

# ACADEMY

## BISTRO



### Breakfast

8:00 AM - 9:00 AM

SMOOTHIES \$4

BREAKFAST SANDWICH \$4

CROISSANT \$2.50

MUFFINS \$1.50

YOGURT PARFAIT \$3.50

10:30 AM BREAK - NO FOOD  
SERVICE AVAILABLE

### Lunch

12:00 PM - 1:30 PM

SANDWICH \$5

HAND ROLL \$3.50

CAESAR SALAD \$5 (PROTEIN OPTIONAL)  
+\$3 TO ADD CHICKEN

FRIES \$4.50

COOKIE \$1

Lunch Specials **\$8**

*See next page for monthly lunch specials*

*Taxes included in price*

### Dinner pick-up

WEDNESDAYS AND THURSDAYS  
3:00 PM - 5:00 PM

SEPTEMBER 16 & 17

CHICKEN ENCHILADAS, SOUTHWEST SALAD,  
TORTILLA CHIPS, SALSA & SOUR CREAM

SEPTEMBER 23 & 24

BUTTER CHICKEN, BASMATI RICE,  
NAAN AND SAMOSAS

SEPTEMBER 30 &  
OCTOBER 1

SPANAKOPITA, GREEK SALAD, PITA  
AND TZATZIKI

*Please visit [academybistro.ca](http://academybistro.ca) for ordering and pick up instructions.*

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# Daily Lunch Specials

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## SEPTEMBER

14 - MONDAY  
SANDWICH, CHIPS AND DRINK

15 - TUESDAY  
MAC AND CHEESE

16 - WEDNESDAY  
CHICKEN ENCHILADAS

17 - THURSDAY  
BURGER AND FRIES

18 - FRIDAY  
PANSIT AND SPRING ROLL

21 - MONDAY  
SANDWICH, CHIPS AND DRINK

22 - TUESDAY  
GRILLED CHEESE

23 - WEDNESDAY  
BUTTER CHICKEN  
AND SAMOSA

24 - THURSDAY  
AHI TUNA POKE BOWL

25 - FRIDAY  
CHICKEN FINGERS AND FRIES

28 - MONDAY  
SANDWICH, CHIPS AND DRINK

29 - TUESDAY  
MAC AND CHEESE

30 - WEDNESDAY  
SPANAKOPITA AND  
GREEK SALAD

OCT. 1 - THURSDAY  
BAKED POTATO BAR

OCT. 2 - FRIDAY  
NO CLASSES