



GITPU CAFE LUNCH MENU

SEPTEMBER TO DECEMBER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 SEPT 3-6 SEPT 16-20 SEPT 30-4 OCT 15-18 OCT 28-1 NOV 12-15 NOV 25-29 DEC 2-6 DEC 16-20	LAZY LASAGNA WITH STEAMED CARROTS & GARLIC TOAST	CHICKEN TENDERS (3) WITH MASHED POTATOES & STEAMED CORN	TURKEY & CHEESE ROLL UPS WITH OVEN RICE & STEAMED VEGETABLES	FRENCH TOAST (2) WITH SAUSAGE (2) & BOILED EGG (1)	PIZZA BITES (4) CARROT & CELERY STICKS
WEEK 2 SEPT 9-13 SEPT 23-27 OCT 7-11 OCT 21-25 NOV 4-8 NOV 18-22 DEC 9-13	CHICKEN NOODLE SOUP WITH HAM & CHEESE SANDWICH	BEEF BURRITOS WITH MEXICAN STYLE RICE & SALSA	BEEF CHILI WITH FRY BREAD AND STEAMED VEGETABLES	CHEESY BOW TIE ALFREDO WITH CHICKEN & BROCCOLI	BEEF SLIDERS (2) BAKED FRIES

ALL MEALS SERVED WITH 2% MILK AND FRESH FRUITS

ALTERNATIVE MENU OPTIONS (LIMITED) : only for students not ordering the main meal

Choose 1 : Basmati Rice, Caesar Salad or Macaroni Salad

Choose 1 : Deli Sandwich (Ham or Roast beef), Egg Salad Sandwich or Deli plate

EACH ALTERNATIVE MEAL COMES WITH 2% MILK, FRESH FRUIT AND VEGGIE PACK (carrots, celery, cucumbers and peppers)

SPECIAL EVENTS / HOLIDAYS : will be the only meal available on these specific dates

Thanksgiving Dinner - October 14 : Roast Turkey, Mashed Potatoes,
Roasted Carrots & Turnip, Stuffing & Gravy

Halloween - October 31 : Beef (Cheese) Burger (1) & Hotdog (1) with Veggie sticks, Chips and Juice

Christmas Dinner - December 18 : Roast Turkey, Mashed Potatoes, Steamed Carrots,
Stuffing, Cranberry Sauce & Gravy

