



WEEK 1		Monday	Tuesday	Wednesday	Thursday	Friday
	Main Entrée	Korean Meat Balls	Chicken Souvlaki	Miso Maple Glazed Salmon	Sausage & Red Pepper Rigatoni	Chicken Shawarma
	Vegetarian Entrée	Roasted Tofu	Mediterranean White Bean Stew	Miso Maple Glazed Tofu	Vegan Sausage & Red Pepper Rigatoni	Roasted Falafel
	Vegetable Side	Zucchini Stir Fry	Greek Style Salad	Roasted Broccoli	Lemon Garlic Green Beans	Roasted Carrots
	Starch Side	Kimchi Fried Rice	Lemon Oregano Potatoes	Coconut Rice	Garlic Toast	Turmeric Rice
	Toppings	Pickled Carrot, Sesame Bean Sprout, Cilantro Oil, Sriracha	Tzatziki, Lemon Wedges	Cilantro Oil, Tamari	Parmesan Cheese	Tzatziki, Tahini Sauce, Pickled Turnip, Pita
	Gluten/Dairy Free Replacement	Gluten Free Meatball		X	Gluten Free Pasta	Dairy Free Chicken
	Power Bowl/Soup	Soup of The Day	Southwest Cobb Salad	Soup of The day	Halloumi Power Bowl	X

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* Vegetarian, Gluten Free & Dairy Free Options Available Daily *



WEEK 2		Monday	Tuesday	Wednesday	Thursday	Friday
	Main Entrée	Oven Baked Chicken Tenders	Orecchiette With Beef Bolognese	BBQ Spiced Puled Pork	Tandoori Spiced Chicken	Prime Rib Beef Burger
	Vegetarian Entrée	Vegetarian Chicken Tenders	Orecchiette With Beyond Meat Bolognese	Togarashi Spiced Tofu	Chickpea Curry	Beyond Meat Burger
	Vegetable Side	Roasted Broccoli	Maple Glazed Sweet Potato	Steamed Edamame, Maldon Salt	Curry Spiced Vegetables	Roasted Corn
	Starch Side	Crispy Fries	Garlic Toast	Steamed Bao Bun	Steamed Basmati Rice	Savoury Potato Wedges
	Toppings	Chipotle Mayo, Plum Sauce, Ketchup	Parmesan Cheese	Hoisin Sauce, Pickled Cucumber, Cabbage, Pickled Red Onion	Mango Chutney, Lemon Yogurt, Naan	BBQ Sauce, Mustard, Ketchup, Pickles, Lettuce, Tomato, Chipotle Aioli
	Gluten/Dairy Free Replacement	GF Chicken Tenders & Fries	GF Pasta With Sauce	Gluten Free Bun, Pulled Chicken	Dairy Free Tandoori Chicken	Gluten Free Wedges,
	Power Bowl/Soup	Soup of The Day	Tofu Poke Bowl	Soup of The day	Teriyaki Salmon Bowl	X

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WEEK 3		Monday	Tuesday	Wednesday	Thursday	Friday
	Main Entrée	General Tao Chicken	Baja Fish Tacos	Cavatappi Chicken Mac N' Cheese	Turkey Burger	BBQ Glazed Jerk Chicken
	Vegetarian Entrée	Crispy Tofu, General Tao Sauce	Beyond Meat Chicken Tender	Cavatappi Pasta Vegan Mac N' Cheese	Beyond Meat Burger	Jerk Spiced Chickpea Coconut Curry
	Vegetable Side	Chop Suey	Roasted Spiced Cauliflower	Roasted Broccoli	Green Beans/ Creamy Coleslaw	Carrot & Peas
	Starch Side	Starch Side	Jasmin Rice	Black Beans, Flour Tortilla	Garlic Toast	Sweet Potato Fries
	Toppings	Tamari, Cilantro Oil, Fortune Cookie	Guacamole, Pico de Gallo, Pickled Red Onion, Lime Crema, Cabbage Slaw	Parmesan Cheese, Chili Flakes, Buttered Panko	BBQ Sauce, Truffle Aioli, Tomato, Lettuce, Pickle, Chipotle Aioli	Pineapple Salsa, Cilantro Oil
	Gluten/Dairy Free Replacement	GF General Tao Chicken	Corn Tortilla, Gluten Free Fish	Gluten Free Pasta	GF Bread	X
	Power Bowl/Soup	Soup of The Day	Chicken Caesar Wrap	Soup of The Day	Vegan Harvest Crunch	

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