



VIGNOLA GOURMET
— CATERING & MARKET —

THE HEIGHTS HOT LUNCH MENU

SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD & SOUP OF THE DAY	SALAD & SOUP OF THE DAY	SALAD & SOUP OF THE DAY	SALAD & SOUP OF THE DAY	SALAD & SOUP OF THE DAY
		3 PASTA Chicken Rose Fresh Baked Bread Fresh Fruit / Dessert	4 CHICKEN KEBAB Sweet Potato Wedges & Veggies Fresh Fruit/Dessert	5 CHICKEN QUESADILLAS Chips & Salsa Fresh Fruit / Dessert
8 SLOPPY JOE Potato Chips Fresh Fruit/Dessert	9 CRISPY BEEF TACOS Rice& Fixings Fresh Fruit / Dessert	10 TERIYAKI CHICKEN Fried Rice Fresh Fruit/Dessert	11 PASTA Meatballs & Sauce Fresh Baked Bread Fresh Fruit / Dessert	12 CHICKEN & MAC All White Meat Tenders Mac & Cheese Fresh Fruit / Dessert
15 BURGERS Or Cheeseburgers Chips Fresh Fruit / Dessert	16 PASTA Chicken Alfredo Fresh Baked Bread Fresh Fruit / Dessert	17 ORANGE CHICKEN Served with Sticky Rice Fresh Fruit/Dessert	18 CROISSANTS Ham & Cheese, Cheese Sweet Potato Wedges Fresh Fruit / Dessert	19 NO LUNCH
22 MEATBALL SUB Chips Salad Fresh Fruit / Dessert	23 CRISPY BEEF TACOS Rice& Fixings Fresh Fruit / Dessert	24 PASTA Beef Tortellini Fresh Baked Bread Fresh Fruit / Dessert	25 BURGERS Or Cheeseburgers Sweet Potato Wedges Fresh Fruit / Dessert	26 CHICKEN & MAC All White Meat Tenders Mac & Cheese Fresh Fruit / Dessert
29 SLOPPY JOE Potato Chips Fresh Fruit/Dessert	30 CHICKEN QUESADILLAS Rice and Fixings Fresh Fruit / Dessert	CROISSANTS Ham & Cheese, Cheese Sweet Potato Wedges Fresh Fruit / Dessert	PASTA Chicken Rose Fresh Baked Bread Fresh Fruit / Dessert	CHILI DOGS All Beef Hot Dogs Baked Beans Fresh Fruit/Dessert