



VIGNOLA GOURMET
— CATERING & MARKET —

THE HEIGHTS HOT LUNCH MENU

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>SALAD</i> & <i>SOUP OF THE DAY</i>	<i>SALAD</i> & <i>SOUP OF THE DAY</i>	<i>SALAD</i> & <i>SOUP OF THE DAY</i>	<i>SALAD</i> & <i>SOUP OF THE DAY</i>	<i>SALAD</i> & <i>SOUP OF THE DAY</i>
				1 Chicken Soft Tacos Rice and Fixings Fresh Fruit / Dessert
4 Chicken Pesto Subs Fresh Fruit / Dessert	5 Beef Tortellini Fresh Baked Bread Fresh Fruit / Dessert	6 Meatball Subs Pasta Salad Fresh Fruit / Dessert	7 Chicken Gyro Pita and Fixings Fresh Fruit / Dessert	8 Pulled Pork BBQ Potato Chips Fresh Fruit / Dessert
11 NO LUNCH	12 PASTA Meat Sauce Fresh Baked Bread Fresh Fruit / Dessert	13 All White Meat Tenders Mac & Cheese Fresh Fruit / Dessert	14 Pulled Chicken BBQ Potato Chips Fresh Fruit / Dessert	15 Hot Ham & Cheese Croissant Chips Fresh Fruit / Dessert
18 Beef Soft Tacos Rice and Fixings Fresh Fruit / Dessert	19 PASTA Chicken Alfredo Fresh Baked Bread Fresh Fruit / Dessert	20 Meatball Subs Pasta Salad Fresh Fruit / Dessert	21 Beef Stew Wild Rice Fresh Fruit / Dessert	22 BURGERS or Cheeseburgers Potato Chips Fresh Fruit / Dessert
25 Chicken Quesadillas Rice and Fixings Fresh Fruit / Dessert	26 PASTA Meat Sauce Fresh Baked Bread Fresh Fruit / Dessert	27 Chicken Kebab Basmati Rice Fresh Fruit / Dessert	28 All White Meat Tenders Mac & Cheese Fresh Fruit / Dessert	29 Sloppy Joes Pasta Salad Fresh Fruit / Dessert