



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				
ENTRÉE PASTA BAR <i>Toppings subject to change</i>	<u>OPTION 1</u> 1. Pick your Pasta: <i>Gluten free option available</i> 2. Pick your Sauce: - Marinara (NUT FREE)(VGN) (GF) - Béchamel (NUT FREE)(VEG) (GF) Garlic Bread (Vegetarian)			<u>OPTION 2</u> 1. Pick your Pasta: <i>Gluten free option available</i> 2. Pick your Sauce: - Marinara (NUT FREE)(VGN) (GF) - Bechamel (NUT FREE)(VEG) (GF) 3. Pick One Protein: -Chicken (H) -Sausage or Ham -Beef (H) -Romano Beans 4. Pick Three Vegetable Toppings: -Tomato -Zucchini -Spinach -Eggplant -Mushroom -Red Onion -Sliced Peppers -Black Olives Garlic Bread (Vegetarian)	
	\$6 Lunch special on Wednesdays Based on Option 1 of Pasta Bar Available to only Vic students, Faculty and Staff				