


WGH café Lunch Menu

Lunch is served Monday to Friday 11 am - 1 pm
Meal Deals are \$8.50 or \$10.00 and include a beverage
Our daily menu may vary depending on availability






Monday February 3	Country Style Chicken with Garlic Mashed Potatoes & Mexican Corn Or Sweet & Sour Pork with Steamed Rice Soup of the Day: Cream of Broccoli Or Italian Wedding
Tuesday February 4	Hot Roast Beef Sandwich with French Fries Or Chefs Feature Pasta Meal with Roasted Beets or Parsnips Soup of the Day: Lentil  Or Creamy Garden Cauliflower
Wednesday February 5	Chili Con Carne with Savory Corn Bread and Broccoli Salad Or Vegetarian Quiche with Garlic Toast and Broccoli Salad Soup of the Day: Coconut Salmon Chowder Or Chicken and Wild Rice
Thursday February 6	Fish and Chips with Coleslaw Or Chefs Feature Meal with California Salad Soup of the Day: Minestrone
Friday February 7	Chicken a La King with Wild Rice Or Fish Tacos with Assorted Toppings and Caesar Salad Soup of the Day: Vegetable Bison Or Tomato Ravioli
Saturday & Sunday	Enjoy nutritious snack and meal options available in vending machines located in the café seating area 7:30 am – 9:00 pm

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Monday February 10	Chicken Crunch Burger French Fries or Garden Salad or Perogies & Cabbage Rolls Soup of the Day: Cream of Mushroom Or Italian Wedding
Tuesday February 11	Spaghetti & Meat Sauce with Roasted Vegetables Or Chefs Feature Vegetarian Pasta with Roasted Vegetables Soup of the Day: Classic Chicken Noodle Or Creamy Garden Cauliflower
Wednesday February 12	Chicken or Pork Souvlaki with Tzatziki Sauce, Pita Bread, and Chefs Feature Side or Falafel with Tzatziki Sauce, Pita Bread, and Chefs Feature Side Soup of the Day: Corn Chowder  Or Chicken and Wild Rice
Thursday February 13	Meatball Stew with Fresh Bannock Or Chefs Feature Meal with Harvard Beets and California Salad Soup of the Day: Pumpkin Ginger  Or Cream of Mushroom
Friday February 14	Happy Valentine's Day! Chefs Feature Salmon Meal Or Macaroni and Cheese with Caesar Salad Soup of the Day: Vegetable  Or Cream of Broccoli
Saturday & Sunday	Enjoy nutritious snack and meal options available in vending machines located in the café seating area 7:30 am to 9:00 pm



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Monday February 17	Greek Style Chicken with Tzatziki Dip, Rice Pilaf, and Marinated Tomato & Cucumber Salad Or Beef Or Bean Burrito with Assorted Toppings Soup of the Day: Cream of Mushroom
Tuesday February 18	Shepherd's Pie with a Feature Vegetable Or Chefs Grilled Sandwich with Onion Rings Soup of the Day: Split Pea  Or Wicked Chicken Thai
Wednesday February 19	Chefs Feature Turkey Meal Or Coconut Vegetable Curry with Vegetable Samosa and Basmati Rice Soup of the Day: Beef Barley Or Chicken Gumbo
Thursday February 20	Grilled Bison with Assorted Toppings Sweet Potato Fries with Chipotle Pepper Sauce Or Veggie Burger with Assorted Toppings Sweet Potato Fries with Chipotle Pepper Sauce Soup of the Day: Mulligatawny Or Italian Wedding
Friday February 21	Café Closed Happy Rendezvous! 
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Monday February 24	Country Style Chicken with Garlic Mashed Potatoes & Mexican Corn Or Sweet & Sour Pork with Steamed Rice Soup of the Day: Cream of Broccoli Or Italian Wedding
Tuesday February 25	Hot Roast Beef Sandwich with French Fries Or Chefs Feature Pasta Meal with Roasted Beets or Parsnips Soup of the Day: Lentil  Or Creamy Garden Cauliflower
Wednesday February 26	Chili Con Carne with Savory Corn Bread and Broccoli Salad Or Vegetarian Quiche with Garlic Toast and Broccoli Salad Soup of the Day: Coconut Salmon Chowder Or Chicken and Wild Rice
Thursday February 27	Fish and Chips with Coleslaw Or Chefs Feature Meal with California Salad Soup of the Day: Minestrone
Friday February 28	Chicken a La King with Wild Rice Or Fish Tacos with Assorted Toppings and Caesar Salad Soup of the Day: Vegetable Bison Or Tomato Ravioli
Saturday & Sunday	Enjoy nutritious snack and meal options available in vending machines located in the café seating area 7:30 am – 9:00 pm