

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED LABOUR DAY	3 Shepherd's Pie & Salad	4 Sweet Potato, Carrot, Apple, Red Lentil Soup with	5 Chicken Burgers & Salad	6 S & R Lunch
9 Pork Stir Fry Noodles with Peanut Sauce	10 Sweet Potato & Black Bean Enchiladas Dessert	11 Mushroom Wellington & Salad	12 Chicken & Quinoa Salad & Dessert	13 Chef's Choice
16 Stuffed Peppers & Salad	17 Cobb Salad & Foccacia	18 Chicken & Rice Noodle Soup	19 Falafel in a Pita with Veggies & Dessert	20 Meatloaf & Salad
23 Chicken & Rice, 3 Bean Salad	24 Mac & Cheese, Tomato Salad Dessert	25 Bahn Mi Pork Burgers With Pickled Carrots	26 Chicken or Turkey Chili with Tortilla Chips	27 Chef's Choice
30 Pizza & Cupcakes				

Upon arrival, please purchase a ticket if you intend on having lunch (\$5.00)

Subject to change

(519) 491-2668