



# Heartwood

## Tuesday Hot Lunches

### November 27

Veggie Lasagna with red lentil sauce & Monterey Jack cheese

Side Salad

Cantaloupe

### December 4th

Heartwood Bowls ; brown rice, marinated tofu, steamed greens, roasted vegetables  
circle coconut curry sauce or tomato sauce

Local Apple Slices

### December 11

Local Eggs Salad Sandwich on Sprouted Grain Bread

Roasted Potatoes

Fresh vegetables

Pear slices

### December 18th

WW Bean & Veggie Quesadillas

with Monterey Jack Cheese

Brown Rice

Steamed Broccoli & Cauliflower

Strawberries

4 weeks for \$32 cheques payable to Heartwood Restaurant

**Childs Name:**

**Class:**

Circle choice of sauce for week 2

*Served in eco friendly compostable take out containers with wooden utensils*