| **~ September 2014 ~** |
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| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** |
| 1**Closed for****Labour Day** | 2**Get****Connected** | 3**Grilled Honey Ham and Monterey Jack, dijon mayo** **Served with choice of ripple chips, soup or salad** | 4**Roasted Chicken or** **Black Bean Quesadilla (gluten free option available)** **with fresh salsa and sour cream. Served with avocado orange salad** | 5**Spinach Salad Amore****Fresh spinach salad with strawberries, cashews, bean sprouts, feta cheese and oranges tossed with an oriental dressing. Served with fresh bread** |
| 8**Fettucinne Puttenesca** **Fresh noodles (gluten free option available) with capers, olives,roasted tomatoes, fresh padano parmesan. Served with fresh focaccia bread**  | 9**Meat or Vegetarian** **(Vegan) Black Bean Ancho Chili, served with Vegan Cornbread and** **cool cucumber salad** | 10**Maple BBQ Chicken** **and Bacon Wrap (gluten free tortilla available)** **Served with choice of salad or soup** | 11**Chef’s Salad with Grilled Chicken, Honey Ham, devilled eggs, sharp cheddar, grape tomatoes, cucumbers.****Served with homemade creamy chive dressing** | 12 **Naan Bread Pizza****Meat lovers with bacon, pepperoni and ham or Vegetarian with spinach, olives and feta** |
| 15**Bacon, lettuce, tomato and cheese Panini with choice of soup, salad or ripple chips****Vegan Chick Pea and vegetable Curry with naan bread** | 16**Southwestern Chicken or Vegetarian Pasta with ancho chili cream sauce. Served with tossed mixed salad****Gluten free pasta available** | 17**Big Beef Bacon Cheese Burger on a brioche bun with lettuce, tomato, chipolte mayo. Served with choice of soup,salad or yam fries** | 18**Pear, Pecan and Avocado Salad with goat cheese , sweet mustard vinaigrette.** **Served with fresh baked bread. Vegan option available** | 19**Trio of Thai Rice rolls with chicken, shrimp and vegetable. Served with a spicy peanut dipping sauce.****Vegetarian/ vegan available** |
| 22**Chicken or Vegetable Curry with garam masala and green curry sauce. Served with basmati rice and fresh fruit salad** | 23**Spicy Shrimp Caesar Salad with Sauteed jumbo prawns, louisiana hot sauce and fresh focaccia bread** | 24**Three Bean Enchilada rolled in corn tortillas, with rice, roasted tomatoes with ancho chili, topped with cheese and served with quacamole & spanish rice****Soy cheese available** | 25**Charboiled New York Steak****Sandwich with sauteed mushrooms, caesar salad or fries** | 26**Grilled Stacked Roasted Vegetable or Chicken** **Club on Fresh (vegan) Rosemary Flatbread****Served with soup or salad** |
| 29 **Spaghetti with meat or vegetarian sauce, fresh grated parmesan and garlic toast.****Gluten free pasta available** | 30 **Honey Ginger Salmon Filet with mango salsa, basmati rice and stir fried vegetables.****or****Honey Ginger Stir Fried Tofu** |