








February

Main Meal
(Drink not included)

\$6.50

Monday	Tuesday	Wednesday	Thursday	Friday
3 "Just Chicken in on YOU " Stew with Roll 	4 "Nice to Meat You" Roast Beef dinner with Mashed Potatoes & Veggies 	5 I love you Lasagna with Garlic Bread	6 "Chicken Nuggs & Kisses with Wedges & Healthy Side"	7  Hot Hamburger with "I" only have fries for you and Peas
10 Beef Barley "You're Souper" with biscuit	11  You're my Soy-Mate Meatballs, Rice Stir-fry & Eggrolls  	12 "You're the Mac to my Cheese" with Green beans 	13 "Thanks for Always Poutine me First" with Healthy Side 	14  Valentine You Make my Heart "Pop"corn Chicken with Kraft Dinner with Drink & Dessert \$8.00 SPECIAL MEAL ONLY No Grab'n Go
17 	18 COMING SOON	19 COMING SOON	20 COMING SOON	21 COMING SOON
24 COMING SOON	25 COMING SOON	26 COMING SOON	27 COMING SOON	28 COMING SOON

Grab 'n Go

Grilled Cheese Sandwich	\$3.50
Chicken Burger	\$4.75
Hamburger	\$4.25
Cheeseburger	\$4.75
Add Gluten-Free Burger Bun	\$1.00
Mashed Potato	\$2.00
Add Gravy	\$0.75
6" Cold Cut Sub	\$4.00
6" Pizza Sub	\$4.00
Chicken, Bacon Ranch Wrap	\$4.75
Chicken, Bacon Caesar Wrap	\$4.75

Buffalo Chicken Wrap *NEW	\$4.75
Chicken Salad Wrap	\$4.75
Tuna Salad Wrap	\$4.75
GG Lunchables:	\$4.50
(Meat & Cheese or Pizza)	
Chicken Salad Sandwich	\$4.25
Tuna Salad Sandwich	\$4.25
Ham & Cheese Sandwich	\$4.25
Quesadilla (Chicken or Beef)	\$4.25
Caesar Salad Small/ Large	\$4.25/ \$6.00
Add Chicken to Salad	\$2.00

Drinks & Snacks

Jell-O	\$1.25
Pudding	\$1.25
Fruit Yogurt Parfait	\$2.50
Yogurt Tubes	\$1.25
Veggies & Dip	\$2.00
Fresh Fruit	\$2.00
Nacho Chips & Salsa	\$2.75
White Milk	\$0.60
Chocolate Milk	\$1.00
Bottled Water	\$1.00
Juice	\$1.00

Assorted Homemade Baked Goods

1-2 Choices Available Daily
\$1.00 - \$2.00 each