

















|                        | MONDAY<br>09  | TUESDAY<br>10   | WEDNESDAY<br>11   | THURSDAY<br>12  | FRIDAY<br>Mrs. Frost's Faves   |
|------------------------|---|---|---|---|--|
| Soup du Jour<br>\$3.50 |   |   | Chicken Meatball Soup   | Roasted Carrot & Tomato   | Chicken Coconut Curry  |
| Short Order            | DOUBLE BLOCK<br>Assessment<br> | DOUBLE BLOCK<br>Assessment<br> |    | Baked Macaroni & Cheese<br>\$6.00   |   |
| Hot Entrée             |                                |                                | Fish & Chips<br>Tartar Sauce, Lemon<br>1 pc. \$6.50                                   | Miso-Maple glazed Salmon<br>Steamed Vegetable,<br>Rice & Lentil Pilaf \$7.00          | Mediterranean Chicken & Rice<br>with Cauliflower & Chickpea,<br>Cucumber, Pickled Onion,<br>Garlic Tahini, Pita Chips \$7.00 |
| Entrée Salad           |                               |                               | Bacon & Cheddar Quiche<br>with Mixed Green Salad<br>\$6.00                            | Bistro Pokè Bowl<br>\$7.00  | Thai Chicken Noodle Bowl<br>Carrots, Red Cabbage, Peppers,<br>Peanut Dressing \$7.00   |
| Side Salad             |   |   |   |   |  |
| Specialty<br>Sandwich  |                              |                              |  |  | Chicken, Fig & Brie on French<br>Bread with Caramelized Apple<br>\$6.00  |
| Daily Sub<br>\$5.00    |   |   | Assorted Deli Sub   | Assorted Deli Sub   |  |
| Baking &<br>Pastry     |                              |                              | Puff Pastry Cinnamon Twist<br>\$1.50  | Fruit Crumble Pie<br>\$1.50   | Crème Brûlée Cheesecake<br>\$2.50  |