| **~ July 2014 ~** |
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| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** |
| **Cafeteria closed Mondays** | 1**Closed Canada Day** | 2**Italian Sausage with Grilled Peppers, Tomatoes and Onions, Served on fettucine noodles** | 3**Fish and chips with homemade coleslaw, and lemon tartar sauce** | 4**Grilled Chicken Caesar Salad with Garlic toast** |
| 7 **Cafeteria closed Mondays** | 8**Honey Ginger Pork Stir fry with carrots, broccoli, peppers , onions, served on basmati rice**  | 9**Mushroom Raviolli with parmesan cream sauce. Served with garlic toast** | 10**Mexican Tomato Bake served with corn tortillas, sour cream** | 11**Bacon, Mushroom Chicken Burger with plank cut fries** |
| 14**Cafeteria closed Mondays** | 15**Pear, Pecan and Avocado Salad with Mustard vinaigrette. Served with fresh french bread** | 16**Roasted BBQ Chicken, mashed potatoes and roasted carrots.** | 17**California Clubhouse with chicken, avocado, bacon, lettuce and tomato. Served with salad or ripple chips** | 18**Breaded Shrimp with homemade tartar sauce and coleslaw or fries.**  |
| 21**Cafeteria closed Mondays** | 22**Charbroiled steak sandwich on grilled french bread. Served with sauteed mushrooms, caesar salad** | 23**Smokey Macaroni and Cheese served with crisp bacon or country sausage****Vegetarian option available** | 24**Thai Noodle Bowl with Shirmp or tofu and sesame ginger sauce** | 25**Breakfast for lunch****Eggs benny florentine, red potato hasbrowns served with fruit salad** |

**Please note: soup or salad are not included in the lunch special unless specified**