

FFCO. PEMBINA HALL MENU

WEEK: MAY x TO MAY x

*Please note that items are subject to change without notice



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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LUNCH MENU (11AM TO 2PM)

BREAKFAST

<p>1. Cream of Potato and Leek Soup</p> <p>1.</p> <p>2. Beef Chili or BBQ Pulled Pork or Vegetable Chili</p> <p>3. Mashed Potatoes and Dinner Roll or Mac & Cheese</p>	<p>1. Cream of Vegetable Soup</p> <p>1.</p> <p>2. Chicken Pot Pie or Sausage & Vegetable Sauce Penne Pasta or Vegetable Pot Pie</p> <p>3. Rice Pilaf and Steamed Vegetables</p>	<p>1. Cream of Mushroom Soup</p> <p>2. Beef Taco or Grilled Chicken Buffalo Wrap or Vegetable Taco</p> <p>3. Mexican Rice & Corn</p>	<p>1. Broccoli & Cheddar Soup</p> <p>1.</p> <p>2. Chicken Tenders or Hot Dog or Tofu Dog</p> <p>3. Waffle Fries</p>	<p>1. Creamy Tomato & Red Pepper Soup</p> <p>1.</p> <p>2. Sweet & Sour Pork Stir-fry with or Chicken Alfredo with Pasta or Sweet & Sour Tofu Stir-fry</p> <p>3. Jasmine Rice and Spring Roll or Garlic Bread</p>	<p>1. Cereal or Baked Beans</p> <p>1.</p> <p>2. Egg Bagel Sandwich with Turkey or Ham (Choose one)</p> <p>3. Hash browns and Fresh Fruit</p>	<p>1. Vegetable Florentine Soup</p> <p>1.</p> <p>2. Beef Melt Sub Sandwich or Turkey Cheese Sandwich or Tofu Sub Sandwich</p> <p>3. Potato Chippers</p>
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DINNER MENU (4PM TO 7PM)

<p>1. Garden Tossed Salad</p> <p>1.</p> <p>2. Butter Chicken or Beef Stew or Chana Masala</p> <p>3. Basmati Rice, Green and Yellow Beans</p> <p>4. Cake</p>	<p>1. Coleslaw</p> <p>1.</p> <p>2. Turkey Burger or Battered Fried Fish or Black Bean Burger</p> <p>3. French Fries or Mac & Cheese Cup</p> <p>4. Jell-O</p>	<p>1. Corn Salad</p> <p>1.</p> <p>2. Teriyaki Pork Chops or Baked Salmon or Tofu Stir-fry</p> <p>3. Bok Choy and Jasmine Coconut Rice</p> <p>4. Cookie</p>	<p>1. Caesar Salad</p> <p>2. Swiss Steak or Chicken Breast or Marrakesh Vegetable Stew</p> <p>3. Broccoli & Rice Pilaf or Mashed Potatoes</p> <p>4. Cake</p>	<p>1. Garden Tossed Salad</p> <p>1.</p> <p>2. Chicken Souvlaki Pita or Pork Souvlaki Pita or Greek Falafel Pita</p> <p>3. Greek Potatoes, Rice Pilaf and Sautéed Zucchini with onions</p> <p>4. Pudding Parfait</p>	<p>1. Caesar Salad</p> <p>1.</p> <p>2. Meat Lasagna or Chicken Pesto Alfredo or Roasted Vegetable Sauce</p> <p>3. Penne Pasta or Steamed Vegetables and Dinner Roll</p> <p>4. Cookie</p>	<p>1. Fusion Salad</p> <p>1.</p> <p>2. Baked Chicken Drumsticks or Grilled Italian Sausage or African Peanut Stew</p> <p>3. Broccoli and Rice Pilaf or Mashed Potatoes</p> <p>4. Ice Cream</p>
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Halal meal options are available upon request



= Vegetarian



= No Gluten*

*Cross-contact with wheat allergens may occur during preparation