### 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 🌶

### Tuesday
**Lunch**
- Home style Beef Pot Pie
- Butter Chicken 🌶
- Aloo Gobi 🌶

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

### Wednesday
**Lunch**
- Roasted Chicken Breast Adobo 🌶
- Grilled Pork Chops 🌶
- Vegetable Enchilada w Red Enchilada Sauce 🌶

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

---

### 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 🌶

---

### 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 🌶

---

### Saturday

**Lunch**
- Orange Ginger Chicken
- Forager’s Pie 🌶
- Cheese Rigatoni

**Dinner**
- Churascos 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

---

### October 5-11 Cycle 4

**November Specials**
- Made Fresh Daily
- Soup & Salads
- Fresh Smoothies
- Eggs Made to Order
- Plus a Variety of Chef Selections

---

*All items are weighed ($1.15/100g) unless indicated otherwise.*

*Menu items are subject to change.*

---

*Made without Gluten 🌶 Vegan 🌶*