



## Well Fed Menu & Pricing – September 2025

### Hot Entrées

#### Burgers & Hot Sandwiches \*made with 100% beef, no fillers and real cheese

Pulled Beef Flatbread Sandwich with Double Cheddar Cheese

100% Beef Burger on Sesame Bun - 4 oz patty

100% Beef Burger with Real Cheddar Cheese on Sesame Bun - 4 oz patty

\*All Burgers include a side of ketchup

#### Pasta (reg-8 oz, lg- 12 oz) \*All of our pastas use real cheese and dairy

Pasta with Parmesan & Butter 

Double Cheddar Mac & Cheese \*made w/real milk & cheddar 

Pasta with Tomato Sauce 

Pasta with Tomato Sauce with Mozzarella Cheese 

Pasta with Meat Sauce \*dairy free, contains beef and pork

**New!** Pasta with Meatballs & Tomato Sauce \*dairy free, 3 all beef meatballs

Gluten Free Pasta Available for any pasta 

#### Mexican \*All our quesadillas are made real double cheddar cheese

Mexican Street Quesadilla with Beef and Corn - two 10" tortillas & side salsa

Chicken **or** Beef Burrito - One 10" tortilla

Cheese Quesadilla - One 10" tortilla 

Cheese & Bean Quesadilla - One 10" tortilla 

Chicken & Cheese Quesadilla - One 10" tortilla

**New!** Mexican Beans with Veggies and Rice - 12oz  

Gluten Free Tortilla Available for all Quesadillas 

Whole Wheat Tortilla Available for all Quesadillas

#### International and Mixed Menu (reg - 12 oz, lg - 16 oz)

Butter Chicken with Rice 

Butter Chickpea with Rice  

**New!** Teriyaki Chicken with Veggies and Rice 

**New!** Teriyaki Tofu with Veggies and Rice  

Veggie Samosa with Mango Dipping Sauce 

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

Turkey Chili \*dairy free 

Red Lentil Dahl  

Chicken Noodle Soup



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### Cold Entrées

#### Sandwiches

*\*All chicken for sandwiches and wraps is baked and sliced in house. All our meats are hormone and antibiotic free*

**New!** Bagel with Cream Cheese - Multigrain Bagel and Cream Cheese 

BBQ Chicken Sandwich - Chicken, Cheese, Lettuce & BBQ Sauce on Brioche

**New!** Cheddar Cheese on Croissant - Cheddar Cheese on a Locally Made All Butter Croissant 

Ham & Cheddar Cheese on Croissant - Ham & Cheese on a Locally Made All Butter Croissant

Turkey & Cheddar Cheese Bagel - Turkey, Cheddar Cheese, Lettuce and Mayo, Multigrain Bagel

#### Wraps

Chicken Caesar Wrap - Chicken, Romaine Lettuce, Parmesan Cheese & Caesar Dressing

Ranch Chicken Cheddar Wrap - Chicken, Romaine Lettuce, Cheddar Cheese, Red Pepper & Ranch Dressing

Vegetarian Wrap - Romaine Lettuce, Rice, Avocado, Black Beans and Salsas 

Whole Wheat Tortilla Available

#### Salads

Garden Salad w/ Honey Lime Dressing - Romaine Lettuce, Cucumber, Grape Tomato, Shredded Carrot, Dressing  

**New!** Chicken Garden Salad w/Honey Lime Dressing - Chicken, Romaine, Cucumber, Grape Tomato, Shredded Carrot, Dressing 

Caesar Salad - Romaine Lettuce, Parmesan Cheese, Croutons & Caesar Dressing

Chicken Caesar Salad - Chicken, Romaine Lettuce, Parmesan Cheese, Croutons & Caesar Dressing

Gluten Free option available for Caesar Salads - *No Croutons* 

#### Snack Packs

Mini Bagels & Cream Cheese w/ Veggies & Hummus - 2 Mini Bagels, Cream Cheese, Veggies, Hummus 

Mixed Snack Pac - Egg, Cheese, Apple Slices, Snap Peas, Pita Bread & Hummus 

#### Sides

Baked Pita Chips with Hummus 

Vanilla Yogurt  

Yogurt Parfait 

Cheese & Chive Scone 

Apple Sauce  



## Well Fed Menu & Pricing – September 2025

### Baked Goods, Fruit, Veggies & Drinks

#### Baked Goods - *Made In House*

**Cookies** - all vegetarian 

Chocolate Chip Oatmeal Cookie

Ginger Cookie

Power Cookie 

**Muffins and Bars** - all vegetarian 

Chocolate Zucchini Muffin

Banana Chocolate Chip Muffin

Granola Bar 

**Loaves** - all vegetarian 

Banana Bread

Lemon Blueberry Loaf

**New!** Chai Spice Loaf

**Fruit & Veggies** - all Gluten Free and Vegan  

Banana - Whole

Seasonal Fresh Fruit Cup 8oz

Veggies

Veggies with Hummus

#### Drinks

2% Milk

1% Chocolate Milk

Apple Juice, Wild Berry and Strawberry Banana Juice

- *All pricing includes condiments if needed, printing (labels and work orders), labelling, delivery and bin pick up (same day or next). Salsa and Sour Cream available for Quesadillas only.*
- *Minimum delivery of \$200.00. If under minimum delivery, delivery charges will apply.*
- *Prices are subject to change.*
- *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 3.00%.*



## Well Fed Menu & Pricing – September 2025

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

GF

#### Gluten-Free Options

- Butter Chicken or Chickpea with Rice
- Caesar or Chicken Caesar Salads - without Croutons
- Garden Salad with Honey Lime Dressing with or without Chicken
- Gluten Free Pasta (any pasta)
- Mexican Beans with Rice and Veggies
- Power Cookie
- Red Lentil Dahl
- Rice Tortilla (Quesadillas only)
- Teriyaki Chicken with Rice and Veggies
- Turkey Chili

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#### Vegetarian Options

- Bagel with Cream Cheese
- Butter Chickpea with Rice
- Caesar Salad
- Cheese or Cheese & Bean Quesadilla
- Croissant with Cheese
- Double Cheddar Macaroni & Cheese
- Garden Salad with Honey Lime Dressing
- Mini Bagels with Cream Cheese & Vegetables
- Mixed Snack Pac
- Pasta with Parmesan & Butter
- Pasta with Tomato Sauce & Mozzarella



#### Vegan Friendly Options

- Apple Sauce, Fruit and Veggies
- Baked Pita Chips with Hummus
- Granola Bar
- Mexican Beans with Rice and Veggies
- Pasta with Tomato Sauce
- Red Lentil Dahl
- Teriyaki Tofu with Rice and Veggies
- Vegetarian Wrap
- Veggie Samosa & Mango Sauce

GF

Gluten Free

V

Vegetarian



Vegan



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