

## emcs menu

Monday  
Sep 30

Tuesday  
Oct 01

Wednesday  
Oct 02

Thursday  
Oct 03

	Monday Sep 30	Tuesday Oct 01	Wednesday Oct 02	Thursday Oct 03
<b>Main</b>	BBQ Chicken \$5.00	Thai Prawn Curry Box \$5.00	Lasagna & Garlic Bread	Pork Taco \$5.00
<b>Soup</b>	Tomato Vegetable Soup \$4.00	Potato Leek Soup \$4.00	Manhattan Clam Chowder \$4.00	Tex Mex Chicken \$4.00
<b>Salad Bar</b>	Coleslaw \$4.00	Bean & Quinoa Salad \$4.00	Spinach Salad \$4.00	Curry Potato & Yam Salad \$4.00
<b>Appetizer</b>	Hummus & Vegetable Plate \$3.75	Vegetable Fritters \$3.75	Sweet & Spicy Chicken Wings \$3.75	Spanikopita \$3.75
<b>Wrap / Sandwich</b>	Club House Wrap \$4.00	Grilled Vegetable Wrap \$4.00		Chicken Burger \$4.50
<b>Dessert</b>	Fruit Crumble \$2.00	Cinnamon Apple Beignet \$1.50	Cranberry Almond Bar \$1.50	Fruit Sorbet \$1.50
<b>Breakfast</b>	Breakfast Bagel \$4.00	Breakfast wrap \$4.00	Breakfast Hash \$4.00	Breakfast Sandwich \$4.00