

**All lunches include a daily choice of Meat or Vegetarian Soup and a Full Vegetarian Salad Bar with organic mixed greens, create-your-own Caesar salad, 3 school-made prepared salads and several fresh cut raw vegetables, healthy toppings and dressings. A Make-Your-Own Sandwich Bar with two low-fat sliced meats, protein spreadable, cheese, and condiments. Pure Juice, Milk, Filtered Water and Fruit Daily. Sweet Dessert twice weekly.**

### **416-533-9481ex 222**

**Royal St. George’s College**

**Week #3 Fall Term, 2013**

### 534414163. 9481 ext.222

*~Meatless Monday~* Perogy Day!

Choose: Potato & Cheese or Spinach & Feta Perogies

with Caramelized Onions, Sour Cream,

Bacon Bits and Shredded Cheese

Turkey Sausages and Rice Pilaf

Served with Honey Mustard Sauce & Peas n’ Carrots

or

Root Vegetable & Quinoa Bake

Beef & Corn Sheppards Pie

with Garlic & Cheese Breadstick

or

Roasted Vegetable, Rice & Cheese Casserole

*~Fun Food Friday~*

Beef Cheeseburgers or Veggie Burgers

on Whole Wheat Buns with: Tomato, Onion, Pickle, Mayo & Condiments with Baked Regular or BBQ Lays Potato Chips

Asian Diced Pork Orange-Ginger Stir-Fry

on Chow-Mein or Rice Noodles

or

Asian Vegetable and Bean Sprout Egg-Foo-Young

### **CHEF: Corey Jongsma**

### Kelly Yarrow

### **PHONE NUMBER:**