

EMCS Menu

	Monday Feb 10	Tuesday Feb 11	Wednesday Feb 12	Thursday Feb 13
Main	Ham and Cheddar Mac and Cheese (Available without ham) \$5.00	Turkey, Pesto and Jack Grilled Panini \$5.00	Pork Roast with Roasted potatoes, Veggies and Apple Sauce \$5.00	Beef curry with couscous \$5.00
Soup	Broccoli soup with wild yeast sourdough \$4.00	Tomato vegetable soup \$4.00	French onion soup \$4.00	Cream of mushroom soup \$4.00
Salad Bar	Cauliflower Salad \$5.00	Marinated mushrooms \$5.00	Tuna salad \$5.00	Marinated Salad \$5.00
Appetizer	Cauliflower parmesan bites \$4.00	Sausage rolls \$4.00	Fried Oysters \$4.00	Potato and caramelized onion croquette \$4.00
Wrap / Sandwich	Veggie burger \$4.00	Grilled cheese \$4.00	Falafel wrap \$4.00	BLT \$4.00
Dessert	Blueberry Crumble \$2.00	Fruit Smoothies \$2.00	Apple Strudel \$1.50	Chocolate mousse \$2.00
Breakfast	Classic Breakfast \$4.00	Bagel \$4.00	Breakfast Hash \$4.00	Pancakes and sausage \$4.00