



St. Michael's College School

December 3 – December 7

MONDAY

**Chicken Milanese
With Mash Potato
Steamed Vegetable**
\$8.00

**Baked Rigatoni
with Broccoli
and Black Olives**
**Large \$7.50
Small \$6.50**

**Baked Herbed Chicken
Mash Potato
Steamed Vegetable**

**Prosciutto, Pesto
Baby Arugula
Cheddar, Tomato
Whole Grain Wrap**

**Mediterranean
Chick Pea Salad**

TUESDAY

**Penne With
Baby Kale, Beef and Mushroom Ragu**
**Large \$7.50
Small \$6.50**

**Lamb and Beef Gyros
Lemon Rice Pilaf
Oregano Green Beans
Hummus and Pita
Tzatziki**
\$8.50

**Gluten Free Pasta
Marinara, Roast Vegetable**

**Falafel
Hummus, Tzatziki
Baby Spinach
Cucumber, Tomato
Whole Grain Wrap**

Quinoa Greek Salad

WEDNESDAY

Shrimp Pad Thai
**Large \$7.50
Small \$6.50**

**Homemade Meat Balls
Marinara, Sautee Onion
Mozzarella, Whole Grain Hoagie**
**\$6.50
With Salad
\$8.50**

Gluten Free Burrito

**Roast Turkey Club
Bacon, Lettuce
Tomato, Mayo
Rustic Ciabatta**

**Roasted Butternut Squash
Fennel, Broccoli
Honey Cinnamon Vinaigrette**

THURSDAY

**Butter Chicken
Curried Vegetable
Turmeric Basmati
Grilled Curry Naan**
Large \$8.00 Small \$6.50

**Samosas
Curried Vegetable
Turmeric Basmati
Grilled Curry Naan**
Large \$8.00 Small \$6.50

**Curried Cauliflower, Chick pea
And Kale**

**Roast Beef, Cajun Mayo
Baby Arugula, Mozzarella
Roast Pepper Ciabatta
Panouzzo Bread**

**Winter Beet and Pomegranate
Mixed Greens
Blue Cheese**

FRIDAY

**Homemade Southern
Butter Milk Fried Chicken
With Apple Cider Coleslaw
With Fries or Salad or Waffles**
\$8.50

**Homemade Southern
Battered Fried Haddock
and Fries or Salad
With Coleslaw, Tartar Sauce**
\$8.50

Poutine

**Baked Haddock
Coleslaw
Roast Potato**

**Cucumber, Tomato
Red Pepper, Carrot
Baby Spinach, Cream Cheese
Avocado, Feta
Whole Grain Wrap**

**Potato Salad
Asparagus, Peas
Green Bean**

**The
Hot
Stove**
Lunch Special

***No Gluten
Alternative
Hot Meal**

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

**Field of
Greens**
Specialty
Salad
\$4.50

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

