| **~ 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** |