




# WGH CAFÉ LUNCH MENU

*Lunch is served Monday to Friday 11 am – 1:15 pm*  
*Meal Deals are \$8.50 or \$10.00 and include a coffee, tea, or water*  
*Our daily menu may vary depending on availability*

**Monday**  
**August**  
**2**

Jamaican Beef Patties with Mango Salsa and Mexican Corn  
Or  
Bean Burrito with Mango Salsa and Mexican Corn   
Soup of the Day: Chicken Gumbo




**Tuesday**  
**August**  
**3**

Chef's Feature Meal Deal  
Soup of the Day: Bison Barley

**Wednesday**  
**August**  
**4**

Sweet and Sour Chicken Balls with Spring rolls, Parsley Rice,  
Stir Fry Vegetables, and Plum Sauce  
Soup of the Day: Split Pea  

**Thursday**  
**August**  
**5**

Fish Burger with toppings and Potato Salad  
Or  
Grilled Chicken Burger with toppings and Onion Rings  
Soup of the Day: Mulligatawny   

**Friday**  
**August**  
**6**

Vegetarian Greek Zucchini Casserole with Chef Feature Salad   
Or  
Meat Lovers Pizza with Chef Feature Salad  
Soup of the Day: Borscht  

**Saturday &**  
**Sunday**

**Week 4**



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**Monday**  
**August**  
**9**

Chicken Crunch Burger with Toppings, Fries, and Gravy  
Or  
Veggie Burger with Toppings, Fries, and Gravy   
Soup of the Day: Cream of Potato



**Tuesday**  
**August**  
**10**

Chefs Feature Pasta Entre with Roasted Vegetables  
Soup of the Day: Classic Chicken Noodle




**Wednesday**  
**August**  
**11**

Chicken or Pork Souvlaki with Vegetable Rice Pilaf,  
Tzatziki Sauce, Garlic Pita Bread, and Greek Salad  
Or  
Falafels with Vegetable Rice Pilaf, Tzatziki Sauce,  
Garlic Pita Bread, and Greek Salad   
Soup of the Day: Corn Chowder   

**Thursday**  
**August**  
**12**

Chef's Feature Breakfast for Lunch Meal Deal  
Soup of the Day: Pumpkin Ginger   

**Friday**  
**August**  
**13**

Chef's Feature Salmon Meal Deal  
Or  
Macaroni and Cheese with Salad   
Soup of the Day: Vegetable  

**Saturday &**  
**Sunday**

**Week 1**



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**Monday**  
**August**  
**16**

**Discovery Day**  
**Café Closed**





**Tuesday**  
**August**  
**17**

**Chef's Feature Meal Deal**  
**Soup of the Day: Bison Barley**

**Wednesday**  
**August**  
**18**

**Coconut Vegetable Curry with Basmati Rice, Asian Coleslaw, and Vegetable Samosa**   
**Soup of the Day: Split Pea**  

**Thursday**  
**August**  
**19**

**Bison Burger with toppings, Sweet Potato Fries, and Chipotle Sauce**  
**Or**  
**Veggie Burger with toppings, Sweet Potato Fries, and Chipotle Sauce**   
**Soup of the Day: Mulligatawny**   

**Friday**  
**August**  
**20**

**Meat Lovers Pizza with Chef's Feature Salad**  
**Or**  
**Vegetarian Pizza with Chef's Feature Salad**   
**Soup of the Day: Borsht**  

**Saturday &**  
**Sunday**


**Week 2**



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**Monday**  
**August**  
**23**

Grilled Chicken Burger with Toppings, Fries, and Gravy  
Or  
Veggie Burger with Toppings, Fries, and Gravy   
Soup of the Day: Italian Wedding

**Tuesday**  
**August**  
**24**

Chef's Feature Turkey Meal  
Soup of the Day: Homemade Chicken Noodle



**Wednesday**  
**August**  
**25**

Rotisserie Chicken legs with Vegetable Rice Pilaf, Tzatziki Sauce, and Greek Salad  
Or  
Falafels with Vegetable Rice Pilaf, Tzatziki Sauce, and Greek Salad   
Soup of the Day: Corn Chowder   

**Thursday**  
**August**  
**26**

Elk Meatloaf with Gravy, Garlic Mashed Potatoes, and Oven Roasted Brussel Sprouts  
Soup of the Day: Tomato Ravioli

**Friday**  
**August**  
**27**

Fish and Chips with Creamy Coleslaw  
Soup of the Day: Vegetable  

**Saturday &**  
**Sunday**


**Week 3**



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**Monday  
August  
30**

Jamaican Beef Patties with Mango Salsa and Mexican Corn  
Or  
Bean Burrito with Mango Salsa and Mexican Corn   
Soup of the Day: Chicken Gumbo




**Tuesday  
August  
31**

Chef's Feature Meal Deal  
Soup of the Day: Bison Barley

**Wednesday  
September  
1**

Sweet and Sour Chicken Balls with Spring rolls, Parsley Rice,  
Stir Fry Vegetables, and Plum Sauce  
Soup of the Day: Split Pea  

**Thursday  
September  
2**

Fish Burger with toppings and Potato Salad  
Or  
Grilled Chicken Burger with toppings and Onion Rings  
Soup of the Day: Mulligatawny   

**Friday  
September  
3**

Vegetarian Greek Zucchini Casserole with Chef Feature Salad   
Or  
Meat Lovers Pizza with Chef Feature Salad  
Soup of the Day: Borscht  

**Saturday &  
Sunday**

**Week 4**