



VIGNOLA GOURMET
— CATERING & MARKET —

THE HEIGHTS HOT LUNCH MENU

NOVEMBER 2025

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>
3 BURGERS Or Cheeseburgers Chips Fresh Fruit / Dessert	4 ASIAN CHICKEN Fried Rice Fresh Fruit/Dessert	5 CRISPY BEEF TACOS Rice& Fixings Fresh Fruit / Dessert	6 PASTA Chicken Alfredo Fresh Baked Bread Fresh Fruit / Dessert	7 NO LUNCH
10 CHICKEN QUESADILLAS Chips & Salsa Fresh Fruit / Dessert	11 PULLED PORK BBQ Served on a Bun with Baked Beans Fresh Fruit / Dessert	12 CHICKEN & MAC All White Meat Tenders Mac & Cheese Fresh Fruit / Dessert	13 CHICKEN KEBAB Rice & Veggies Fresh Fruit/Dessert	14 PASTA Beef Ravioli Fresh Baked Bread Fresh Fruit / Dessert
17 SLOPPY JOE Potato Chips Fresh Fruit/Dessert	18 CRISPY BEEF TACOS Rice& Fixings Fresh Fruit / Dessert	19 PASTA Chicken Rose Fresh Fruit / Dessert	20 TERIYAKI CHICKEN Fried Rice Fresh Fruit/Dessert	21 CROISSANTS Ham & Cheese, Cheese Sweet Potato Fries Fresh Fruit / Dessert
24 MEATBALL SUB Chips Salad Fresh Fruit / Dessert	25 PASTA Chicken Alfredo Fresh Baked Bread Fresh Fruit / Dessert	26	27	28