

Wonderful Wednesday

September 7 - November 16

September 7: Meatballs & Spaghetti

- **Beef Meatballs** (minced beef, salt & pepper, garlic, corn flour, eggs, olive oil, paprika, Italian seasoning)
- **Marinara sauce** (crushed tomatoes, tomato puree, salt & pepper, garlic, oregano, basil)
- **Spaghetti**
- **Basmati rice**
- **Mix Salad**
- **Chocolate moose** (4oz serving cups with lids)

September 14: Mediterranean Grill

- **Grilled Marinated Chicken Breast** (chicken breast, olive oil, salt & pepper, paprika, thyme, oregano, lemon, garlic)
- **Grilled vegetables** (zucchini, cherry tomatoes, mini peppers, red onions)
- **Rice** (turmeric, paprika, cumin, parsley, raisins, salt)
- **Hummus - contains sesame** (chickpeas, tahini (sesame paste), olive oil, salt & pepper, garlic, lemon)
- **Tzatziki Sauce (yogurt cucumber sauce)** (Greek yogurt, cucumbers, dill, garlic, lemon juice, salt & pepper)
- **Pita Bread**
- **Mix salad**
- **Lemon cake with frosting**

September 21: Grilled Pork Shoulder & Potatoes

- **Grilled Pork Shoulder** (salt & pepper, garlic, paprika, olive oil, garlic, Italian seasoning)
- **Red Cabbage with Bacon** (red cabbage, red onion, bacon, salt & pepper, garlic, bay leaves, vegetable stock)
- **Boiled potatoes** (new potatoes, salt & pepper, olive oil, parsley)
- **Mix salad**
- **Apple sauce cake**

September 28: Fish and Chips

- **Battered Fried Fish** (tilapia fish fillet, flour, eggs, olive oil, salt & pepper, soda water, garlic)
- **Grilled Chicken Breast** (chicken breast, olive oil, garlic, salt & pepper, paprika, Italian seasoning)
- **French Fries**
- **Homemade Tartar Sauce** (mayonnaise, dill, shallots, salt & pepper, garlic, lemon)
- **Mix Salad**
- **Brownies**

October 5: Hamburgers & Fries

- **Beef Hamburgers** (burger patties, salt & pepper, Lawry's seasoning, garlic, paprika)
- **Hamburger Buns**
- **French fries**
- **Bacon**
- **Sautéed Red Onions** (salt & pepper, balsamic vinegar, honey)
- **Guacamole** (avocado, salt & pepper, garlic, lime)
- **Bacon**
- **Sliced Tomatoes**
- **Mix Salad**
- **Rice crispy treats**

October 12: Oven Roasted Chicken Pieces and Rice

- **Oven Roasted Chicken Pieces** (chicken legs, black pepper, garlic, paprika, Lawry's salt, olive oil)
- **Gravy** (chicken gravy, salt & pepper, corn starch)
- **Rice**
- **Vinegar Coleslaw** (cabbage, carrots, red onions, apple cider vinegar, honey, Dijon mustard, salt & pepper)
- **Mixed Salad**
- **Orange Fluff**

October 19: Fried Chicken Tenders and French Fries

- **Fried Chicken Tenders** (chicken, breadcrumbs, eggs, seasoning)
- **Gravy** (gravy mix, salt & pepper, garlic, corn starch)
- **Broccoli Salad** (broccoli, bacon, apple cider vinegar, Dijon mustard, red onion, cranberries)
- **Grilled Chicken** (chicken, garlic, paprika, salt & pepper)
- **Mix Salad**
- **Pumpkin Cake**

November 2: Potato Battered Pork with New Potatoes

- **Battered Pork** (pork loin, flour, potato, garlic, margarine, eggs, salt & pepper)
- **New Potatoes** (new potatoes, olive oil, onion, parsley)
- **Chef Erik's Lemon Mayonnaise** (mayonnaise, lemon juice, orange Juice, salt & pepper, lemon and orange zest, garlic, paprika, oregano honey)
- **Grilled Pork Loin** (pork tenderloin, salt & pepper, garlic, paprika)
- **Mixed Salad**
- **Spiced apples with vanilla ice cream**

November 9: Hungarian Goulash (Beef Stew)

- **Goulash** (beef, onions, peppers, tomatoes, potatoes, garlic, tomato paste, salt & pepper, paprika, beef stock)
- **Chicken Nuggets for Kids** (nuggets contain gluten)
- **Bread Rolls**
- **Indian Tea**
- **Mix Salad**
- **Ginger Cake**

November 16: Beef Fajitas

- **Beef** (beef flank steak, onions, bell peppers, paprika, cumin, salt & pepper, oregano, garlic)
- **Refried beans** (pinto beans, onions, salt & pepper, lard, garlic)
- **Salsa & Corn Chips** (onions, bell peppers, onions, tomatoes, cilantro)
- **Spanish Rice** (rice, garlic, salt & pepper, tomato cause, chicken bouillon, cilantro, cumin)
- **Mix Salad**
- **Cinnamon Cake**