## FFCO. PEMBINA HALL MENU

**WEEK: MAY x TO MAY x**

*Please note that items are subject to change without notice*

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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### LUNCH MENU (11AM TO 2PM)

**MONDAY**
1. Cream of Potato and Leek Soup
2. Beef Chili or BBQ Pulled Pork or Vegetable Chili
3. Mashed Potatoes and Dinner Roll or Mac & Cheese

**TUESDAY**
1. Cream of Vegetable Soup
2. Chicken Pot Pie or Sausage & Vegetable Sauce Penne Pasta or Vegetable Pot Pie
3. Rice Pilaf and Steamed Vegetables

**WEDNESDAY**
1. Cream of Mushroom Soup
2. Beef Taco or Grilled Chicken Buffalo Wrap or Vegetable Taco
3. Mexican Rice & Corn

**THURSDAY**
1. Broccoli & Cheddar Soup
2. Chicken Tenders or Hot Dog or Tofu Dog
3. Waffle Fries

**FRIDAY**
1. Creamy Tomato & Red Pepper Soup
2. Sweet & Sour Pork Stir-fry with or Chicken Alfredo with Pasta or Sweet & Sour Tofu Stir-fry
3. Jasmine Rice and Spring Roll or Garlic Bread

**SATURDAY**
1. Cereal or Baked Beans
2. Egg Bagel Sandwich with Turkey or Ham (Choose one)
3. Hash browns and Fresh Fruit

**SUNDAY**
1. Vegetable Florentine Soup
2. Beef Melt Sub Sandwich or Turkey Cheese Sandwich or Tofu Sub Sandwich
3. Potato Chippers

### BREAKFAST

1. Garden Tossed Salad
   1. Coleslaw
   2. Turkey Burger or Battered Fried Fish or Black Bean Burger
   3. French Fries or Mac & Cheese Cup
   4. Jell-O

2. Butter Chicken or Beef Stew or Chana Masala
3. Basmati Rice, Green and Yellow Beans
4. Cake

1. Corn Salad
   1. Coleslaw
   2. Turkey Burger or Battered Fried Fish or Black Bean Burger
   3. French Fries or Mac & Cheese Cup
   4. Jell-O

2. Swiss Steak or Chicken Breast or Marrakesh Vegetable Stew
3. Bok Choy and Jasmine Coconut Rice
4. Cookie

1. Caesar Salad
   1. Garden Tossed Salad
   2. Teriyaki Pork Chops or Baked Salmon or Tofu Stir-fry
   3. Bok Choy and Jasmine Coconut Rice
   4. Cookie

2. Chicken Souvlaki Pita or Pork Souvlaki Pita or Greek Falafel Pita
3. Greek Potatoes, Rice Pilaf and Sautéed Zucchini with onions
4. Cake

1. Caesar Salad
   1. Cereal or Baked Beans
   2. Meat Lasagna or Chicken Pesto Alfredo or Roasted Vegetable Sauce
   3. Penne Pasta or Steamed Vegetables and Dinner Roll
   4. Cookie

2. Meat Lasagna or Chicken Pesto Alfredo or Roasted Vegetable Sauce
3. Penne Pasta or Steamed Vegetables and Dinner Roll
4. Cookie

### DINNER MENU (4PM TO 7PM)

**MONDAY**
1. Garden Tossed Salad
   1. Coleslaw
   2. Turkey Burger or Battered Fried Fish or Black Bean Burger
   3. French Fries or Mac & Cheese Cup
   4. Jell-O

2. Swiss Steak or Chicken Breast or Marrakesh Vegetable Stew
3. Bok Choy and Jasmine Coconut Rice
4. Cookie

1. Caesar Salad
   1. Garden Tossed Salad
   2. Teriyaki Pork Chops or Baked Salmon or Tofu Stir-fry
   3. Bok Choy and Jasmine Coconut Rice
   4. Cookie

2. Chicken Souvlaki Pita or Pork Souvlaki Pita or Greek Falafel Pita
3. Greek Potatoes, Rice Pilaf and Sautéed Zucchini with onions
4. Cake

1. Caesar Salad
   1. Cereal or Baked Beans
   2. Meat Lasagna or Chicken Pesto Alfredo or Roasted Vegetable Sauce
   3. Penne Pasta or Steamed Vegetables and Dinner Roll
   4. Cookie

2. Meat Lasagna or Chicken Pesto Alfredo or Roasted Vegetable Sauce
3. Penne Pasta or Steamed Vegetables and Dinner Roll
4. Cookie

1. Fusion Salad
   1. Garden Tossed Salad
   2. Teriyaki Pork Chops or Baked Salmon or Tofu Stir-fry
   3. Bok Choy and Jasmine Coconut Rice
   4. Cookie

2. Baked Chicken Drumsticks or Grilled Italian Sausage or African Peanut Stew
3. Broccoli and Rice Pilaf or Mashed Potatoes
4. Ice Cream

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**Halal meal options are available upon request**

* = Vegetarian

= No Gluten*

*Cross-contact with wheat allergens may occur during preparation*