



**VIGNOLA GOURMET**  
— CATERING & MARKET —

# THE HEIGHTS HOT LUNCH MENU

**MAY 2026**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<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 CROISSANTS Ham & Cheese, Cheese Chips Fresh Fruit / Dessert
4 MEATBALL SUB Pasta Salad Fresh Fruit / Dessert	5 PASTA Chicken Rose Fresh Fruit / Dessert	6 ASIAN CHICKEN Fried Rice Fresh Fruit/Dessert	7 BURGERS Or Cheeseburgers Chips Fresh Fruit / Dessert	8 FISH STICKS Served with Potatoes Tarter Sauce Fresh Fruit/Dessert
11 CHICKEN QUESADILLAS Rice Fresh Fruit / Dessert	12 CROISSANTS Ham & Cheese, Cheese Chips Fresh Fruit / Dessert	13 CHICKEN KEBAB Rice & Veggies Fresh Fruit/Dessert	14 CHICKEN & MAC All White Meat Tenders Mac & Cheese Fresh Fruit / Dessert	15 PASTA Chicken Alfredo Fresh Fruit / Dessert
18 SLOPPY JOE Potato Chips Fresh Fruit/Dessert	19 CHICKEN QUESADILLAS Rice Fresh Fruit / Dessert	20 PASTA Beef Ravioli Fresh Fruit / Dessert	21 FRIED CHICKEN SANDWICH Served with Pickles and Waffle Fries Fresh Fruit/Dessert	22 FISH STICKS Served with Potatoes Tarter Sauce Fresh Fruit/Dessert
25	26 CRISPY BEEF TACOS Rice & Fixings Fresh Fruit / Dessert	27 BURGERS Or Cheeseburgers Chips Fresh Fruit / Dessert	28 PASTA Chicken Alfredo Fresh Fruit / Dessert	29 CHICKEN & MAC All White Meat Tenders Mac & Cheese Fresh Fruit / Dessert