

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Meat spaghetti sauce, Caesar salad	BBQ chicken, french fries and vegetables	Asian teriyaki pork, broccoli and rice vermicelli	Breaded fish, rice and vegetables	Hamburger steak, mash and peas
Week 2	Salmon and spinach stuffed pasta shells, seasonal vegetables	Complices chicken and side dish	Beef Vindaloo	Vegetarian tofu burrito, salad	Potatoes, chicken, small roll
Week 3	Mongolian Beef, Noodles	Fish sticks, salad	Mexican beef pie, green salad	All-dressed submarine sandwich, salad and potatoes	Butter chicken, rice, vegetables
Week 4	Mac and cheese, sausages and vegetables	Honey and sesame tofu stir-fry, rice	Chicken pitas, greek salad	Maple ham, mash, vegetables	Complices poutine
Week 5	Pasta with ham and broccoli, small roll	Complices burger, coleslaw	Chicken tagine, couscous	General tao tofu, rice, vegetables	Complices meatball, mash and vegetables
Week 6	Teriyaki noodles with tofu, vegetables	Complices tacos, bean salad	Tandoori chicken, rice, vegetables	Shepherd's pie, beet salad	Pizza 3 choices, salad