

# the Bean

## Lunch August 4

Soup  
of the Day

Roast  
Chicken

Vegan  
Dairy Free  
Gluten Free

Poutine French Fries

Chicken  
Gravy

Meatless Chicken  
with Sauteed Vegetables

Corn Fricassee

Soft Rolls

Rice Pilaf

Cereal  
& Granola Bar

Super Food and  
Salad Station

Panini  
& Wrap Counter

# the Bean

Dinner August 4

Soup  
of the Day

Soya Braised  
Short Ribs

Vegan  
Dairy Free  
Gluten Free

Spice Bag

Wok Tossed  
Baby Peppers

King Mushroom &  
Eggplant

Pea Medley

Steamed  
Bao Bun

Saffron  
Jasmine Rice

Cereal  
& Granola Bar

Super Food and  
Salad Station

Panini  
& Wrap Counter