

# Concordia ES Lunch Menu

Counter	Item	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Soup of the Day</b>	Mexican Chili Bean Soup	Pumpkin Soup	Mushroom Soup(No Cream)	Hot & Sour Soup	Vegetable Soup
<b>World Kitchen</b>	<b>Western Meat Dish</b>	Onion Chicken	Chicken Schntzel	Beef Stew	Chicken Drumstck	Grilled Fish with Tomato Sauce
	<b>Asian Meat Dish</b>	Roasted Pork with Gravy	Diced Duck in Bean Sauce	Roasted Pork with Apple Sauce	Pork Goulash	Curry Chicken
	<b>Vegetarian Dish</b>	Omelet with Vegetables	Cheese Backed Couscous in Tomato	Vegetarian Burrito with Salsa	Vegetable Burger	Cabbage with Rice
	<b>Vegetable</b>	Green Vegetables	Sautéed Pok Choi	Scallion Oil and Cabbage	Mushroom and Vegetable	Sauteed Sliced Potato with Green Pepper
	<b>Starch</b>	Pork Bun	Spring Roll	Fried Egg Rice	Steamed Egg	Vegetable Fried Noodle
		Steamed Rice	Steamed Corn Rice	Steamed Mixed Rice	Steamed Rice	Steamed Rice
	<b>Dessert</b>	Brwonie Cake	Butter Cake	Carrot Cake	Marble Cake	Strawberry Cake
	<b>Fruit</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Drinks</b>	Selection of Drink	Selection of Drink	Selection of Drink	Selection of Drink	Selection of Drink	