

Opening date is September 20th, 2021.



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Chili Topped Baked Potato	Tex Mex Tacos with Mexican Rice	Chicken Shawarma Pita	Pulled Pork Sandwich	Butter Chicken, Rice & Sauteed Veggies
Pasta Option	Penne Pasta with Meat Sauce	Macaroni & Cheese	Lazy Lasagna with Roasted Red Pepper Marinara	Rigatoni & Meatballs in Marinara	Stir Fry Shanghai Noodles
Week 2	Big Island Rice Bowl	Shepherds Pie Mashed Potato Bowl	Chicken Fajita with Mexican Rice	Buffalo Chicken Quesadilla	Greek Veggie Pita
Pasta Option	Baked Beef-a-Roni	Cheesy Sundried Tomato Penne	Ravioli with Roasted Red Peppers	Rotini Alfredo	Chicken Pad Thai
Week 3	Beef Burrito	Tex Mex Tacos with Mexican Rice	Jerk Chicken, Jamaican Rice & Corn	Sloppy Joe Sandwich	Sweet & Sour Turkey Meatballs & Brown Rice
Pasta Option	Penne Marinara	Lo Mein Noodles	Macaroni & Cheese	Rotini Primavera	Rigatoni with Roasted Vegetables
Week 4	Roasted Corn & Spicy Black Bean Quesadilla	Butter Chicken, Rice & Sauteen Veggies	Chicken Souvlaki, Potato Wedges & Tzatziki Sauce	Pulled Pork Grilled Cheese Sandwich	Buffalo Chicken Flatbread
Pasta Option	Penne Pasta with Meat Sauce	Meat or Vegetarian Lasagna	Rigatoni & Meatballs in Marinara	Chicken Pad Thai	Oven Baked Penne

Side Options: Garden Salad, Caesar Salad, Apple, Banana, Carrot & Celery Sticks, Baked Potato Wedges, Steamed PEI Veggie Blend

2021

chartwells

eat. learn. live.



BREAKFAST

WEEK 'N' QUIET

Egg & Cheese Sunrise Sandwich	\$
Breakfast Burrito	\$
Yogurt & Granola Parfait	\$2.50
Handcut Roasted Home Fries	\$
Yogurt Cup 100ml	\$1.50
Fresh Fruit	\$1.25

SALAD

GREEN WITH ENVY

Garden Salad	\$4.25
Caesar Salad	\$3.00
Chicken Caesar Salad	\$5.50
Tomato Basil Pasta Salad	\$4.25

SANDWICH

DELICIOUS

Chicken Caesar Wrap	\$5.50
Tuna Salad Sandwich	\$4.00
Egg Salad Sandwich	\$4.00
Chicken Snack Wrap	\$3.75

PIZZA

FAST. FRESH. DELICIOUS.

Pizza Slice	\$4.00
Pizza Roll	\$2.00

BAKERY

HAVE A BIT!

Mookie (Muffin Top)	\$0.75
Small Muffin	\$1.25

GRILL

WEEK 'N' QUIET

Daily Special (Includes milk or 114ml juice)	\$7.00
Grilled Cheese Sandwich	\$4.00
Popcorn Chicken with Sauce	\$3.50
Hamburger	\$4.00
Cheeseburger	\$4.60
Grilled Chicken Sandwich	\$4.50
Chicken Fingers with Plum Sauce	\$
Spicy Black Bean Burger	\$
Roasted Potato Wedges	\$2.50

GRAB & GO

QUICK 'N' EASY

Fresh Fruit Parfait	\$2.50
Baked Tortillas & Salsa	\$1.50
Veggies & Ranch Dip	\$2.75
Apple Wedges & Dip	\$3.00
Frozen Yogurt	\$1.75
Pudding Cup	\$2.25
Baked Chips	\$2.00

BEVERAGES

QUICK 'N' EASY

250ml White Milk	\$0.55
250ml Chocolate Milk	\$0.55
Smoothie	\$2.25
ICEE Slush Cup	\$1.50
Water 500ml	\$1.50
Water 591ml	\$2.25