

L'AGORA

WEEK 1-Pay Week

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am-10:30am	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Snack Bar “Grab and Go” 7am-7pm
BREAKFAST	Boiled eggs Scrambled eggs Sliced cheese	Boiled eggs Scrambled eggs Sliced cheese	Boiled eggs Scrambled eggs Sliced cheese	Boiled eggs Scrambled eggs Sliced cheese	Boiled eggs Scrambled eggs Sliced cheese	Boiled eggs Scrambled eggs Sliced cheese	
	Breakfast Potatoes Variety sliced breads	Breakfast Potatoes Variety sliced breads *Breakfast Wrap	Breakfast Potatoes Variety sliced breads *Sunshine omelet	Breakfast Potatoes Variety sliced breads	Breakfast Potatoes Variety sliced breads *Pancakes	Breakfast Potatoes Variety sliced breads *French toast with Challah bread	
11am-1:45 pm	Vegetable Soup Mac and cheese Steamed veggies Fries Assorted Pizza	Cream of Tomato Soup Vegetarian Chili Rice Steamed veggies Fries Assorted Pizza	Minestrone Soup Chicken à la King BBQ chicken Rice Steamed veggies Fries	Lentil Soup Vegetarian Burrito Steamed veggies Fries Assorted Pizza	Tomato & Barley Soup Shepherd's pie Club sandwich BBQ Chicken Wings Steamed veggies Fries	Carrot & Ginger Potage Vegetarian Pie Steamed veggies Fries Assorted Pizza	
11am-1:45pm SALAD BAR		La Saumon Asiatique La Nicoise La César	La Santa Fe La Betterave La Poulet Asiatique	La Quinoa La Thon La Chèvre	La César Madonna La végété La poulet mais	La Saumon Asiatique La Chèvre La Saumon fumé et feta	
11am-1:45pm SANDWICH BAR		Le Thon Le Chèvre chaud Le Végé	Le Saumon fume Le Poulet Le Thon	L'Océan Le Coco Le Bagel	Le Roastbeef La Dinde Le Saumon fume Le Thon	Le Thon Le Chèvre chaud Le Végé	
11am-1:45pm PASTA BAR		Pasta Alfredo Pasta Tomato & Basil		Pasta Rosée Pasta Pesto		Pasta Alfredo Pasta Tomato & Basil	

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3pm-6:30pm THE GRILL		Hamburger Chicken burger Veggie burger Fries	Hamburger Chicken burger Veggie burger Fries	Hamburger Chicken burger Veggie burger Fries	Hamburger Chicken burger Veggie burger Fries		
4pm-6:30 pm SUPPER		Chicken noodle soup Hamburger steak Garlic Mashed potatoes Steamed veggies	Minestrone Chicken a la king Rice Steamed vegies	Vegetable noodle Sherpherd's pie Steamed veggies	Tomato Barley soup Meatloaf/mushroom gravy Mashed potatoes Steamed veggies		

*union meal
*special of the day

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WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am-10:30am	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	
BREAKFAST	Boiled eggs Scrambled eggs Sliced cheese	Boiled eggs Scrambled eggs Sliced cheese	Boiled eggs Scrambled eggs Sliced cheese	Boiled eggs Scrambled eggs Sliced cheese	Boiled eggs Scrambled eggs Sliced cheese	Boiled eggs Scrambled eggs Sliced cheese	
	Breakfast Potatoes Sliced breads	Breakfast Potatoes Sliced breads *Breakfast Wrap	Breakfast Potatoes Sliced breads *Sunshine omelet	Breakfast Potatoes Sliced breads	Breakfast Potatoes Sliced breads *Pancakes	Breakfast Potatoes Sliced breads *French toast with Challah bread	
11m-1:45 pm	Vegetable & Pickle Soup	Squash & Apple potage	Tomato & Barley Soup	Harrira potage	Chicken Noodle soup	Corn Chowder	
LUNCH	Western Soufflé	Bean Casserole	Curry chicken Meatballs Jerk Chicken	Crustless Quiche	Spaghetti/Meat Sauce Hamburger/Chicken burger Chicken Wings	Tuna Scallop Melt	
	Mashed Potatoes Steamed veggies	Rice Steamed veggies	Rice Steamed veggies	Mashed Potatoes Steamed veggies	Steamed veggies	Steamed veggies	
	Fries Assorted pizza	Fries Assorted pizza	Fries	Fries Assorted pizza	Fries	Fries Assorted pizza	
11am-1:45pm SALAD BAR		La Chèvre La Thon La César	La Santa fe La betterave La poulet asiatique	La saumon Asiatique LA Quinoa La saumon fumé et feta	La césar Madonna La végé La poulet mais	La thon La chèvre La betterave	
11am-1:45pm SANDWICH BAR		Le Thon Le Chèvre chaud Le Coco	Le Saumon fume Le Poulet Le Thon	Le Thon Le Chèvre chaud Le Végé	Le Roastbeef La Dinde Le Saumon fume Le Thon	Le Bagel L'Avocat fromage L'Océan	
11am-1:45pm PASTA BAR		Pasta Rosée Pasta Pesto		Pasta Alfredo Pasta Tomato & Basil		Pasta Rosée Pasta Pesto	

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3pm-6:30pm THE GRILL		Hamburger Chicken burger Veggie burger Fries	Hamburger Chicken burger Veggie burger Fries	Hamburger Chicken burger Veggie burger Fries	Hamburger Chicken burger Veggie burger Fries		
4pm-6:30 pm SUPPER		Minestrone Moroccan Chicken Mashed Potatoes Steamed veggies	Tomato & Barley soup Curry chicken Meatballs Rice Steamed veggies	Chicken & Rice Soup Meatloaf/Gravy Garlic Mashed Potatoes Steamed veggies	Vegetable Soup Spaghetti/Meat Sauce Steamed veggies		

***union meal** ***special of the day**