




Well Fed Menu 2018/2019

Hot Entrées




Choose a max of 4 items for each menu

Soup & Chili (reg- 8 oz, lg- 12 oz)

Turkey Chili *dairy free	reg- \$4.25	lg- \$5.25
Chicken Noodle Soup	reg- \$3.50	lg- \$4.50
Chicken Soup with Rice 	reg- \$3.50	lg- \$4.50

Add: Focaccia Bread - \$1.00

Pasta (reg-8 oz, lg- 12 oz)

Penne with Parmesan + Butter 	reg- \$3.50	lg- \$4.50
Macaroni + Cheese *made w/ real milk + cheddar 	reg- \$3.75	lg- \$4.75
Baked Penne w/ Tomatoes, Spinach + Mozzarella 	reg- \$3.95	lg- \$4.95
Meat Rotini *dairy free	reg- \$4.50	lg- \$5.50






 Gluten-Free Pasta Available + \$1.00

Mexican

Chicken <u>or</u> Beef Burrito- made with a 10" tortilla	reg- \$4.25	lg- \$5.25
Cheese Quesadilla- made with a 10" tortilla 	one size only-	\$3.50
Cheese Quesadilla + Bean- made with a 10" tortilla	one size only-	\$3.50
Chicken Quesadilla- made with a 10" tortilla	one size only-	\$4.50

Whole Wheat Available for Quesadillas,  Gluten-Free Quesadillas Available +\$1.00

International

Chicken Souvlaki w/ Rice & Red Peppers 	reg- \$4.95	lg- \$5.95
Pulled Braised Beef w/ Mashed Potatoes	reg- \$4.95	lg- \$5.95
Butter Chicken + Rice 	reg- \$4.95	lg- \$5.95
New! Butter Chickpea + Rice  	reg- \$4.50	lg- \$5.50
New Recipe! -Chicken Fried Rice 	reg- \$4.50	lg- \$5.50


For more information about our menu and/or ingredient list please contact us.





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Cold Entrées

Wraps - *white or whole wheat please specific type in description*

Chicken Caesar Wrap	reg- \$3.75	lg- \$4.75
BBQ Chicken Cheddar Wrap	reg - \$3.75	lg - \$4.75
Fajita Chicken Wrap	reg- \$3.75	lg- \$4.75
Ranch Chicken Cheddar Wrap	reg- \$3.75	lg- \$4.75
Vegetarian Wrap 	reg- \$3.75	lg- \$4.75

Salads



Caesar Salad 	one size only (16 oz)- \$3.25
Chicken Caesar Salad	one size only (16 oz)- \$4.25
Greek Salad 	one size only (8 oz) - \$3.50

 *Gluten free option for Caesar Salads – No Croutons*

Add: Baked Pita Chips w/ Homemade Tzatziki-\$1.75

Add: Focaccia Bread- \$1.00

Snack Packs

Mini Bagels + Cream Cheese w/ Veg + Ranch Dip 	one size only- \$4.25
New! Mixed Snack Pac 	one size only- \$4.25
(Egg, Cheese, Apple Slices, Snap Peas, Pita Bread & Tzatziki)	

Sides

Baked Pita Chips w/ Homemade Tzatziki	\$1.75
New! Vanilla Yogurt	\$2.25
Yogurt Parfait	\$2.75
Focaccia Bread	\$1.00

**We are proud to let you know that all of our chicken is antibiotic + hormone free*

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In-House Baked Goods & Fruit and Veggies

Choose a max of 4 baked goods/menu

Baked Goods **Made In House*

Cookies

Chocolate Chip Oatmeal Cookie	\$1.15
Ginger Cookie	\$1.15

Muffins and Bars

Chocolate Zucchini Muffin	\$1.25
Banana Chocolate Chip Muffin	\$1.25
Granola Bar	\$1.25
New! Blueberry/Raspberry Oat Bar	\$1.25

Loaves

Banana Bread	\$1.50
Lemon Blueberry Loaf	\$1.50

Fruit & Veggies

Seasonal Fresh Fruit Cup  	reg- \$1.25	lg- \$2.25
Veggies  	reg- \$1.25	lg- \$2.25

DRINKS

2% Milk	\$1.25
1% Reduced Sugar Chocolate Milk	\$1.50
Apple Juice, Wild berry and Strawberry Banana Juice	\$1.15

**All pricing includes condiments & utensils if needed, printing (labels and work orders), labelling, delivery and bin pick up (same day or next). Extra fees may apply for additional services. Payments are due the day of delivery. We accept cash, cheque and e-mail transfer at no additional cost. For Visa, Mastercard, Visa Debit, Pay pal an additional 2.5%.*



Well Fed Menu Reference Guide Allergies and/or Dietary Restrictions

Gluten-Free Options

Turkey Chili

Chicken Soup w/ Rice

* Rice Tortilla Quesadillas

Chicken Fried Rice served w/ Gluten Free Soy Sauce

Greek Salad

Caesar or Chicken Caesar Salads—*without Croutons*

Butter Chicken w/ Rice

Chicken Souvlaki w/ Pepper and Rice

* *Gluten-Free Pasta + Quesadillas Available \$1.00 extra*

Vegetarian Options

Mac + Cheese

Cheese Quesadilla

Greek Salad

Caesar Salad

Mini Bagels w/ Cream Cheese + Vegetables

Mixed Snack Pac

Vegetarian Wrap

Baked Penne w/ Tomatoes + Spinach

Vegan Friendly Options

Vegetarian Wrap

 Vegan

 Vegetarian

 Gluten-Free