

January 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 7 Sweet Potato and Watercress Soup Roasted Chicken, Cheese Sandwich Vegetarian: Hummus and Grilled Vegetables Fresh Fruit | 8 <i>Mediterranean Plate</i> Sausages, Vegetable & Feta Cheese Salad Pita Bread Vegetarian: Perogies, Tomato Sauce Fresh Fruit | 9 Warm Chicken Wrap Southwest Salad Vegetarian: Black bean Wrap Fresh Fruit | 10 Beef Stoganoff Noodles and Vegetables Vegetarian: Lentil Cassoulet Fresh Fruit | 11 Warm Smokey on a Ciabatta bun Roasted Potatoes House Salad Vegetarian: Grilled Vegetables Ciabatta Bun From the Bakery |
| 14 Sweet Potato and Watercress Soup Deli Style Sandwich Vegetarian: Hummus and Grilled Vegetables Fresh Fruit | 15 Chicken Parmesan Orzo Primavera Vegetarian: Mediterranean Stew Fresh Fruit | 16 Shreaded Beef Wrap House Salad Vegetarian: Black bean Wrap Fresh Fruit | 17 Pork Cutlets, Apple and Sage Sauce Basmati Rice Vegetarian: Frittata Fresh Fruit | 18 Lamb Skewers Tabbouley Salad Pita Bread Vegetarian: Coconut Ragout, Vegetable Pacoras From the Bakery |
| 21 Jouenee Pedagogique | 22 <i>Mediterranean Plate</i> Sausages, Vegetable & Feta Cheese Salad Pita Bread Vegetarian: Perogies, Tomato Sauce Fresh Fruit | 23 Warm Smokey on a Ciabatta bun Roasted Potatoes House Salad Vegetarian: Grilled Vegetables Ciabatta Bun Fresh Fruit | 24 Chicken & Vegetable Ragout Orzo Primavera Vegetarian: Lentil Cassoulet Fresh Fruit | 25 Pork Cutlets, Apple and Sage Sauce Basmati Rice Vegetarian: Frittata From the Bakery |
| 28 Cauliflour and Lemon Grass Soup Ham and Cheese on Portugese Bread Vegetarian: Cucumber, BBQ Tofu on Portugese Bun Fresh Fruit | 29 Chicken Cutlets Basmati Rice Vegetarian: Frittata Fresh Fruit | 30 Lamb Skewers Tabbouley Salad Pita Bread Vegetarian: Coconut Ragout, Vegetable Pacoras Fresh Fruit | 31 Beef Stoganoff Noodles and Vegetables Vegetarian: Lentil Cassoulet Fresh Fruit | |