

## Traiteur Saporito St. George's HS Menu – August 28-September 27, 2019

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup			Soup of the day	Soup of the day	
Choice "A"			Pasta Bar Your Choice Herbed Grill Chicken, Tomato Basil Sauce (Vegan)	Buddha Bowl with Herbed Chicken, Zesty Rice, Sweet Potato's, Roasted Veggies	<b>CARNIVAL</b>
Choice "B"			Pesto Sauce (Vegan) with a Side Salad	Buddha Bowl with Herbed Rice, Sweet Potato, Roasted Veggies, Savory Chickpeas, and Spinach	
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup		Soup of the day	Soup of the day	Soup of the day	Soup of the day
Choice "A"	<b>LABOUR DAY</b>	Pasta Bar Your Choice Herbed Grill Chicken, Tomato Basil Sauce (Vegan)	Roasted Portuguese style chicken with roasted potatoes and veggies	Handmade Beef Burgers (pick your toppings) with a side of Potatoes and Salad	Pancakes, Bacon, Potatoes
Choice "B"		Pesto Sauce (Vegan) Mac & Cheese with a Side Salad	Herbed Tofu panko baked with roasted potatoes and veggies (Vegan)	Handmade Veggie Burgers (pick your toppings)with a side of Potatoes and Salad (Vegan)	Pancakes, Maple Tofu, Potatoes
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day	Soup of the day	Soup of the day		
Choice "A"	Beef Bolognese Pasta with Salad	Herbed Chicken Burgers (pick your toppings) with a side of Potatoes and Salad	Beef or Chicken Soft Taco (pick your toppings) with Spanish rice and Salad	<b>SCHOOL TRIPS</b>	<b>SCHOOL TRIPS</b>
Choice "B"	Tomato Basil Pasta (Vegan) with a Side Salad	Handmade Veggie Burgers (pick your toppings) with a side of Potatoes and Salad (Vegan)	Veggie Soft Taco (pick your toppings) with Spanish rice and Salad (Vegan)		
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Choice "A"	Pasta Bar Your Choice Bacon Carbonara, Tomato Basil Sauce (Vegan)	Create Your Perfect Burrito Zesty Beef or Chicken, Beans, Rice, Cheese and a Herbed Sauce with a side of Potatoes, Salad	Butter Chicken with a side Rice and Salad	Buddha Bowl with Herbed Chicken, Zesty Rice, Sweet Potato's, Roasted Veggies	Baked Chicken Cutlets with Caramelized Onions, Roasted Potatoes and Corn
Choice "B"	Mac & Cheese with a Side Salad	Create Your Perfect Burrito Zesty Beans, Rice, Cheese and a Herbed Sauce with a side of Potatoes, Salad	Veggie Coconut Curry with a side of Rice and Salad	Buddha Bowl with Herbed Rice, Sweet Potato, Roasted Veggies, Savory Chickpeas, and Spinach	Baked Tofu with Caramelized Onions, Roasted Potatoes and Corn (Vegan)
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Choice "A"	Pasta Bar Your Choice Bacon Carbonara, Tomato Basil Sauce (Vegan)	Chicken chow mien with black bean sauce and spring rolls	Beef Lasagna	Herbed mustard glazed baked chicken with zesty rice and side of veggies	Sloppy Joe with a side of baked sweet potato fries
Choice "B"	Tomato Basil Pasta (Vegan) with a Side Salad	Veggie chow mien with black bean sauce and spring rolls (Vegan)	Pineapple veggie stew (Vegan)	Panko crusted Tofu bake with zesty rice and side of veggies	Sloppy bean and tofu Joe with a side of baked sweet potato fries (Vegan)