



**VIGNOLA GOURMET**  
— CATERING & MARKET —

# THE HEIGHTS HOT LUNCH MENU

**APRIL 2026**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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
		1	2	3
6	7	8	9	10
13 CHICKEN QUESADILLAS Rice Fresh Fruit / Dessert	14 CROISSANTS Ham & Cheese, Cheese Chips Fresh Fruit / Dessert	15 CHICKEN & MAC All White Meat Tenders Mac & Cheese Fresh Fruit / Dessert	16 ASIAN CHICKEN Fried Rice Fresh Fruit/Dessert	17 PASTA Chicken Alfredo Fresh Fruit / Dessert
20 SLOPPY JOE Potato Chips Fresh Fruit/Dessert	21 CHICKEN QUESADILLAS Rice Fresh Fruit / Dessert	22 PULLED PORK BBQ Served on a Bun with Slaw and Chips Fresh Fruit / Dessert	23 CHICKEN KEBAB Rice & Veggies Fresh Fruit/Dessert	24 FISH STICKS Served with Potatoes Tarter Sauce Fresh Fruit/Dessert
27 MEATBALL SUB Pasta Salad Fresh Fruit / Dessert	28 CRISPY BEEF TACOS Rice& Fixings Fresh Fruit / Dessert	29 BURGERS Or Cheeseburgers Chips Fresh Fruit / Dessert	30 PASTA Chicken Alfredo Fresh Fruit / Dessert	