



# St. Michael's College School

January 7 – January 11

## MONDAY

*(Build Your Own Burrito)*  
 Chipotle Chicken  
 or Spiced Bean  
 Whole Grain Tortilla Wrap  
 Whole Grain Cilantro Rice  
 Sautéed Peppers and Onion  
 Pico de Galo, Cheese  
 Sour Cream, Guacamole  
 Chipotle Sauce  
**\$7.50**  
 With Baby Kale Caesar Salad  
**\$10.00**

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**

## TUESDAY

Hot Dipped Roast Beef  
 Sauté Peppers and Onion  
 Baby Spinach, Mozzarella  
 Horseradish Mayo **\$6.50**  
 With Greek Salad **\$8.50**

Pasta with Pesto ( no nuts )  
 Broccoli, Roast Pepper  
 And Marinara  
**Large \$7.50**  
**Small \$6.50**

Gluten Free Pasta  
 With Broccoli, Pesto  
 Roast Peppers and Marinara

Roast Turkey  
 Caesar  
 Wrap

Prosciutto, Pesto  
 Baby Arugula  
 Cheddar, Tomato  
 Panouzzo Bread

Spring Mix Salad  
 With Kalamata Olives  
 And Oranges

Village Greek Salad

## WEDNESDAY

Chipotle Pulled Pork or  
 Battered Cod or  
 Marinated Bean Tacos

Pico de Gallo, Jalapeno  
 Sour Cream, Guacamole  
 Cheese

Hard or Soft Shell  
**\$3.50 each**

Gluten Free Pulled Pork Taco

Chicken, Yogurt Tahini Sauce  
 Avocado, Tomato  
 Spinach  
 Whole Grain Wrap

Baby Arugula, Parmesan

## THURSDAY

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

Sautéed Cheese and Potato Perogies  
 With Sauté Onion and Peppers  
 Sour Cream  
**Large \$7.50**  
**Small \$6.50**

Beef Ribs  
 Garlic Mash Potato  
 Steamed Vegetable

Roast Turkey  
 Baby Spinach, Tomato  
 Cucumber, Kalamata Olive  
 Tzatziki  
 Whole Grain Wrap

Baby Kale, Butternut Squash  
 Quinoa, Farro  
 Apple, Fennel, Pumpkin Seed  
 Ginger Turmeric Dressing

## FRIDAY

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

Farro, Bean, Kale  
 Boiled Egg, Avocado

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](mailto:selimos@smcsmail.com); 416-653-3180 ext.140

