



MONDAY

*Pasta al Forno
Cheese Tomato Sauce
With Roast Pepper and Spinach
Large \$7.50 Small \$6.50*

*BBQ Chicken
Quinoa, Farro Blend
Roasted Butternut Squash
\$8.50*

TUESDAY

*Korean Style BBQ Miami Beef Ribs
With Roast Potato
Steamed Vegetable
\$8.50*

*Cheese Tortellini
Baby Spinach, Marinara
Large \$7.50
Small \$6.50*

WEDNESDAY

*Regular or
Whole Grain Pasta*

*Marinara or
Veal Bolognese*

*Portobello Mushroom
Roasted Pepper
Peas, Pesto (no nuts)
Large \$7.50
Small \$6.50*

THURSDAY

CAFETERIA CLOSED

FRIDAY

CAFETERIA CLOSED

The Hot Stove
Lunch Special

*No Gluten Alternative Hot Meal

*Triple Decker
Grilled Cheese
Baby Spinach
Tomato*

*BBQ Miami Beef Ribs
With Roast Potato
Steamed Vegetable*

*Gluten Free Pasta
Portobello Mushroom
Roast Pepper
Marinara*

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Hot Off the Press
Panini or Grilled Wrap of the day
\$6.50

*Veal Parmesan
Roast Pepper, Marinara
Baby Spinach, Cheese
Whole Grain Hoagie*

*Roasted Vegetable
With Feta
and Pesto (no nuts)
Whole Grain Wrap*

*Egg Plant Parmesan
Roast Pepper, Marinara
Baby Spinach, Cheese
Ciabatta*

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Field of Greens
Specialty Salad
\$4.50

*Baby Arugula
and Parmesan*

Village Greek Salad

*Quinoa, Farro
Baby Kale, Chia Seed
Pumpkin Seed*

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Menu subject to change due to unforeseen circumstances

* Hot Meal made without Gluten (Kitchen still Contains Gluten)

Available Daily : A Build Your Own Wrap station with Various Proteins, Veggies and sauces; Salad Bar with Fresh Greens and toppings

Daily Home made soup; Fresh Baked Goods; Hot and Cold Grab n' Go Items

Our Recipes use Local ingredients when available.

For any questions please contact Food Service Director Jimmy Selimos: selimos@smcsmail.com; 416-653-3180 ext.140