Cupcakes, Cookies, pies or cakes and Fresh Fruit Check out the Dessert fridge to see the daily treats | Assorted Mini Cupcakes, Cookies, pies or cakes and Fresh Fruit Check out the Dessert fridge to see the daily treats |
| ALL OUR PRoteins are certied halal |  | All our proteins are certilid halal |  | All our proteins are certilid halal |  | All our proteins are certied halal |  |

