

WEEK ONE

CHICKEN TENDERS & BASIL COCONUT THAI SAUCE ON RICE

with Zucchini, Green Beans + Vegetable Spring Rolls

KC CHICKEN SANDWICH

with French Fries

MEAT LASAGNA

+ Garlic Toast + Seasonal Veg

HAYSTACKS (CHILI&CHIPS)

+ Sour Cream & Salsa

BUTTER CHICKEN

with Rice and Naan bread

WEEK TWO

PASTA PRIMAVERA

in Rose Sauce with Garlic Bread

SOUVLAKI

with Rice, Potato, and Pita Bread

BAKED OPEN BURRITO PLATE

with Pico de Gallo

MUSHROOM & SWISS BURGER

with Potato Tots

MAC & CHEESE

with Garlic Bread, and Seasonal Vegetables

WEEK ONE

CHICKEN MELT & TOMATO SAUCE SPAGUETTI

with Green Peas & Garlic Bread

HARD SHELL TACOS STUFFED WITH VEGGIE CHILI MEAT

with Tomatoes, Sour Cream, Cheese & Cheesy Dorito Chips

VEGGIE BURGER

with Fries

GENERAL TAO CHICKEN

with Steamed Rice & Broccoli + Vegetable Spring Rolls

MAC N' CHEESE

with Steamed Broccoli & Garlic Bread

WEEK TWO

BBQ CHICKEN NUGGETS

with Fries & Gravy

GRILLED CHICKEN SANDWICH

with Roasted Red Pepper Mayo & Fries

SWEET & SOUR

CHICKEN STRIPS
with Fried Rice + Vegetable Spring
Rolls

SPINACH AND FETA PEROGIES & RICE

with Sour Cream & Garlic Bread

CHICKEN CAESAR WRAP

with Chips