



## Well Fed Menu 2021/2022

### Hot Entrées

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

Turkey Chili \*dairy free

Tomato Soup V

Chicken Noodle Soup

Chicken Soup with Rice GF

*Add: Brioche Bun - \$1.20*

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

Penne with Parmesan + Butter V

Macaroni + Cheese \*made w/ real milk + cheddar V

Baked Penne w/ Tomatoes, Spinach + Mozzarella V

Meat Rotini \*dairy free

Pasta with Alfredo Sauce

GF Gluten-Free Pasta Available + \$1.00

#### Mexican

Chicken or Beef Burrito- made with a 10" tortilla

Cheese Quesadilla- made with a 10" tortilla V one size only

Cheese Quesadilla + Bean- made with a 10" tortilla V one size only

Chicken Quesadilla- made with a 10" tortilla one size only

Whole Wheat Available for Quesadillas, GF Gluten-Free Quesadillas Available

#### International

Chicken Souvlaki with Mixed Veg and Lemon Potatoes GF

Pulled Braised Beef w/ Mashed Potatoes

Butter Chicken + Rice GF

Butter Chickpea + Rice GF V

Chicken Fried Rice GF

Tofu Vegetable Fried Rice GF V

Veggie Samosa with Mango Dipping Sauce V

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



## Well Fed Menu 2021/2022

### Cold Entrées

#### Sandwiches

*\*All chicken for sandwiches is baked and sliced in house. All chicken & pork is hormone and antibiotic free*

**New!** Ham & Cheese on Croissant- Ham & Cheddar Cheese on a Locally Made Croissant


BBQ Chicken Sandwich- Chicken, Cheese, Lettuce & BBQ Sauce on Brioche- 4", 8"

Chicken Sandwich- Chicken, Lettuce, Tomato and Mayo on Brioche- 4", 8"

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

Chicken Caesar Wrap

Ranch Chicken Cheddar Wrap

Vegetarian Wrap 

#### Salads

Caesar Salad  one size only (16 oz)

Chicken Caesar Salad one size only (16 oz)

Greek Salad   one size only (8 oz)

 *Gluten free option for Caesar Salads – No Croutons*

*Add: Baked Pita Chips w/ Homemade Tzatziki-\$1.85, Add: New! Brioche Bun- \$1.20*

#### Snack Packs

Mini Bagels + Cream Cheese w/ Veg + Ranch Dip  one size only

Mixed Snack Pac one size only

(Egg, Cheese, Apple Slices, Snap Peas, Pita Bread & Tzatziki)

#### Sides

Baked Pita Chips w/ Homemade Tzatziki

Vanilla Yogurt

Yogurt Parfait

Brioche Bun

Savoury Broccoli and Cheddar Muffin

Apple Sauce with Cinnamon

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## In-House Baked Goods & Fruit and Veggies

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### Baked Goods \**Made In House*

#### Cookies

Chocolate Chip Oatmeal Cookie

Ginger Cookie

**New!** Power Cookie 

#### Muffins and Bars

Chocolate Zucchini Muffin

Banana Chocolate Chip Muffin

Broccoli Cheddar Muffin

Granola Bar  \*dairy free

#### Loaves

Banana Bread

Lemon Blueberry Loaf

**New!** Raspberry Oat Loaf

#### Fruit & Veggies (reg, lg)

Seasonal Fresh Fruit Cup  

Veggies & Dip  

#### DRINKS

2% Milk

1% Reduced Sugar Chocolate Milk

Apple Juice, Wildberry and Strawberry Banana Juice

*\*All pricing includes condiments & utensils as 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 2.75%.*



## Well Fed Menu Reference Guide Allergies and/or Dietary Restrictions

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### Gluten-Free Options

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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 with Mixed Veg and Lemon Potatoes

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

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### Vegetarian Options

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Mac + Cheese

Cheese Quesadilla

Greek Salad

Caesar Salad

Mini Bagels w/ Cream Cheese + Vegetables

Mixed Snack Pac

Vegetarian Wrap

Baked Penne w/ Tomatoes + Spinach

Tofu Vegetable Fried Rice

Butter Chickpea with Rice

Veggie Samosa with Mango Dipping Sauce

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### Vegan Friendly Options

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Vegetarian Wrap

Veggie Samosa with Mango Dipping Sauce



Vegan

 Vegetarian

 Gluten-Free