

# ACADEMY

## BISTRO



### Breakfast

8:00 AM - 9:00 AM

**BREAKFAST SANDWICH: \$4**

Soft brioche bun, egg, ham and cheddar cheese.

**SMOOTHIE: \$4**

Mixed berries, yogurt and orange juice.

Mango, pineapple, kale and coconut milk.

**YOGURT PARFAIT: \$3.50**

Vanilla yogurt, berry compote and gluten free almond granola.

**CROISSANT: \$2.50**

### Lunch

12:00 PM - 1:30 PM

**BISTRO SANDWICH: \$5**

In-house made pretzel bun, ham or turkey, lettuce, tomato and pickle.

**CAESAR SALAD: \$5**

ADD CRISPY OR GRILLED CHICKEN FOR \$3

Romaine lettuce, parmesan cheese, croutons and parmesan dressing.

**HAND ROLL: \$3.50**

Nori wrapped sushi rice, carrots, cucumber, red cabbage and green onion. Served with sriracha mayo and soya sauce.

**FRENCH FRIES: \$4.50**

Tax included in prices

DAILY LUNCH SPECIALS FOUND ON NEXT PAGE

### Take Home Dinners

WEDNESDAYS AND THURSDAYS

PICK-UP BETWEEN 3:00 PM AND 5:00 PM

- |                  |  |
|------------------|--|
| NOVEMBER 4 & 5   | SPANAKOPITA, GREEK SALAD, PITA & TZATZIKI        |
| NOVEMBER 12      | CHICKEN POT PIE AND GARDEN SALAD                 |
| NOVEMBER 18 & 19 | BUTTER CHICKEN, BASMATI RICE, NAAN & SAMOSAS     |
| NOVEMBER 25 & 26 | PORK TENDERLOIN, VEGETABLE PANSIT & SPRING ROLLS |

Visit [academybistro.ca/online-ordering](http://academybistro.ca/online-ordering) to order and for pick-up instructions.

# NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Grilled Cheese and Chips \$6	3 Spanakopita and Greek Salad \$8 Grilled Cheese and Chips \$6	4 Spanakopita and Greek Salad \$8 Grilled Cheese and Chips \$6	5 Chicken Alfredo \$8 Grilled Cheese and Chips \$6	6 Chicken Alfredo \$8 Grilled Cheese and Chips \$6	7
8	9 Mac & Cheese \$6	10 Raman Noodle Bowl \$8 Mac & Cheese \$6	11 No School Remembrance Day	12 Chicken Fingers and Fries \$8 Mac & Cheese \$6	13 Chicken Fingers and Fries \$8 Mac & Cheese \$6	14
15	16 Grilled Cheese and Chips \$6	17 Butter Chicken and Samosa \$8 Grilled Cheese and Chips \$6	18 Butter Chicken and Samosa \$8 Grilled Cheese and Chips \$6	19 Tuna Poke Bowl \$8 Grilled Cheese and Chips \$6	20 Tuna Poke Bowl \$8 Grilled Cheese and Chips \$6	21
22	23 Mac & Cheese \$6	24 Pansit and Spring Roll \$8 Mac & Cheese \$6	25 Pansit and Spring Roll \$8 Mac & Cheese \$6	26 Early Dismissal No Lunch Service	27 No School Parent/Teacher/Student Conferences	28
29	30 Grilled Cheese and Chips \$6					

\*Tax included in price.

**ACADEMY**  
BISTRO

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