



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL DAY	Pastries, Beverages-Hot & Cold, Yogurt, Milk, Whole Fruits, Snacks, Desserts				
SOUPS	Mushroom Barley (VGN) Chicken Mulligatawny (GF)(H)(DF)	Hearty Minestrone (VGN) Chicken Noodle (H)(DF)	Lentil & Red Pepper (GF)(VGN) Tom Yum Chicken (GF)(H)(DF)	Potato Leek (GF)(VEG) Beef Barley (H)(DF)	Cream Of Roasted Squash (GF)(VGN) Chicken Vegetable (GF)(H)(DF)
DELI SANDWICHES EVERYDAY	Classic Egg Salad on a Wrap(VEG) / Hummus and Roast Vegetables(VGN) / Tuna Salad on a Kaiser(H) / Roast Turkey and Cheddar Cheese				
SALADS EVERYDAY	Garden Salad / Crudités / Salad Bowl with Meat or Vegetable Protein				
MEAT ENTREE	Chicken Mushroom Mornay Penne pasta (H)	Beef Lasagna	Crispy chicken (H)		Meatballs in Marinara Sauce - (H)(DF)
VEGETABLE ENTREE	Mushroom Marinara Penne pasta (VGN)	Vegetable Lasagna (VEG)	Meatless Chicken Tenders (VGN)	Spinach and Cheese Cannelloni (VEG)  Marinara Sauce (GF)(VGN) Garlic Bread (VEG)	Vegan Meatballs in Marinara Sauce (VGN)
SIDES	Garlic Bread (VEG)  Roasted Broccoli and sweet Pepper blend (VGN)(GF)	Garlic Bread (VEG)  Balsamic Glazed Zucchini (VGN)(GF)  Marinara Sauce (GF)(VGN)	(\$6 offer) Mac & Cheese with Bacon Or Roasted Veg (VEG) topping and extra Cheese sauce  Vegetable Medley (VGN) (GF)  Toppings: onion, tomato, pickles, mustard, ketchup.	Roasted Mushrooms and Sautéed Swiss Chard (GF)(VGN)  Parmesan Cheese (ON SIDE)	Spaghetti Pasta (VGN)  Chunky Roasted Vegetables (VGN)(GF)  Garlic Aioli Flat Bread (VGN)  Parmesan Cheese (ON SIDE)

Note: \$6 offer only available to Vic students, faculty and staff