


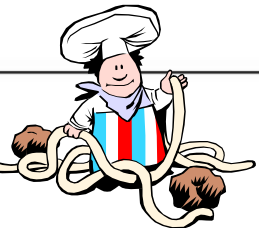


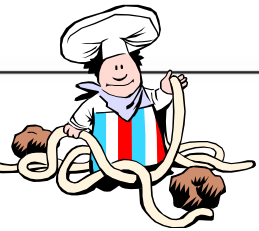


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TACO MONDAY! (M) BEEF TACOS 1 <i>Mild beef chili</i> (V) REFRIED BEAN FAJITA <i>Mild veggie chili</i> (V) CORN CHIPS <i>Crispy corn triangles</i> (V) HEALTHY TOPPINGS <i>Cheese, tomato, lettuce.....</i>	(M) CHICKEN TERIYAKI 2 <i>Chicken in a sweet soy sauce</i> (V) TOFU TERIYAKI <i>Tofu in a sweet soy sauce</i> (V) VEGGIE STIR FRY <i>Asian seasonal veggies</i>	(M) BEEF LASAGNA 3 <i>Beef pasta topped With cheese</i> (V) VEGGIE LASAGNA <i>Veggie pasta topped With cheese</i> (V) GARLIC HERB BREAD <i>Crispy homemade Italian style bread</i>	(M) CHICKEN KARAAGE 4 <i>Japanese chicken Nuggets!</i> (V) MACARONI & CHEESE <i>Everyone's favorite Cheese pasta</i> (V) RATATOUILLE <i>French vegetable dish in tomato sauce</i>	BURGER FRIDAY! 5 (M) SLOPPY JOE BURGERS <i>Seasoned beef topping</i> (V) SLOPPY JOE TOFU BURGERS <i>Seasoned soy topping</i> (V) POTATO WEDGES <i>Fried potato</i>
HOTDOG MONDAY! (M) PORK HOTDOGS 8 (V) TOFU HOTDOGS (V) HEALTHY FILLINGS <i>Cheese, tomato, lettuce.....</i> 	(M) BAKED COD FILLETS 9 <i>Oven baked fish fillets</i> (V) LEMON PARSLEY SAUCE <i>Tangy white sauce with herbs</i> (V) WARM POTATO SALAD WITH GREEN BEANS <i>Whole steamed baby potatoes With beans and parsley</i>	(M) CEZARS CHICKEN CURRY 10 <i>Mild tomato & red pepper curry</i> (V) VEGGIE COCONUT CURRY <i>Seasonal veggies in a Coconut sauce</i> (V) VEGGIE CROQUETTES <i>Crispy potato nuggets</i>	(M) SWEET & SOUR PORK 11 <i>Pork in a tangy Asian sauce with veggies</i> (V) SWEET & SOUR TOFU <i>Tofu in a tangy Asian sauce With veggies</i> (V) SPRINGROLLS <i>*Now fully vegetarian!*</i>	PIZZA FRIDAY! 12 (M) MEAT PIZZA (V) VEGGIE PIZZA (V) CHEESE PIZZA (M) MEAT SAUCE PASTA (V) VEGGIE SAUCE PASTA 
MEXICAN MONDAY! (M) CHICKEN FAJITAS 15 <i>Mild chicken chili with Peppers & onion</i> (V) REFRIED BEAN FAJITA <i>Mild veggie chili</i> (V) TORTILLAS <i>Fresh soft tortillas</i>	(M) MEATLOAF 16 <i>The all American baked beef dish with gravy</i> (V) TOFU LOAF <i>Our vegetarian version with A tasty tomato sauce</i> (V) POTATO GRATIN <i>Potato in a white sauce Topped of with a crispy Cheese crust</i>	(M) CHINESE BEEF NOODLES 17 <i>A dry style dish with beef & veggies</i> (V) VEGGIE YAKI SOBA NOODLES <i>Vegetarian noodles and Veggies with a soy sauce</i> (M) TACOYAKI <i>Japanese octopus dumplings</i>	ROAST DAY! (M) ROAST BEEF 18 (V) ROAST VEGGIES (V) MASHED POTATO (M) STEAMED VEGGIES (M) GRAVY (V) PUMPKIN SOUP (V) BROWNIES & CUSTARD <i>(Y150 EXTRA CHARGE)</i>	HAMBERG FRIDAY! 19 (M) PORK HAMBURG WITH GRAVY <i>Pork & beef Pattie with gravy</i> (V) TOFU HAMBURG WITH TOMATO SAUCE <i>Tofu Pattie with tomato sauce</i> (V) SPECIAL FRIED RICE <i>Chinese style vegetarian rice</i>
HOTDOG MONDAY! (M) PORK HOTDOGS 22 (V) TOFU HOTDOGS (V) HEALTHY FILLINGS <i>Cheese, tomato, lettuce.....</i> 	(M) MILD PORK CURRY 23 <i>Japanese style Mild pork curry</i> (V) MILD VEG CURRY <i>Our fully vegetarian version</i> (V) POTATO CROQUETTES <i>Crispy potato nuggets</i>	(M) CHICKEN STRIPS 24 <i>Grilled, seasoned chicken Breast strips</i> (V) CHINESE VEGGIE NOODLES <i>A dry style dish with noodles & veggies</i> (V) CAULIFLOWER CHEESE <i>Cauliflower in a cheesy White sauce</i>	(M) MABO TOFU 25 <i>Chinese Pork & tofu dish</i> (V) NASU TOFU <i>Chinese eggplant & Tofu dish</i> (V) MACARONI CHEESE <i>Everyone's favorite Cheese pasta</i>	PIZZA FRIDAY! 26 (M) MEAT PIZZA (V) VEGGIE PIZZA (V) CHEESE PIZZA (M) MEAT SAUCE PASTA (V) VEGGIE SAUCE PASTA 
C.A. & SAINT MICHAELS SEMESTER BREAK 29	C.A. & SAINT MICHAELS SEMESTER BREAK 30	HAPPY HALLOWEEN C.A. & SAINT MICHAELS SEMESTER BREAK 31 		

LUNCH SET MEAL INCLUDES

*2 HOT MAIN DISHES

*FRESH VEGGIES OF THE DAY

*CHEFS HOMEMADE SOUP

*2 FRESH CRISP SALADS WITH CHOICE OF DRESSINGS

*1 MOUTH WATERING DESSERTS

*STEAMED WHITE OR BROWN RICE WITH FURIKAKE

*ASSORTMENT OF CONDIMENTS

Cezars News

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