

### Menu for Week of –Nov 4th-8th

Managed by CulinArt Group, open Monday – Friday

Open for Lunch: 11:00 to 12:45

Food Service Director: Anthony Frisch

MAKE THE CHOICE THAT'S RIGHT FOR YOU.



EAT WELL



LOCALLY SOURCED



VEGETARIAN



VEGAN



PLANT-CENTRIC

LUNCH	MONDAY 11/4	TUESDAY 11/5	WEDNESDAY 11/6	THURSDAY 11/7	FRIDAY 11/8
KETTLE SOUP \$3.50	Broccoli Cheddar Soup 	Chicken & Rice Soup	Lentil Soup 	Tofu Miso Soup 	Grilled Beef Hotdogs
SANDWICHES \$7.50	Ham & Swiss Cheese Wrap	Turkey & Cheddar on White	Pastrami & Gouda Wrap	Ham & Provolone on Wheat	Chicken Ceasar Wrap
GLOBAL FLAVOUR. \$8.95/\$7.95	Moqueca (Brazilian Seafood Stew) Vegan Chicken Stew 	Beef Bolognese Beyond Meat Bolognese 	Indian Butter Chicken Tofu Masala 	Beef Ragout Vegan Beyond Meat Ragout 	Thai Chicken Curry Vegan Chicken Curry 
SIDES \$1.95	Cilantro Pilaf Rice  Steamed Broccoli 	Pasta Fettuccine  Sautéed Zucchini 	Basmati Rice  Aloo Gobi 	Potato Gnocchi  Green Beans & Cherry Tomatoes	Vegetable Pad Thai Noodles  Basmati Rice 
ACTION \$9.95 "LA CREPERIE"		<b>Chicken &amp; mushroom Crepes with Cheese Sauce</b>  <b>Chocolate Crepes with Crème Anglaise</b>		<b>Chicken &amp; Mushroom with Cheese Sauce</b>  <b>Chocolate Crepes with Crème Anglaise</b>	
URBAN EATS \$7.95	<b>German Cury Wurst</b>  <b>Cheese Fries</b> 	<b>German Cury Wurst</b>  <b>Cheese Fries</b> 	<b>German Cury Wurst</b>  <b>Cheese Fries</b> 	<b>German Cury Wurst</b>  <b>Cheese Fries</b> 	<b>German Cury Wurst</b>  <b>Cheese Fries</b> 
CITY GRILL \$6.94  PIZZA VILLAGGIO \$4.95	Kickin' Chicken Sandwich  Pepperoni Pizza	Kickin' Chicken Sandwich  Spinach & Ricotta Pizza 	Kickin' Chicken Sandwich  Philly Cheesesteak Pizza	Kickin' Chicken Sandwich  Hawaiian Pizza	Kickin' Chicken Sandwich  Buffalo BBQ Chicken Pizza 

#### Always Available for Mornings:

Fruit Cups and Parfaits, Seasonal Whole Fresh Fruit, Pastries and Hot Breakfast sandwiches

#### For Lunch

Salad Bar featuring Local Produce, Proteins, and Composed Salads,