

## Cafeteria Specials Menu Week of January 14-18, 2019



**Cafeteria Business Hours - Monday to Thursday 7:30 am – 5:30 pm**

**Cafeteria Business Hours - Friday 7:30 am – 5:00 pm**

**Breakfast available - 7:30 am – 10:30 am Monday to Friday**

**Hot Lunch available - 11:30 am – 1:00 pm Monday to Friday**

**Omelets available – 11:30 am – 12:15 pm Monday to Friday**

**Supper available – starting at 4:00 pm Monday to Thursday**

**Grill Open 11:00 am – 5:20 pm Monday to Thursday**

**Grill Open 11:00 am – 4:30 pm Friday**

**Please note that the cafeteria will be closed on any statutory holidays, during Christmas break and for any mandatory staff training**

**Cost of Breakfast Special \$6.50 includes GST & PST**

**Cost of Lunch Special (includes soup or salad) - \$9.00 includes GST & PST**

**Cost of Daily Omelet (includes soup or salad) - \$9.00 includes GST & PST**

**Cost of Supper Special (includes soup or salad) - \$9.00 includes GST & PST**

**Please note that the menu is subject to change without notice,  
if this occurs, we apologize for any inconvenience**

### **Monday**

Lunch – Entrée – Meat Loaf served with Mashed Potatoes and Honey-Glazed Carrots

Lunch – Omelet of the Day – served with Toast and Small Fruit Cup

Soup – Chicken Noodle

Supper – Lasagna served with Caesar Salad and Garlic Toast

### **Tuesday**

Lunch – Entrée – Pork Tenderloin with Kalbi served with Rice Pilaf and Stir-Fried Vegetables

Lunch – Omelet of the Day – served with Toast and Small Fruit Cup

Soup – Split Pea

Supper – New York Steak with a Mushroom Demi-Glaze served with a Baked Potato and Vegetables

### **Wednesday**

Lunch – ¼ Whole Boneless Chicken stuffed with Sage Dressing served with Lyonnaise Potatoes and Buttered Peas

Lunch – Omelet of the Day – served with Toast and Small Fruit Cup

Soup – Cheddar Cheese & Broccoli

Supper – Ribs, BarBQ or Greek, served with Oven Roasted Potatoes and Vegetables

### **Thursday**

Lunch – Entrée – Hungarian Goulash served with Mashed Potatoes and Mixed Vegetables

Lunch – Entrée – Caesar Salad with Pan-Fried Shrimp

Lunch – Omelet of the Day – served with Toast and Small Fruit Cup

Soup – Bean & Bacon

Supper – Stuffed Pork Chop with Lemon Sauce served with Steamed Rice and Vegetables

### **Friday**

Lunch – Entrée – Beer Battered Basa served with Fresh Cut Fries and Coleslaw

Lunch – Entrée – Mussels Portuguese served with Steamed Rice and Fried Broccoli with Garlic

Lunch – Omelet of the Day – served with Toast and Small Fruit Cup

Soup – Tomato Hamburger Macaroni

Supper – Off The Grill