### Monday

**Lunch**
- Crispy Southwest Haddock
- Piri Piri Drumsticks
- Mediterranean Veg Tart

**Dinner**
- Roasted Chicken Breast Adobo
- Grilled Pork Chops
- Vegetable Enchilada w Red Enchilada Sauce

*Interactive: Burrito Bar (L) Pasta Bar (D)

### Tuesday

**Lunch**
- Homestyle Beef Pot Pie
- Butter Chicken
- Aloo Gobi

**Dinner**
- Mediterranean Chicken Breast w Creamy Chicken & Artichoke Sauce
- Greek Slice
- Striploin Steak

*Interactive: Taco Bar (L)

### Wednesday

**Lunch**
- Meatballs
- 5 Spice Pork Saute
- Creamy Vegan Green Bean Casserole

**Dinner**
- Chicken Cordon Bleu
- Grilled Tofu w Bruschetta
- Meat Lasagna

*Interactive: Pizza Bar (L) Burger Bar (D)

### Thursday

**Lunch**
- Chicken Cordon Bleu
- Grilled Tofu w Bruschetta
- Meat Lasagna

**Dinner**
- Broccoli Cheddar Chicken
- Salmon w Roasted Grain & Asparagus Filling
- Polenta w Mushroom Bean & Sundried Tomato Ragout

*Interactive: Wing Bar (L) Mexican Rice Bowl (D)

### Friday

**Lunch**
- Beef Shanghai Noodles
- Crispy Tofu w Thai Panang Curry Sauce
- Hand Battered Haddock

**Dinner**
- Sole with Chermoula Roasted Chicken Leg w Chermoula Sauce
- Moroccan Lentil Stew

*Interactive: Waffle Bar (L)

### Saturday

**Lunch**
- Sole with Chermoula
- Roasted Chicken Leg w Chermoula Sauce
- Moroccan Lentil Stew

**Dinner**
- Churasco Chicken Thighs w Chimichurri
- Brown Sugar Garlic Pork Loin
- Smokey Vegetable Feijoada

### Sunday

**Lunch**
- Pork Teriyaki Saute
- Green Beans w Tofu
- Chicken Broccoli Pasta Bake

**Dinner**
- Smokey Pork Chops w Roasted Red Pepper Remoulade
- Black Eyed Peas w Kale
- White Cheddar Mac & Cheese

*Interactive: Omelet Bar (L)

### September 23-29 Cycle 4

**Made Fresh Daily**
- Soup & Salad Bar
- Fresh Smoothies
- Eggs Made to Order
- Plus a Variety of Chef Selections

All items are weighed ($1.10/100g) unless indicated otherwise. Menu items are subject to change.

Made without Gluten  Vegan

*Interactive: Omelet Bar (L)