

2021

chartwells
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	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Chili Topped Baked Potato	Tex Mex Tacos with Mexican Rice	Chicken Shawarma Pita	Pulled Pork Sandwich	Butter Chicken, Rice & Sauteed Veggies
Pasta Option	Penne Pasta with Meat Sauce	Macaroni & Cheese	Lazy Lasagna with Roasted Red Pepper Marinara	Rigatoni & Meatballs in Marinara	Stir Fry Shanghai Noodles
Week 2	Big Island Rice Bowl	Shepherds Pie Mashed Potato Bowl	Chicken Fajita with Mexican Rice	Buffalo Chicken Quesadilla	Greek Veggie Pita
Pasta Option	Baked Beef-a-Roni	Cheesy Sundried Tomato Penne	Ravioli with Roasted Red Peppers	Rotini Alfredo	Chicken Pad Thai
Week 3	Beef Burrito	Tex Mex Tacos with Mexican Rice	Jerk Chicken, Jamaican Rice & Corn	Sloppy Joe Sandwich	Sweet & Sour Turkey Meatballs & Brown Rice
Pasta Option	Penne Marinara	Lo Mein Noodles	Macaroni & Cheese	Rotini Primavera	Rigatoni with Roasted Vegetables
Week 4	Roasted Corn & Spicy Black Bean Quesadilla	Butter Chicken, Rice & Sauteen Veggies	Chicken Souvlaki, Potato Wedges & Tzatziki Sauce	Pulled Pork Grilled Cheese Sandwich	Buffalo Chicken Flatbread
Pasta Option	Penne Pasta with Meat Sauce	Meat or Vegetarian Lasagna	Rigatoni & Meatballs in Marinara	Chicken Pad Thai	Oven Baked Penne

Side Options: Garden Salad, Caesar Salad, Apple, Banana, Carrot & Celery Sticks, Baked Potato Wedges, Steamed PEI Veggie Blend

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BREAKFAST

MAKE IT SIMPLE

Egg & Cheese Sunrise Sandwich	\$3.85
Breakfast Burrito	\$4.00
Yogurt & Granola Parfait	\$3.75
Handcut Roasted Home Fries (240ml)	\$2.50
Hash Brown Triangles (3)	\$3.00

GRILL

MAKE IT SIMPLE

Daily Special	\$6.75
Grilled Cheese Sandwich	\$4.00
Popcorn Chicken with Sauce	\$3.50
Hamburger	\$5.00
Cheeseburger	\$5.60
Grilled Chicken Sandwich	\$6.75
Chicken Fingers with Plum Sauce	\$4.50
Spicy Black Bean Burger	\$5.25
Gravy	\$0.50
Crispy Chicken Burger	\$4.50
Roasted Potato Wedges	\$3.25
Baked Fries	\$3.25

SALAD

MAKE IT SIMPLE

Garden Salad	\$4.00
Caesar Salad	\$4.00
Chicken Caesar Salad Entree	\$7.25
Tomato Basil Pasta Salad	\$4.00

SANDWICH

MAKE IT SIMPLE

Chicken Caesar Wrap	\$5.50
Tuna Salad Sandwich	\$4.00
Egg Salad Sandwich	\$4.00
Chicken Snack Wrap	\$3.75

GRAB & GO

MAKE IT SIMPLE

Fresh Fruit Parfait	\$4.25
Baked Tortillas & Salsa	\$2.75
Veggies & Ranch Dip	\$2.75
Veggies & Hummus	\$3.25
Apple Wedges & Dip	\$3.00
Cheese, Grapes & Crackers	\$3.75
Fresh Fruit	\$1.25

PIZZA

MAKE IT SIMPLE

Pizza Slice	\$4.00
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BAKERY

MAKE IT SIMPLE

Chocolate Chip Cookie	\$1.50
Carnival Cookie	\$1.50
Oatmeal Raisin Cookie	\$1.25
Apple Oatmeal Muffin	\$1.75
Banana Loaf	\$1.50
Cinnamon Bun	\$1.50

BEVERAGES

MAKE IT SIMPLE

250/500ml White Milk	\$0.40/0.80
250/500ml Chocolate Milk	\$2.00/3.00
Sparkling Can Water	\$2.00
Smoothie	\$3.00
Large Juice	\$3.25
Water 500ml	\$1.50
Water 591ml	\$2.25
Tropicana Juice	\$3.25