



VIGNOLA GOURMET
— CATERING & MARKET —

THE HEIGHTS

HOT LUNCH MENU

SEPTEMBER 2026

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
	1	2	3	4
7 NO LUNCH	8	9 CHICKEN QUESADILLAS Chips & Salsa Fresh Fruit / Dessert	10 PASTA Meatballs & Sauce Fresh Baked Bread Fresh Fruit / Dessert	11 CHICKEN & MAC All White Meat Tenders Mac & Cheese Fresh Fruit / Dessert
14 BURGERS Or Cheeseburgers Chips Fresh Fruit / Dessert	15 PASTA Chicken Alfredo Fresh Baked Bread Fresh Fruit / Dessert	16 ORANGE CHICKEN Served with Sticky Rice Fresh Fruit/Dessert	17 CROISSANTS Ham & Cheese, Cheese Sweet Potato Wedges Fresh Fruit / Dessert	18 CHICKEN QUESADILLAS Chips & Salsa Fresh Fruit / Dessert
21 MEATBALL SUB Chips Salad Fresh Fruit / Dessert	22 CRISPY BEEF TACOS Rice& Fixings Fresh Fruit / Dessert	23 PASTA Beef Tortellini Fresh Baked Bread Fresh Fruit / Dessert	24 BURGERS Or Cheeseburgers Sweet Potato Wedges Fresh Fruit / Dessert	25 NO LUNCH
28 SLOPPY JOE Potato Chips Fresh Fruit/Dessert	29 CHICKEN QUESADILLAS Rice and Fixings Fresh Fruit / Dessert	30 CROISSANTS Ham & Cheese, Cheese Sweet Potato Wedges Fresh Fruit / Dessert	PASTA Chicken Rose Fresh Baked Bread Fresh Fruit / Dessert	