

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

Prices include tax

DAILY LUNCH SPECIALS FOUND ON NEXT PAGE

Take Home Dinners

WEDNESDAYS AND THURSDAYS

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

OCTOBER 7 & 8

CHICKEN ALFREDO

OCTOBER 14 & 15

PANSIT, PORK TENDERLOIN & SPRING ROLL

OCTOBER 21 & 22

BUTTER CHICKEN & SAMOSA

OCTOBER 28 & 29

CHICKEN ENCHILADAS & BEAN SALAD

Visit academybistro.ca/online-ordering to order and for pick-up instructions.

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Daily Lunch Specials

OCTOBER

Thu, Oct 1 - Baked Potato Bar

Fri, Oct 2 - No School

Mon, Oct 5 - Sandwich, Chips & Drink

Tue, Oct 6 - Grilled Cheese, Drink & Cookie

Wed, Oct 7 - Chicken Alfredo

Thu, Oct 8 - Taco Salad

Fri, Oct 9 - Cheeseburger & Fries

Mon, Oct 12 - Thanksgiving, No School

Tue, Oct 13 - No Breakfast Service
Lunch Mac & Cheese

Wed, Oct 14 - Pansit, Pork Tenderloin, & Spring Roll

Thu, Oct 15 - Tuna Poke Bowl

Fri, Oct 16 - Chicken Fingers & Fries

Mon, Oct 19 - Sandwich, Chips & Drink

Tue, Oct 20 - Grilled Cheese, Drink & Cookie

Wed, Oct 21 - Butter Chicken & Samosa

Thu, Oct 22 - Poutine

Fri, Oct 23 - Early Dismissal, no lunch service

Mon, Oct 26 - Sandwich, Chips & Drink

Tue, Oct 27 - Mac & Cheese

Wed, Oct 28 - Chicken Enchiladas & Bean Salad

Thu, Oct 29 Fried Rice, Mixed Vegetables & Egg Roll

Fri, Oct 20 - Chicken Fingers & Fries

Price

MONDAY, WEDNESDAY, THURSDAY AND FRIDAY LUNCH SPECIALS ARE \$8 (INCLUDING TAX)

TUESDAY LUNCH SPECIAL IS \$6 (INCLUDING TAX)

Order online at academybistro.ca/online-ordering