

Today's Canteen Cuisine...



Menu	Monday July 23rd	Tuesday July 24th	Wednesday July 25th	Thursday July 26th	Friday July 27th	Saturday July 28th
Breakfast		Oatmeal, Muffins, Danish, Bagel & Yogurt	Pancakes, Bacon/Sausage & Potatoes	Eggs, Toast Bacon/Sausage & Potatoes	Oatmeal, Muffins, Danish, Bagel & Yogurt	Waffles, Bacon/Sausage & Potatoes

Featured daily: Assorted cold cereals, Milk, Fruit Juice, Coffee, Tea, Jam, Peanut butter & Fresh Fruit

Lunch		Cajun Chicken Mashed Potatoes & Carrots or Vegetable Medley Egg Noodles	Chicken Stir Fry Rice & Broccoli or Vegetarian Stir Fry Rice	Fish Burger French Fries & Coleslaw or Moroccan Couscous	Vegetarian Lasagna & Garlic Bread	Beef Noodle Casserole or General Tao Tofu Rice & Asian Vegetables
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Available at Meal Period: Salad bar, Milk, Fruit Juice, Coffee, Tea, Assorted desserts & Fresh Fruit

Lunch Box				Smoked Meat or Vegetarian Sandwich	Chicken Salad or Chickpea Salad	Cold Cut Kaiser or Vegetarian Kaiser
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				Brownie & Juice	Bread & Butter, Nutrigrain & Juice	Cookie & Juice
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Supper	Beef Bourguignon Egg Noodles & Brussel Sprout or Tofu Bourguignon Egg Noodles & Brussel Sprout	Veal Parmigiana Spaghettini & Italian Vegetables or Garbanzo Beans with Tomatoes Spaghettini & Italian Vegetables	Spaghetti with Meat Sauce & Garlic Bread or Spaghetti with Tomato Sauce & Garlic Bread	Beef Vegetable Stew Boiled Potatoes & Yellow Beans or Vegetarian Stew Boiled Potatoes & Yellow Beans	Chicken a la King Rice & Mixed Vegetables or Creamy Vegetables Casserole Rice & Mixed Vegetables	Salisbury Steak Mashed Potatoes & Carrots or Hungarian Noodles & Carrots
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Available at Meal Period: Salad bar, Milk, Fruit Juice, Coffee, Tea, Assorted desserts & Fresh Fruit

Today's Canteen Cuisine...



Menu	Sunday July 29th	Monday July 30th	Tuesday July 31st	Wednesday August 1st	Thursday August 2nd	Friday August 3rd
Breakfast	Eggs, Toast Bacon/Sausage & Potatoes	Oatmeal, Muffins, Danish, Bagel & Yogurt	Pancakes, Bacon/Sausage Potatoes	Eggs, Toast Bacon/Sausage & Potatoes	Oatmeal, Muffins, Danish, Bagel & Yogurt	

Featured daily: Assorted cold cereals, Milk, Fruit Juice, Coffee, Tea, Jam, Peanut butter & Fresh Fruit

Lunch	Egg Rolls & Fried Rice or Vegetarian Spring Roll & Fried Rice	Rigatoni with Meat Sauce & Garlic Bread or Vegetarian Rigatoni & Garlic Bread	Brazilian Beef Stew Egg Noodles & Green Beans or Mushroom & Feta Strudel Roasted Potatoes & Broccoli	Chili con Carne & Nacho Chips or Vegetarian Chili & Nacho Chips	Breaded Filet of Sole Rice & Carrots or Aubergine au Gratin Rice & Carrots	
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Available at Meal Period: Salad bar, Milk, Fruit Juice, Coffee, Tea, Assorted desserts & Fresh Fruit

Lunch Box	Cheese & Salami Sub or Vegetarian Sub	Chicken Salad or Vegetarian Twist	Bagel & Cream Cheese or Rice Salad	Ham & Cheese Croissant or Vegetarian Croissant		
	Cookie & Juice	Corn Salad, Fresh Fruit & Juice	Fruit Square & Juice	Rice Krispies & Juice		
Supper	Turkey Schnitzel Rice & Mixed Vegetables or Puttanesca Vegetable Stew Rice & Mixed Vegetables	Country Chicken Noodles & Turnips or Ratatouille Noodles	Shepherd's Pie Beets or Vegetarian Moussaka Beets	Chicken BBQ & Chips or Veggie BBQ & Chips		

Available at Meal Period: Salad bar, Milk, Fruit Juice, Coffee, Tea, Assorted desserts & Fresh Fruit