










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

<p>Monday August 30</p>	<p>Jamaican Beef Patties with Mango Salsa and Mexican Corn Or Bean Burrito with Mango Salsa and Mexican Corn  Soup of the Day: Chicken Gumbo</p>
<p>Tuesday August 31</p>	<p>Chef's Feature Meal Deal Soup of the Day: Bison Barley</p>
<p>Wednesday September 1</p>	<p>Sweet and Sour Chicken Balls with Spring rolls, Parsley Rice, Stir Fry Vegetables, and Plum Sauce Soup of the Day: Split Pea  </p>
<p>Thursday September 2</p>	<p>Fish Burger with toppings and Potato Salad Or Grilled Chicken Burger with toppings and Onion Rings Soup of the Day: Lentil   </p>
<p>Friday September 3</p>	<p>Vegetarian Greek Zucchini Casserole with Chef Feature Salad  Or Meat Lovers Pizza with Chef Feature Salad Soup of the Day: Borscht  </p>
<p>Saturday & Sunday</p>	<p>Week 4</p>



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<p>Monday September 6</p>	<p>Labour Day Café Closed</p>
<p>Tuesday September 7</p>	<p>Chefs Feature Pasta Entre with Roasted Vegetables Soup of the Day: Classic Chicken Noodle</p>
<p>Wednesday September 8</p>	<p>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</p>    
<p>Thursday September 9</p>	<p>Chef's Feature Breakfast for Lunch Meal Deal Soup of the Day: Pumpkin Ginger</p>   
<p>Friday September 10</p>	<p>Chef's Feature Salmon Meal Deal Or Macaroni and Cheese with Salad Soup of the Day: Vegetable</p>   
<p>Saturday & Sunday</p>	<p>Week 1</p>



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Monday September 13	Country Fried Chicken with Garlic Mashed Potatoes, Gravy, and Mexican Corn Soup of the Day: Chicken and Wild Rice
Tuesday September 14	Chef's Feature Meal Deal Soup of the Day: Bison Barley
Wednesday September 15	Coconut Vegetable Curry with Basmati Rice, Asian Coleslaw, and Vegetable Samosa  Soup of the Day: Split Pea  
Thursday September 16	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: Lentil   
Friday September 17	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 September 20	Grilled Chicken Burger with Toppings, Fries, and Gravy Or Veggie Burger with Toppings, Fries, and Gravy  Soup of the Day: Italian Wedding
Tuesday September 21	Chef's Feature Turkey Meal Soup of the Day: Homemade Chicken Noodle
Wednesday September 22	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 September 23	Elk Meatloaf with Gravy, Garlic Mashed Potatoes, and Oven Roasted Brussel Sprouts Soup of the Day: Tomato Ravioli
Friday September 24	Fish and Chips with Creamy Coleslaw Soup of the Day: Vegetable  
Saturday & Sunday	Week 3



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<p>Monday September 27</p>	<p>Jamaican Beef Patties with Mango Salsa and Mexican Corn Or Bean Burrito with Mango Salsa and Mexican Corn  Soup of the Day: Chicken Gumbo</p>
<p>Tuesday September 28</p>	<p>Chef's Feature Meal Deal Soup of the Day: Bison Barley</p>
<p>Wednesday September 29</p>	<p>Chefs Feature First Nations Meal Soup of the Day: Split Pea  </p>
<p>Thursday September 30</p>	<p>National Day for Truth and Reconciliation Café Closed</p> 
<p>Friday October 1</p>	<p>Vegetarian Greek Zucchini Casserole with Chef Feature Salad  Or Meat Lovers Pizza with Chef Feature Salad Soup of the Day: Borscht  </p>
<p>Saturday & Sunday</p>	<p>Week 4</p>