

emcs menu

Monday
Mar 11

Tuesday
Mar 12

Wednesday
Mar 13

Thursday
Mar 14

	Monday Mar 11	Tuesday Mar 12	Wednesday Mar 13	Thursday Mar 14
Main	Sweet & Sour Meatballs \$5.00	Chicken Enchiladas \$5.00	Cabbage Rolls & Sausage \$5.00	Beef Donair \$5.00
Soup	Potato Leek \$4.00	Beef and Barley \$4.00	Carrot Curry Soup with Cheese Biscuits \$4.00	Quinoa & Bean \$4.00
Salad Bar	Sweet & Savory Broccoli Salad \$4.00	Vegetable Ceviche \$4.00	Poached Pears \$4.00	Soba Noodle Salad \$4.00
Appetizer	Nachos with Salsa & Sour Cream \$3.75	Hot Wings \$3.75		Spinach and Artichoke Dip \$3.75
Wrap / Sandwich	Tuna Melt \$3.75	Spinach & Feta Wrap \$3.75	Chicken Caesar Wrap \$3.75	Salmon Burger \$3.75
Dessert	Raspberry White Chocolate Scones \$1.50	Iced Cappuccino \$1.50	Raspberry Mousse \$1.50	Lemon Loaf \$2.00
Breakfast	Breakfast Bagel \$4.00	Monte Cristo w/fruit skewer \$4.00	Breakfast Wrap \$4.00	Eggs Benedict \$4.00